

Celebrating Lent and Holy Week

Engage: Page 117

- ▶ Display a picture of a palm from a palm tree. **Ask:** *When do we see palms in our church? (on Palm Sunday)*
- ▶ Read aloud the session title and the text. **Ask:** *What do we prepare for during Lent? (the celebration of Jesus' Resurrection at Easter) What do we remember during Holy Week? (Jesus' suffering, Death, and Resurrection) Say:* *In this session we'll learn about Lent and Holy Week—a time of year when we learn how to be more like Jesus by helping others.*
- ▶ Together use a calendar to help you make a time line that shows Ash Wednesday, Palm Sunday, Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday. Pray aloud the prayer together.

Explore: Page 118

- ▶ **Ask:** *What does it mean to “put yourself in someone else’s shoes”?* (imagine you are in someone else’s position, feeling or reacting how that person might to something that has happened) **Say:** *Lent is a time to be aware of other people’s situations.*
- ▶ Have your child read aloud We Grow in Virtue During Lent and Holy Week and answer the question.
- ▶ Read aloud Almsgiving. Emphasize the importance of helping people in need of love, food, and shelter this Lent.
- ▶ Read aloud the Reading God’s Word feature. **Ask:** *How can our family give to others this Lent?* Discuss your child’s ideas.

Reflect: Page 119

- ▶ **Ask:** *What is a prayer of intercession?* (a prayer that asks God for help on behalf of another) **Say:** *Lent is a good time to pray prayers of intercession.*
- ▶ Read aloud Mass During Lent and Holy Week. **Say:** *During Lent we strive to think of others, not just ourselves. One way we can help others in need is to pray for them.*
- ▶ Have your child read aloud What We Experience. **Ask:** *What do you notice about decorations in church during Lent?* (The church is plain. There are no flowers. The priest wears purple vestments.)
- ▶ Read aloud Let Us Pray to the Lord and ask your child to complete the activity.
- ▶ Read aloud the Did You Know? feature. **Say:** *Many events in the Old and New Testaments contain the number 40. For example, Lent lasts for 40 days, the great flood lasted for 40 days, the people of Israel wandered the wilderness for 40 years, and Christ prayed in the desert for 40 days.*

Art Exploration: Page 246

- ▶ Find in a magazine, in a book, or online a picture of Jesus on the cross.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including how it makes him or her feel.
- ▶ **Say:** *During Lent we remember Jesus' strength and suffering as we prepare our hearts for Easter.*
- ▶ Have your child turn to page 246. Read aloud the introduction and discuss the question.
- ▶ Read aloud Jesus in the Desert. **Ask:** *How can we honor Jesus' sacrifice? (fast, practice positive new habits, care for people who need help, pray, go to church, be grateful for Jesus, think about how we treat others) What does it mean to fast? (to eat less, to not eat, to stop doing something) Say:* *The word fast can also mean "to hold tight." You can make a Lenten promise and try to hold tight to that promise. We are called to spend 40 days paying attention to how we treat others.*
- ▶ Have your child read aloud A Lenten Promise. Ask your child to spend some time thinking of a meaningful Lenten promise and write about it. Invite him or her to share with you his or her idea for honoring Jesus during Lent.
- ▶ Give your child drawing paper, a paintbrush, and watercolor paints. Ask your child to paint Jesus in the desert as a reminder to keep the Lenten promise he or she wrote about. Encourage your child to keep his or her Lenten promise.

Respond: Page 120

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can reach out to others by being a good listener.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.