

## Family Ideas for Lent

### Prayer

- Create a family prayer corner in your home. (small table or tv tray, bible, candle, etc.)
- Write a family prayer together to use every night or have each member of the family take turns leading a prayer.
- Choose a family saint for Lent. How can we imitate our saint.
- Pray a decade of the rosary each week.
- Go to the Sacrament of Reconciliation as a family.

Family prayer chain. Use strips of construction paper.

Each family member can write who or what they would like to pray for each week. Add the strips to the prayer chain each week.

### Almsgiving

-Lenten "Charity" Jar

Family can give up a snack or something they want and place the money into the jar. Children could do extra chores to earn the money.

-Donate clothing or toys to someone in need.

### Fasting

-Hearts for Love – what can I change (give up) in order to be a better person. Make a heart and write what can make you a better person.

Examples: give up talking about other people in a negative way, stop complaining, watch how I speak to others. Do I get angry easy?-perhaps work on that,etc.)

-Make the pretzel your Lenten snack remembering the shape as folded hands in prayer instead of anything else.

-Each week decide what you can fast from as a family.

Take a jar or bowl, make strips of paper with Lenten practices on each one. Place strips in bowl or jar. Each day take a Lenten practice to do for that day.