



ARCHDIOCESE OF SEATTLE

At Home with Faith

Jesus calls us to take a fresh look at things so we can receive his good news.

Lent prepares us, through simplicity, to see God's blessings and receive them joyfully.



Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

With the beginning of Lent, the Church calls us to renew our devotion to three spiritual practices that help us follow Jesus' instruction to repent and believe in the gospel. Each is about restoring justice — the right ordering of things — to our lives.

Prayer is about justice toward God. By giving our attention to God, we grow closer to him and become more aware of his grace.

Fasting is about justice toward self. Surrounded by so many blessings, we can take them for granted. Fasting breaks disordered attachments, restores our balance and makes us more aware of the blessings God has given us.

Almsgiving is about justice towards our neighbors. We care for our neighbors because, as fellow children of God, they are our brothers and sisters.

Genesis 9:8-15

I will remember the covenant I made with you.

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

You remember your love for those who keep your covenant.

1 Peter 3:18-22

Baptism is a covenant with God.

Mark 1:12-15

Repent and believe in the Gospel!

For more resources, visit us online at:

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>

At Home with Faith

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Help your child become more aware of grace:

- **Fill a large glass halfway with water and ask them if it is half empty or half full.** As familiar as this proverbial saying is to us, it can be useful for children. Ask them what makes it half-full or half-empty.
- **Pour the water into a smaller glass so the smaller glass is now full.** Tell them that the amount of water didn't change, but our perception did. If we are thirsty, we would be grateful for the water and not worried about the size of the glass. Sometimes it helps us to change our perception of things.
- **Tell them that Lent is about changing our perception.** During Lent we do something like using a smaller glass to hold our water. It helps change our perception, get rid of the things we don't really need and become more aware of our blessings.



It's encouraging to hear about how God rescued Noah and his family. At the same time, it's upsetting to think about a disaster that wipes out life on earth. Why would God let that happen?

Of course, this thinking is backwards. In *The Seven Storey Mountain*, the wise monk Thomas Merton explains that we should not be shocked when bad things happen. War, sickness and disaster come quite naturally when things are out of order. What's more interesting is when good things happen: "How could all this be possible without the merciful love of God, pouring out His grace upon us?" Lent is about reconnecting with that grace.

When Jesus instructs us to "repent and believe in the gospel," he wants us to change our thinking. He wants us to look at things with a spirit of gratitude and joy, alert for God's grace so we may receive it.

When we teach our children the practices of Lent, we want them to see them as ways to become more ready for grace. Encourage them to look at Lent as an adventure where, through setting aside distractions, we are open to grace.

[Check out this website](#) for Lenten resources.

For more resources, visit us online at:

<https://marriagefamilylife.seattlarchdiocese.org/athomewithfaith>