

FAMILIES FORMING DISCIPLES

TOPIC: PREPARING FOR LENT – MAKING A PLAN; PRAYER, FASTING, AND ALMSGIVING

FAMILY AT-HOME MISSION ACTIVITY

Your Family At-Home Mission is to watch together as a family the video(s) below that is appropriate for your children's age level and create a *Family Lenten Plan*. Then place a crucifix on your family's home altar (or in your prayer space) and pray together. Be ready to tell about your Family Lenten Plan at Week 3's gathering of families.

Step 1: Watch one or both of the videos on Lent together as a family to prepare for Ash Wednesday and Lent!

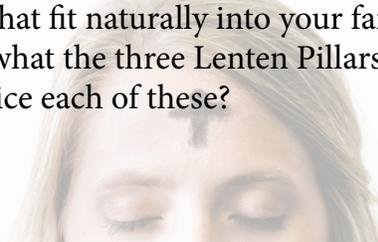
- a. For younger children: [Holy Kids! Lent](#)
- b. For tweens & teens: [The Significance of Ash Wednesday](#)

Step 2: Read the USCCB explanations about the Spiritual and Corporal Works of Mercy, as well as the Lenten Family resource listed below.

- [Fasting, Giving, Praying: 25+ ideas for what kids and teens can do for Lent](#)
- [USCCB Spiritual Works of Mercy](#)
- [USCCB Corporal Works of Mercy](#)

Step 3: After reviewing about the Spiritual and Corporal Works of Mercy again, as well as the additional family Lenten resource, pray and then plan together:

- First, pray together for the Holy Spirit's guidance. Read Exodus 3:1-10 together as a family (the burning bush and the call and sending of Moses). Entrust your preparations for Lent to the Lord, praying that you may be faithful to what the Lord asks, like Moses. Consider praying together an Our Father before completing the next steps.
- Then, together decide which works your family will do to practice the Lenten pillars of praying, fasting and almsgiving. Some you may already do, like praying for others. That's great! Keep doing those works and pick one or two more that fit naturally into your family life to do for Lent. **Make a Family Lenten Plan** that corresponds to what the three Lenten Pillars of Prayer, Fasting and Almsgiving. What will your family do to practice each of these?

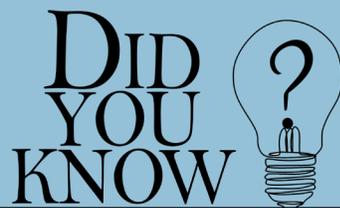


Step 4: As part of your *Family Lenten Plan*, schedule a time to go to confession together. The Sacrament of Penance and Reconciliation is a great opportunity to rely on the Lord's mercy and grace and be renewed by the Lord's forgiveness.

Step 5: Place a cross, crucifix or another sacramental on your family's home altar or in your prayer space/corner to remind you of the approaching Lenten Season.

Step 6: Pray together! Choose a time for your family to gather around your family's home altar or prayer corner. To close the time of making a *Family Lenten Plan*, read together the Great Commandment from Deuteronomy 6:4-9 and pray a prayer of thanksgiving for God's love for us.

Step 7: Get ready to share about your *Family Lenten Plan* and sacramental at Week 3's gathering of families. You can bring your sacramental or a picture of your sacramental on your home altar to show at Week 3.



The accounts of God's working with and through Moses do not end with the Book of Exodus but continue through the following three books of the Torah or Pentateuch (the first five books of the Bible): Leviticus, Numbers, and Deuteronomy. Moses is a radically important figure and leader in the history of salvation, even with his weaknesses and struggles. In a particular way, Moses was known for his great humility (see Numbers 12:3). God's grace is able to work despite our weaknesses as well (and even through them—see 2 Cor 12:10), and He calls us to humbly and courageously accept His will, which is always for our good.

Moses was a great intercessor, praying to God for the people of Israel. In this way, Moses powerfully foreshadowed our most powerful intercessor, Jesus Christ, the divine Son of God our Father, who continues to intercede on our behalf (CCC, no. 667). We experience this intercession powerfully in the sacraments and especially in the Eucharist, where we are united in the Mass to Jesus Himself, "to his person, to his praise, and to his intercession" (see CCC, no. 1361). *Who needs our prayers of intercession right now? Take a moment and pray.*