



Celebrating Lent and Holy Week

Engage: Page 117

- ▶ Together look at pictures online or in magazines of people helping others. Discuss what is happening in each scene.
- ▶ Read aloud the session title and the text. **Say:** *In this session we will learn how Lent and Holy Week is the time to think about our actions and how they affect others.*
- ▶ Invite your child to think of choices he or she has made that hurt God or others and reflect on them during the season of Lent. Pray aloud the prayer together.

Explore: Page 118

- ▶ **Ask:** *What does fasting mean? How might fasting improve our relationship with God?* Discuss your child's responses.
- ▶ Together read aloud We Fast and Pray During Lent and Holy Week. **Ask:** *Why is it important to be aware of the struggles that others face, no matter how large or small a struggle may be? (so that we can offer help)*
- ▶ Read aloud How Can I Help? Have your child complete the activity and share his or her responses with you.
- ▶ Read aloud the Reading God's Word feature. **Say:** *Jesus asks that we treat everyone, neighbors and strangers alike, the way we would like to be treated. Before you say or do anything to someone, stop for a moment and think about how you'd feel if someone were to say or do that to you.*

Reflect: Page 119

- ▶ Discuss how your family prepares for Lent and Holy Week. **Ask:** *What are some of our traditions?*
- ▶ Read aloud Mass During Lent and Holy Week. **Say:** *During this time we pray and think about the choices we make. Because God loves us so much, he is willing to share his gift of forgiveness with us.*
- ▶ Have your child read aloud What We Experience. Together read aloud and discuss How to Make a Good Confession on page 209.
- ▶ Have your child read aloud The Wonderful Gift of Reliance on page 119 and complete the activity.
- ▶ Read aloud the Did You Know? feature. Point out that the word *Laetare* means "rejoice."



Art Exploration: Page 248

- ▶ Find in a magazine, in a book, or online a picture that shows Gethsemane, where Jesus prayed after the Last Supper.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the setting and the actions of the people.
- ▶ **Say:** *Through prayer Jesus found the strength to accept his Father's will.*
- ▶ Have your child turn to page 248. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Church Celebrates Lent and Holy Week. **Ask:** *Why might it have been difficult for Jesus to spend his time at Gethsemane praying?* (He felt great sorrow; he knew he would be crucified.)
- ▶ Read aloud Lenten Acts and allow time for your child to complete the activity.
- ▶ Explain that a triptych is a three-sided panel commonly used as an altar board. Have your child fold a sheet of drawing paper into three panels and illustrate the hours before Jesus' Death: the Last Supper, praying in Gethsemane, and the Crucifixion. Encourage your child to use the triptych as a reminder of the great sacrifice Jesus made.

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 to show kindness to people who have not always been kind to him or her.
- ▶ 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.