



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

LIFE OF CHRIST: THE SORROWFUL MYSTERIES

TOPIC: PREPARING FOR/LIVING LENT

GOALS

- Families will share their Family Lenten Plans.
- Families will learn and reflect on the Passion of Jesus through the Stations of the Cross.
- Families will pray the Stations of the Cross.

MATERIALS

- [Stations of the Cross pamphlet](#)
- OR
- Free Printable 2 page [Stations of the Cross for Children guide](#)
 - [Resurrection Eggs](#)
- OR
- [Stations of the Cross Eggs](#)

(Items needed for this activity may be more than usual, so please review the materials lists at each link.)

OPENING PRAYER

Lord Jesus Christ,
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples.
Amen.

ICE BREAKER

Movie Star

If you could be in any movie, what movie would you choose and why?



FAMILY SHARING

As a reminder, model again for families by briefly sharing your own *Family Lenten Plan*. Then ask each family to share about their Family Lenten Plan and how it relates to the three Lenten pillars of prayer, fasting and almsgiving. (Remind everyone about how the Sacrament of Penance and Reconciliation will be made available at your parish during Lent.)

Invite families that brought in a sacramental or a picture of their home altar to share those items and talk about why they are important to their family.



REVIEW MAIN CONCEPT

Today we will prepare for/continue to live Lent by learning, reflecting on, and praying the Stations of the Cross.

CONTENT

Family Activity: Each family will create their own set of Stations of the Cross Eggs or Resurrection Eggs (whichever one you choose) to place on their home altars. The contents for the eggs are symbols that will help families to learn and reflect on the Passion of Jesus through the Stations of the Cross.

Use one of the free Stations of the Cross pamphlets under the “Materials” list to follow along as families create their eggs by Catholic Icing. See Catholic Icing link for lists of materials, directions and explanations of the symbols to be shared with families.

- [Resurrection Eggs](#)
- [Stations of the Cross Eggs](#)




CLOSING PRAYER

Pray the Stations of the Cross using one of the free pamphlets under the “Materials” list.

The directions suggest that you consider sharing the reading of the passages. For example, have parents read the “The Way of Jesus” part and various children read the “Our Way to Jesus” part.



REMIN



Remind families about the next meeting date and time.

