

Our journey through Lent.
MAKE SPACE FOR GOD

Ash Wednesday to March 7

Lent begins this week. This holy season offers us the opportunity to reset amidst the noise of technology and distractions.



Conversation starters this week:

- Talk about a time when you gave up something you really wanted for the love of Jesus. Why did you do it? How did it feel at first? Later?
- How would you feel about giving up screen time for Lent? Do you think it would be easy or difficult? Why?
- What is something that you could give up for Jesus today? Take turns.

Resolution for the week:

Make your dinner table sacred space: Keep devices away from the table and give your full attention to each other. Remember to say grace too!

Grace before meals

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ, Our Lord, Amen.

For more tips, go to:

marriagefamilylife.seattlearchdiocese.org/make-space-for-god

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March 8-14

Conversation starters this week:

- Have you ever really wanted something and thought, "If I can just have this, I won't want anything else," but then you got it and you still felt like you wanted something more? Why do you think that happened?
- Blessings come in all shapes and sizes, from the food we eat, to the clothes we wear, to the friends and family who love us. Can you name some of the blessings that God has given you in your own life?
- For each of the blessings you named, can you think of a specific way you can show your gratitude? For example, if you named your family as a blessing, how can you show that you are thankful to have them in your life?

Resolution for the week:

Consider saying a decade of the rosary with the family every evening as part of prayer time and say the whole rosary together once a week.



The rosary

The rosary is a Scripture-based prayer, and the gentle repetition of the words calls us into union with Christ through Mary. For a complete explanation of how to pray the rosary, look up "USCCB rosary"

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March 15-21

Conversation starters this week:

- What is something that you do well that is a gift from God? For example, being good at school, being good at a sport, being friendly, playing music, etc.
- What are some things that your other family members do well? For example, maybe your mom has a beautiful smile, or your dad is really strong, or your siblings are very funny. Take some time to think about their gifts and tell them how you think God has blessed them.
- What are ways that you can say thank you to God for the gifts and graces he has given you?



Resolution for the week:

Make Mass a priority every Sunday. Consider leaving your phone in your car or turning it completely off to avoid distraction.

At the end of this week, turn this inside out and continue your weekly journey through Lent.

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March 22-28

Conversation starts this week:

- Did you make time to pray today? What are ways you make time to pray to Jesus in the morning, throughout the day, at meals, and in the evening before bed?
- What are your favorite prayers and why? What prayers have you heard but never memorized? Can you think of one and try to memorize it as a family?
- Sometimes it helps to pray for what's in your heart when others are praying with you. Is there something specific you would like to pray for today? If you are ready, take a moment to share with your family and ask them to pray with you.



Resolution for the week:

Pray 15 minutes a day. Check out our website below for suggestions.

Aspirations to say throughout the day

"Thank you, Lord, for all your gifts and graces."
"Lord, I love you. Help me to love you more."
"Lord, that I may see."

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March 29-April 4

Conversation starters this week:

- Think of a time when you made a mistake, hurt another person, or did something you weren't supposed to do. How did this make you feel? What did you do to fix it or make it better?
- Think of the times when you had to say "I'm sorry" to someone. If the other person accepted your apology, how did it make you feel? Was there a time when the other person didn't accept your apology?
- God is always inviting us to experience his forgiveness through the sacrament of reconciliation. Think of a time when you felt God's presence through confession – what was it like?

Resolution for the week:

Go to confession as a family at least once during Lent. Look up reconciliation times at your parish and bring the family.

Confession

To prepare for confession, teach or review with your children an examination of conscience. You can find several on the USCCB.org website.

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April 5-Easter Sunday

Conversation starts this week:

- Look back at all the conversations you've had as a family during Lent. What was the most meaningful and why? Did you make any changes or resolutions based on them?
- What resolutions did you implement during Lent? Has it been hard? Why or why not?
- Are there any resolutions that you resolve to do in the Easter Season starting this Sunday?



Resolution for the week:

Make plans to participate in the Triduum this week, starting with Holy Thursday, Good Friday and Holy Saturday. Look up the Mass times and service schedules at your parish. Decide on what Easter Sunday Mass you'll attend as a family.

Stations of the Cross

If you haven't had the chance to go to the Stations of the Cross yet during Lent, this would be good week for it. Most parishes offer it during Lent, or you can do it at home as a family. Visit the USCCB website at usccb.org to find a guide to the Stations of the Cross under Prayer and Worship > Prayers and Devotions.

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