



Dear St. Catherine family,

Lent began on Ash Wednesday, the day after Mardi Gras. How are you going to journey through the 40 days of Lent with your family?

Here are some kid friendly ways to focus on Lent each Sunday: (You may want to make a special calendar or get a journal)

- **First Sunday of Lent:** focus on a life of prayer. Read Romans 10:8-13. Then make up your own special prayer for Lent and post it for your family to see.
- **Second Sunday of Lent:** focus on living as a Christian. Read Matthew 25: 31-40. Then draw a picture or make a list of what it means to live a Christian life.
- **Third Sunday of Lent:** focus on a life of service. Read John 4:31-36. Draw a picture or make a list of how you could help others and DO It!
- **Fourth Sunday of Lent:** focus on faith. Read Ephesians 2:1-10. Write the schedule for Holy Week services on your calendar.
- **Fifth Sunday of Lent:** focus on forgiveness. Read Luke 23:32-34. Write letter of forgiveness or an apology to someone who you hurt or hurt you.
- **Palm Sunday and Holy Week:** focus on Jesus' sacrifice for us. Read Matthew 21:111 and Matthew 26 and 27 (The Passion). Draw a picture or write in your journal how you welcome Jesus into your heart and life.
- **Easter Sunday:** It's Easter! Be joyful because Jesus lives! Read Luke 24: 1-12. Take a walk to look for examples of New Life, such as flowers, baby birds, etc. and/ or draw a picture of all things that represent New Life. Alleluia! He has risen!

Other ideas:

- 1) Make a **Calendar** that walks you through the 40 days of Lent and place this somewhere in your house (frig or kitchen table) for all to view. It will help you keep track of the things you are doing each day. You can draw a cross or place a sticker each step/day when you have done what you have chosen to do for God. You can include Rice Bowl chores or simply choosing to be extra helpful or kind. All these things earn a Cross
- 2) **Lenten Adventure** is a free website that has daily activities for you and your family. Go to www.LentenAdventure.com
- 3) **Adults** can get weekly emails from Dynamic Catholic <https://dynamiccatholic.com/best-lent-ever>. These emails are so relatable. I highly recommend this. Sign up and see for yourself.

Let's make this the Best Lent Ever. (bestlentever.com) God bless you, Keri Murphy