

The Season of Lent

The liturgical season of Lent signifies our path of conversion and promotes our continuing walk along that path. The three traditional pillars of Lenten discipline — prayer, fasting, almsgiving — help to reinforce our conversion to Christ and our dependence on God’s grace.

Each of the three touches upon an element of life that is important to us as human beings: our use of time, our use of material resources, and our attention to our own selves and needs. The disciplines of Lent help us to remember that all of these things have their origin in God’s gracious love, and all are given to us for service to that love.

In “giving up” something during Lent, whether that something is food or drink, a form of entertainment or something else pleasurable to us, we turn away from our selfishness and recognize that God alone will ultimately satisfy our needs and wants and cravings. For the briefest of time — just 40 days — we acknowledge that we do not and cannot fully provide for ourselves. Everything comes from God.

Lent gives us the opportunity to cultivate a spirit of generosity. It gives us a chance to share what we have and who we are with other people. It puts us in communion with others and helps us understand that we are all members of the Body of Christ. Think carefully about how you will share your time, your talents and your treasure during Lent.

40 Lent Activities For Families

PRAYING

1. praise God for who He is, not simply for what He provides
2. confess something to God that you feel bad about
3. thank God for your favorite people
4. pray for someone who is sick
5. sing a song of praise to God
6. kneel before God and pray
7. pray for the unborn
8. pray for someone who needs to know Jesus
9. pray for your Pastor and Parochial Vicar
10. read a Bible story together

FASTING

11. fast from TV or the internet or social media
12. fast from dessert
13. fast from candy
14. fast from a bad habit
15. fast from sweet drinks
16. fast from meat
17. fast from reading anything but the Bible or a catholic book that will help you grow in your faith

ALMSGIVING:

18. do someone else’s chore
19. give someone a hug
20. help someone
21. make a card for someone
22. make a craft for someone
23. do something nice for Mom/Dad
24. do something kind for the earth
25. read a book to a sibling
26. say something kind to a family member
27. say something kind to a friend
28. play with someone different at recess
29. tell your teacher one thing you like about him/her
30. smile at as many people as you can
31. write a letter/draw a picture for your sibling, friend or even someone at school you don’t know well
32. bring a meal to a neighbor
33. give something of yours to a family member
34. give something of yours to a friend
35. wash someone’s feet
36. do someone else’s laundry
37. clean a bathroom
38. make someone else’s bed
39. set aside some of your own money for giving to church
40. use your own money to buy food for the food bank