

# LENTEN JOURNEY FOR FAMILIES



## THREE WAYS TO GROW TOGETHER

### PRAYER

#### *Intention for the Day*

Commit to praying for (or with) your family during Lent by keeping a list of prayer intentions placed in a common space for all to see. Every day of Lent, choose an intention to focus on individually or as a family, and offer it to God with a simple verbal prayer, rosary, etc.

Find ideas at: [www.teachingcatholickids.com/keep-a-list-of-family-prayer-intentions](http://www.teachingcatholickids.com/keep-a-list-of-family-prayer-intentions)

### FASTING

#### *Fifteen Minute Fast*

What could happen if you dedicated just one percent of your day – 15 minutes – fasting from busyness and distraction? Set aside household tasks, silence the cell phone, disconnect from diversions such as video games, and then use that extra time to intentionally connect with God or a family member. Find ideas on how to spend family time together at: [www.52sundays.com](http://www.52sundays.com)

### ALMSGIVING

#### *Rice Bowl*

Catholic Social Teaching calls for us to put the poor and vulnerable first – not only for their sake but for ours, too. Through Catholic Relief Services' Lenten Rice Bowl, we journey with others here and around the world to commit our Lenten almsgiving to deepen our faith and to serve those in need. For more about CRS Rice Bowl, an activity calendar, recipes, and stories of hope, visit: [www.crsricebowl.org/families](http://www.crsricebowl.org/families)