

LENT

2020

Car Visor Family Discussion Guide

In our busy and fast-paced society, "car time" is one of the few times families have to be together. This small guide is intended to help you make the most of car time by providing Lenten conversation starters you can use with your family or on your own. Fold and attach this to your car visor as a convenient reminder to reflect and discuss the three pillars of Lent: Prayer, Fasting, and Giving

Prayer Before Driving:

+God, thank you for the gift of transportation. Help us to stay safe as we journey on the roads today, and let us be good examples to others as we go out into the world. Amen.

FOLD HERE

Conversation Starters:

What do these 40 days of Lent mean to you?

Why is **prayer** important and what different forms might it take?

- ✘ How will you pray today?
- ✘ How did you pray today and what did God say to you?

What does it mean to **fast** and why should we do it?

- ✘ How can being our best at school/work be a type of fasting?
- ✘ Can doing more be a type of fast?
- ✘ Name one way you fasted today.

What is the hardest part of **giving** to others?

- ✘ What ways will you offer works of love today at school/work?
- ✘ What are you doing this Lent to become a more giving person?

How have you encountered Jesus this Lent?

- ✘ Through prayer...fasting...giving?

