

SPROUTING SEEDS...

St. Martin de Porres

March 2019

Helping families grow in their Catholic faith.

40 DAYS OF LENT



Ash Wednesday

Read a devotional every day as a family

Start a giving jar and collect money to donate to missions

Lent is a time that we follow Jesus by tending to the needs of others

1st Sunday of Lent



Pray for our world leaders

Tell a friend about Jesus today

Follow Jesus!



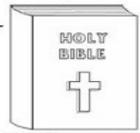
Pray for those people who don't know who Jesus is- that they may learn about his love!

Make a card for someone you know who is having a hard time.

Go outside and look around you. Thank God for his beautiful creations.

2nd Sunday of Lent

God, I'm sorry for...



Tell your teachers **THANK YOU** for all

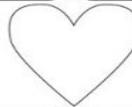
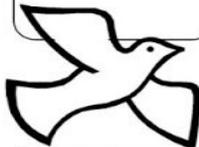
Jesus gave up his life for you- what can you do for him?

At dinner tonight have everyone share what they are grateful for

Say sorry to God and ask him to forgive you

Donate old clothes and toys that you do not use to a charity

Take a walk with your family



3rd Sunday of Lent

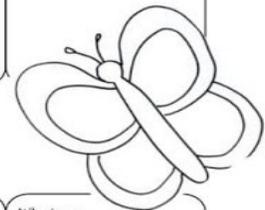
Pray for peace in the world

Invite a friend to church with you

Remember that God is always with you

Ask Jesus to help you be a good friend

Pray for the homeless



4th Sunday of Lent



Read Mark 12: 30-31 How can you do this?

Take the time to share a smile with someone today

Make a card and send it to one of your friends or relatives.

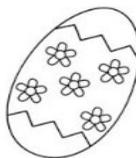
Thank God for the person you made the card for yesterday

Give someone a compliment today. How did they react?

What can you do to become a better Christian?

Thank you for...

5th Sunday of Lent



Color Easter Eggs

What can you do to help feed the hungry?

Tell your parents how special they are

Read Matthew 4: 1-11 Give up something you like doing or eating for 2 days

God Always Listens!

Eat a healthy snack today

Holy Week

Palm Sunday



Easter reminds us that Jesus brought us new life. What signs of new life do you see in nature?

Read John 3:16 Discuss what this means with your family

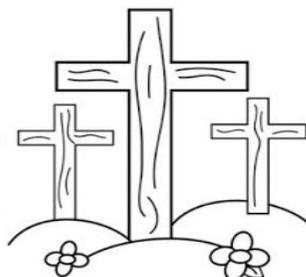


Maunder Thursday

Good Friday

Holy Saturday

He is Risen



Meaningful Lent for the Whole Family

In the Catholic Church, Lent is a very special season of “getting ready.” We are called during this time to make ourselves ready to celebrate the greatest mystery of our faith — the death, burial, and resurrection of our Lord Jesus Christ. Because this mystery is so central to our faith, it’s important that this special time of year be accessible to Catholics of all ages.

Lent is also a time when we are called to stop and allow the Christian mystery to touch our daily lives once again. It’s easy for us to get into our everyday routines and forget that Christianity is not just about what we do on Sunday mornings, but how we live each moment. Nowhere is this more important than at home with our family — the domestic Church.

A proper experience of Lent in the home depends upon the ages and developmental levels of each family member, but also centers on three basic Christian practices — prayer, fasting, and almsgiving. The following is an age-by-age guide to celebrating Lent at home:

PRESCHOOL AGE (0-5 years old)+ PRAYER: This is a good time to renew our commitment to daily family prayer. We know that we should pray together regularly as a family, but we often let our hectic schedules get in the way of regular family prayer. For preschool-age children, short and simple prayers are best. Because prayer is conversation with God, we want children to understand what they are praying and mean what they pray. The Sign of the Cross and other short simple prayers are a good start for children this age. We also want to assist them in praying in their own words. Creating a simple family altar with a few sacred items such as a crucifix (nothing too gory for children this age), a candle, and a few other sacred objects can provide a focal point for family prayer where children can visit each day and say, “I love you, Jesus.”

+ FASTING: Preschoolers are not required to fast, but they might benefit from the experience of the transition between scaled-down family meals and celebrations during Lent and the more festive season of Easter. Use Lent as a time to plan more simple meals and family activities — for example, a soup and salad dinner and family game night versus dinner at a restaurant and a family outing.

+ ALMSGIVING: Because children this age are very concrete and need to experience something to understand it well, the meaning of giving money can sometimes be lost on them (and besides, they can’t do much to earn money anyway). For this reason, simple acts of service like visiting a homebound family member or drawing pictures for a teacher or family friend can help the preschooler have some experience of giving to others.

ELEMENTARY AGE (6-12 years old) + PRAYER: A mealtime prayer or Scripture can help children this age experience this aspect of Lent. Allowing children a turn to lead the family in prayer can be a good way to engage children. Many parishes and dioceses distribute Lenten prayers for before and after meals, and others are available online.

+ FASTING: While fasting is not a requirement for children this age, it is good for them to begin to experience “giving something up” for the good of someone else. For example, a child who usually gets candy or a treat when shopping or going out to eat can be encouraged to forgo that special treat and donate the money to the poor (or put it in a Lenten offering box).

+ ALMSGIVING: Parents may wish to consider offering children this age odd jobs they can do to earn extra money to donate to the poor. Or, better yet, children could use their earnings to purchase canned goods to donate to local food pantries, many of which experience decreased donations during this time of the year.

TEENAGER (13-18 years old)+ PRAYER: Encourage teens to keep a prayer journal during Lent, either in written form or online — for example, a Facebook entry with one thing they are thankful for each day of Lent. Parents might also wish to encourage teens to take a leadership role in preparing prayer experiences for the family. Also, consider attending Stations of the Cross on Fridays of Lent.

+ FASTING: Teens are now of the age when they are able to fast during Lent. (Those 14 and older should abstain from meat on Ash Wednesday and Fridays. Fasting, according to Church norms, is for those ages 18-59.) Encourage your teen to think creatively, and to give up something that truly is a sacrifice, and also to make a commitment he or she can uphold. Self-sacrifice is sometimes frowned upon in contemporary popular culture, but the self-discipline that is gained by practicing delayed gratification is a valuable asset in achieving most anything worthwhile.

+ ALMSGIVING: Encourage your teen to put aside a portion of his or her allowance (or earnings from a part-time job) to a charity or cause about which he or she feels passionate. Teens are also sometimes able to volunteer their time and talents to assist others. Depending on your teen’s interests and abilities, a gift of service would be another way to experience this season.

No matter what the age, Lent is an important time to refocus, to prepare to grow in new ways as we experience the message and meaning of our Faith. May God bless you and your family as you keep this important season in the life of our Church.

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