

Family Lenten Journey

Monday



Tuesday

MARCH 1 Shrove Tuesday



Make pancakes today

Wednesday

2 Ash Wednesday



Thursday

3 HAVE YOU EVER WONDERED... what is Lent?



Friday

4



Write, decorate & pray the Hail Mary

Saturday

5

Set up a sacred space in your home



Sunday

6

JESUS IS TEMPTED IN THE WILDERNESS.



Week 1

7



Go to the Caritas website, Project Compassion 2022 & learn about [Anatercia](#)

8

MAKE A LENTEN JAR

Find a small jar to decorate & place in your sacred space



(TO ADD THINGS INTO LATER!)

9



Find symbols for Lent & find out what they mean



10

Decorate a box to fill with items to donate to charity during Lent



11

Challenge yourself to go without sweets today



12



Prayerfully walk with the Stations of the Cross at your local parish church.

13

TRANSFIGURATION OF JESUS



Week 2

14

Write down how you've grown closer to Jesus this Lent. Place in the Lenten jar



15



Go to the Caritas website, Project Compassion 2022 & learn about [Biru](#)

16

Find a need you can help with, in your family



17

ST. PATRICK'S DAY



18



Add a food item to your box for charity

19 ST. JOSEPH'S FEAST DAY



20

PARABLE OF THE FIG TREE



Week 3

21



Learn & pray The Lord's prayer

22

Discuss a good deed you saw today



23



Go to the Caritas website, Project Compassion 2022 & learn about [Janice](#)

24

Do some research on the history of pretzels & Lent.



Make your own pretzels!

25

THE ANNUNCIATION



26

Do something kind for your parent(s) today



27

PARABLE OF THE PRODIGAL SON



Family Lenten Journey

Week 4

Monday

28



Draw a symbol showing your forgiveness of someone. Add it to your Lenten jar.

Tuesday

29

Go to the Caritas website, Project Compassion 2022 & learn about Rosalie



Wednesday

30

Discuss your favourite story about Jesus



Thursday

31



Add a stationery item to your box for charity

Friday

APRIL 1

Watch & pray Stations of the Cross



Saturday

2



Write a poem as you journey with Jesus on the Way of the Cross

Sunday

3

JESUS & THE WOMAN WHO SINNED



Week 5

4

Sit with God & reflect (0:40-1:32)



5



Share with a family member about what God means to them

6

Look up & read 1 Corinthians 13:4-7 As a family, reflect on what this verse means



7



Donate your box of goods you have collected

8

Go to the Caritas website, Project Compassion 2022 & learn about Shaniella



9

Make a palm leaf cross for Palm Sunday



10 Palm Sunday

JESUS RIDES INTO JERUSALEM



Holy Week

11

Go out for a prayerful walk and find some sticks to create your own cross



12 HAVE YOU EVER WONDERED... which are the three days of the Easter Triduum?



13



Challenge yourself to go without complaining today

14 The Lord's Supper



Faces of Easter VI Godly Play

15

Good Friday

Write a special prayer thanking Jesus for loving us. Add it to the Lenten jar



16

Holy Saturday

Light a candle & place on your prayer space. Pray The Lord's Prayer & Glory Be prayer as a family



17 Easter Sunday



Family Faith Formation Team
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For Lent & Holy Week Family Liturgies



Family Faith information & resources

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