

Family Faith at Home



Make Sunday Come Alive All Week!

The Department of Youth Faith Formation wants to help you and your whole family explore God's Word in your lives. Each week we will be sending out this resource which can help you reflect on the upcoming Sunday readings with your entire family.

Here are some ideas on how to use this resource:

- Consider reading one of the mass readings each evening.
- Do the discussion questions after dinner one night.
- Watch the video on a different night.
- Pray the prayer each evening.



First Sunday of Lent

Mass Readings:

Genesis 9: 8-15

Psalms 25: 4-5, 6-7, 8-9

1 Peter 3: 18-22

Mark 1: 12-15

[Readings can also be found at the United States Conference of Catholic Bishops.](#)

Discuss

After reading the Sunday readings, discuss as a family:

1. Whenever God makes a covenant with His people, he establishes a sign of that covenant. What is the sign of the covenant with Noah and why?
2. Peter says that the story of Noah and his family being saved is a foreshadowing of something, what does he say it foreshadows?
3. In the gospel, when Jesus proclaims the kingdom of God is at hand, how does He call the people, and us, to respond to that news?
4. What connects this Gospel reading to the story of Noah?

Share

Throughout Scripture, God uses the number 40 symbolically to represent a time of preparation and purification. In the story of Noah, the rains fall for 40 days and 40 nights. In the story of the Israelites in the desert, they spend 40 years wandering before entering into the promised land. In this week's Gospel, Jesus spends 40 days preparing for his public ministry and the preaching of the kingdom of God. The Church has established Lent as a 40 day period of preparation for Holy Week, when we celebrate Christ's suffering "for sins once, the righteous for the sake of the unrighteous that he might lead you to God." (1 Peter 3: 18) Let us take this time to remember that the penances we take on in Lent are not meant as a punishment because we are bad, but that they are a means of emptying our lives and our hearts to make room for Christ. That, like the waters of baptism, they cleanse our hearts and prepare us for the amazing love and grace that God wants to pour out for us in the Resurrection.

Watch

For the whole family, [watch this video.](#)

For families with small children, [watch this video.](#)

For families with older children, [watch this video.](#)

Pray

Jesus, I want to spend time with you. Give me the strength and perseverance to spend Lent forming a habit of prayer and spending that time with you. Amen.

Do

[Check out this list of 40 Lenten activities.](#) Have each member of the family choose anywhere between 1-7 of these activities to complete this week. Then at dinner (or some other time), have a short conversation about how that activity is going and whether it made any impact on the individual. This conversation can be as short as a minute or could open up a longer conversation as a family.

