



Celebrating Lent

Engage: Page 123

- ▶ Read aloud and discuss the text in the box on page 123. Then read aloud the page. Review the terms *Lent* and *Ash Wednesday*, using the Glossary as needed. **Say:** *We wouldn't be able to enjoy light without the dark. The season of Lent reminds us that to experience Christ's light, we must follow him through the dark.*
- ▶ Explain that any uncontrolled attachment puts the object we are attached to ahead of our willingness to respond freely to God's love and his desire for our well-being. **Ask:** *What kind of attachment might interfere with our relationship with God?* (Possible answer: excessive use of social networking, excessive desire for popularity or material goods)
- ▶ Pray aloud the prayer together. Pray aloud the Sign of the Cross.

Explore: Pages 124–125

- ▶ **Ask:** *Why do you think very young children enjoy playing peek-a-boo?* (Answers will vary.) **Say:** *According to scientists, babies are born hard-wired to recognize other human faces. In other words, we are born craving face-to-face experiences. Our deepest desire is to be truly seen.*
- ▶ Read aloud the session title More Like Christ on page 124. Take turns reading aloud the whole page. Discuss times when you have seen others suffer and have been moved to help as well as times you have ignored suffering. **Say:** *The hearts of all human beings are connected. We can choose to strengthen this connection, or we can choose to ignore it.* Discuss the consequences of ignoring suffering such as becoming more selfish, isolated, or lonely.
- ▶ Ask your child to read aloud the Past Meets Present feature. Discuss the idea of a "global family." Ask how technology can encourage or discourage action on behalf of those who suffer throughout the world.
- ▶ Read aloud the section A Man of Courage on page 125. **Say:** *The word courageous means "acting in spite of one's fear," not "lacking fear."* Discuss courageous acts that you have seen or read about. **Say:** *Jesus expressed fear but surrendered himself to his Father's will. Jesus showed us how to act with courage.*
- ▶ Read aloud the sections A Man of Service and A Man of Promises. **Say:** *In Jesus' time, the idea of leaders serving the people was a radically new and shocking idea. Leaders who serve do not aim to control others.* Have your child read aloud the terms *Advocate* and *Pentecost* in the Glossary and discuss their meanings.
- ▶ Read aloud the Sacred Art feature and discuss the art. **Ask:** *What details communicate Jesus' attitude of humility? What does the expression on Peter's face tell you?* (Answers will vary.)
- ▶ Read aloud Matthew 28:20 in the Bible. **Ask:** *How do Jesus' words make you feel?* (Possible answers: comforted, reassured, joyful) **Say:** *Jesus' words tell us that we are never alone. Jesus is always with us. He wants us to be present to others.*
- ▶ Use the Study Corner as a quick review of the article.

Explore: Pages 126–127

- ▶ Ask your child to tell about a time when he or she felt close to God. When your child begins to speak, act distracted by putting earbuds in your ears to listen to music. Then explain. **Say:** *God is always trying to tell us something, but if we distract ourselves excessively, we ignore him. We don't want to block God out with distractions or our attachments. We hear God best when we are quiet and open to listening for his voice.*



- ▶ Read aloud the article title Preparing the Way of the Lord on page 126. Together read aloud the page. **Say:** *Lent is a time to listen and reflect on God's calling. It is a time for being honest with ourselves. It is a time to own up to our shortcomings and honor our identity as children of God.* Share stories that describe emotions when something is lost or found, such as fear, worry, joy, or relief. **Say:** *Repentance brings us a similar sense of relief. It can be hard to admit that we are lost, but as soon as we do, God sweeps us up in a loving embrace.*
- ▶ Have your child read aloud Our Catholic Character. Say aloud the words of the *Kyrie*, as shown in the feature, with your child, first in English and then in Greek. Ask your child what he or she likes about each version.
- ▶ Take turns reading aloud the sections on page 127. Read aloud the definitions in the Glossary for the words *conversion*, *fasting*, *abstain*, and *almsgiving*. **Ask:** *Which prayer is recalled by the last baptismal promise? (the Apostles' Creed or Nicene Creed) Which three spiritual practices do we focus on during Lent? (prayer, fasting, almsgiving)* Explain that prayer is the central action of our spiritual life. Remind your child what it means to fast and abstain during Lent. **Ask:** *Why is a journey a good way to describe our actions during Lent? (Lent is a process, a trip with a beginning and a destination in mind, unique to each person. It spans a period of 40 days.)*
- ▶ Use the Study Corner as a quick review of the article.

Reflect: Pages 128–129

- ▶ Read aloud the title Renew Our Hearts on page 128. Take turns reading aloud the paragraphs at the top. **Say:** *Instead of Lent being a gloomy time, our self-denial can be a time of self-discovery and greater awareness of God.* Ask your child to describe an example of this process of spiritual renewal.
- ▶ Take turns praying aloud the parts of Prayer of Renewal. Be sure to allow time for meditation after each question. Conclude the prayer with *Amen*.
- ▶ Look at page 129. Read aloud the introductory text of Where Do I Fit In? Ask your child how he or she feels about sacrifice and self-denial during Lent. Read aloud Saying Yes to What Matters. **Say:** *Our questions about God lead us to seek answers that make sense. This rhythm of questioning and answering is what the spiritual life is all about.* **Ask:** *How did the author's questions lead her to an answer that made sense? (Her questions took her beyond a superficial understanding of Lent. They helped her find a Lenten practice that connected her to an authentic reason for following the practice.)*
- ▶ Have your child read aloud the directions in the Making Lent Meaningful activity. Read more about Catholic Social Teaching on pages 298–300 in Prayers and Practices. Help your child form and write an action plan of ways to return to God during Lent. Together prepare a slide show of ideas or make a storyboard.

Respond: Page 130

- ▶ Have your child read aloud the directions in What's What? Work together to unscramble the words and complete the activity.
- ▶ Review the terms you learned in this session in Say What?
- ▶ Read aloud Now What? Together close your eyes and reflect on what it means to empty oneself and to turn to Jesus for strength during Lent. After both of you write prayers, pray them aloud.
- ▶ Invite your child to access a 3-Minute Retreat at www.loyolapress.com/retreat.