



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

LIFE OF CHRIST: THE SORROWFUL MYSTERIES

TOPIC: Preparing for Lent by Making a Family Lenten Plan

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 to read the Holy Week for Kids Activities and USCCB resources to create your Family's Lenten Plans. Then place a crucifix or another sacramental and your paper *Crown of Thorns* on your family's home altar (or in your prayer space) and pray together.

Step 1: Watch the videos on Lent together as a family.

- [Lent | Catholic Central](#) (for teens & tweens)
- [Way of the Cross for Kids](#) (for younger children)
- [Lent: Prayer, Fasting and Almsgiving](#)

Step 2: Read:

- [Holy Week for Kids: 10 Holy Week Activities](#) Free Printable by Real Life At Home
- [USCCB Spiritual Works of Mercy](#)
- [USCCB Corporal Works of Mercy](#)

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

- First, pray together for the Holy Spirit's guidance.

Come, Holy Spirit, and be with our family as we seek to know You, learn from You and love You more. Fill us with Your presence. Be our guide just as You led Jesus, for we too seek to follow in His footsteps and do the Father's will. Be with us, O Holy Spirit of Peace. Glory be...

- 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.

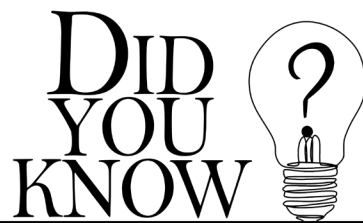
Make your Family Lenten Plan that corresponds to the three Lenten pillars of prayer, fasting and almsgiving. What will your family do to practice each of these?

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, and your paper *Crown of Thorns*, or another sacramental on your family's home altar or in your prayer space/corner to remind you of the Lenten Season.

Step 6: Pray together! Choose a time for your family to gather around your family's home altar or prayer corner to pray and meditate on one of the Sorrowful Mysteries of the Rosary or the Stations of the Cross.

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.



March is filled with some special feast days. St. Patrick's Day is March 17. Often marked by festivity and wearing the color green, the day is a special opportunity for us to ask St. Patrick's intercession for our needs. St. Patrick suffered through captivity and slavery as a youth, but after encountering Jesus and uniting his suffering to Christ, Patrick became a great evangelizer and bishop. *St. Patrick, pray for us!*



The Solemnity of St. Joseph is March 19. What a powerful intercessor St. Joseph is for our families. In the Litany of St. Joseph, he is known as the *pillar of family life*. Let us go to him regularly, the guardian of both Jesus and Mary, who points us constantly to the Lord's Sacred Heart and Mary's Immaculate Heart. Joseph is also a particularly strong intercessor in times of suffering and temptation and is known as the *terror of demons and patron of the dying*. *St. Joseph, pray for us!*



The Solemnity of the Annunciation is March 25. Nine months before Christmas day we celebrate the announcing of the Archangel Gabriel to the Blessed Virgin Mary that she would conceive Jesus in her womb by the power of the Holy Spirit. Mary said *may it be done according to your word*, and the mystery of the Incarnation—God the Son becoming man for us, Jesus as true God and true man—began. Mother Mary, pray for us, that we may be made worthy of the promises of Christ!

