

## Lenten Lesson with Works of Mercy

During Lent we prepare ourselves for the Passion and Death of Jesus. It is a time in which we must do three things: PRAYER, FASTING, AND ALMSGIVING.

1. Prayer – talking to God.
2. Fasting – giving up something that I like.
3. Almsgiving – giving things to the poor.

Below is a project that can help you do all three of these things during Lent. It is called the “Lent Project”. It includes the works of mercy and specific things you can do at home to join in Jesus’ suffering. You can also include your own ideas.

What is a work of mercy?

Works of mercy are ways that we can help our neighbors and help ourselves grow closer to Jesus by following His example. [If you can, try to read Matthew 25: 31-46 with your family.]

There are SEVEN works of mercy:

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Shelter the homeless
5. Visit the sick
6. Visit those who are in jail
7. Bury the dead.

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<b>Lenten Project</b>
<b>Feed the Hungry and Give drink to the Thirsty</b>
Help my mom make dinner.
Eat what I am given without complaining (as a sacrifice for the poor who do not have food).
<b>Clothe the Naked</b>
Send old clothes and give away one of your favorite toys.
Help your little siblings putting on their shoes.
<b>Shelter the Homeless</b>
When someone visits you do not use your phone or tablet.
Clean your room without being asked.
<b>Visit the sick and those in jail</b>
Help our siblings if they are struggling with homework.
Visit your grandparents and talk to them.
<b>Bury the Dead</b>
Pray everyday for those who have died.
Make the Sign of the Cross when you pass a cemetery.

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Here is a chart for you to fill out **during** Lent. This will help you see what things you have done to prepare yourself for Jesus' Passion and Resurrection. Remember that we have to unite our own small struggles with those of Jesus so that we can be joyful at His Resurrection!

From the box above, chose **two or three** things that you will for Lent. The chart below has one day per Lent (40 days total). Write down each day and then what you did on that day!

<i>ASH</i> <i>WEDNESDAY</i> <i>(BEGINNING -</i> <i>FEBRUARY 17TH)</i>									
									<i>EASTER</i> <i>(END -</i> <i>APRIL 4TH)</i>