

FAMILY FAITH CONVERSATIONS FOR LENT

Week of February 18–24, 2024

SUNDAY READINGS GENESIS 9:9–15, 1 PETER 3:18–22, MARK 1:12–15

In this Sunday's Gospel, Jesus goes into the desert to leave all the distractions of life behind and be alone with God. How do you find time for quiet in your busy life? When do you prioritize alone time with God? Is it easy to be quiet and just listen to what God might want to say to you?

During this Lenten season, how can you quiet your lives and stop to listen to what God might want to tell you in the quiet of your hearts? Spending quiet time with God is one of the ways we can grow in relationship with Him this Lenten season.

Take Time to Pray

with this prayer from St.
John of the Cross:

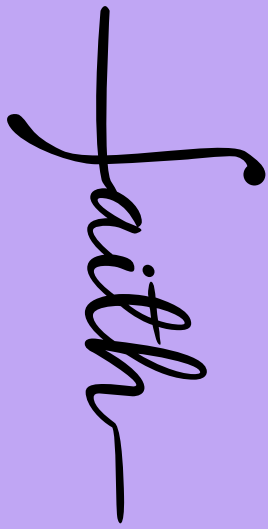
**O Blessed Jesus,
give me stillness of soul in
You. Let your mighty
calmness reign in me. Rule
me, O You,
King of Gentleness, King of
Peace. Amen**

Fast From

**adding unnecessary
noise to your home!
Keep the volume low
on electronics and
voices. Refrain from
competing sounds:
don't all speak at once
or have multiple
sounds playing at the
same time**

Give to

**a charity that
supports those who
do not often have a
voice in society such
as the unborn or
children or the
vulnerable**



FAMILY FAITH CONVERSATIONS FOR LENT

**Week of February 25–March 2,
2024**

SUNDAY READINGS: GENESIS 22:1–18, ROMANS 8:31–34, MARK 9:2–10

Mountains are places where BIG things happen in scripture. In fact, the phrase “Mountain top experience” comes from those times in the Bible when God revealed himself to people such as Moses, Abraham and the Disciples.

A What have been your mountain-top experiences? Have you had a mountaintop experience of God’s presence where you felt incredibly close and filled with emotion? How can we open our eyes to those times we are in the presence of God?

**Take Time to Pray
that your eyes be
open to the presence
of God:**

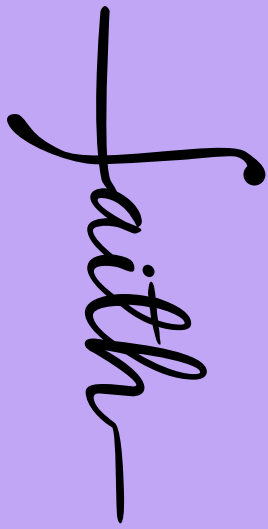
*Open my eyes, Lord,
that I may be
transformed by your
love!”*

Fast From

**Keeping your head
lost in a screen.
Look up! Recognize
beauty, emotion,
and need and see
God’s face in others.**

Give to

**a charity that works
to provide mountain
top experiences to
others such as those
that grant wishes to
kids or finds homes
for the homeless**



FAMILY FAITH CONVERSATIONS FOR LENT

Week of March 3-9, 2024

SUNDAY READINGS: EXODUS 20:1-17, 1 CORINTHIANS 1:22-25, JOHN 2:13-25

In the Temple, Jesus is angered by the priorities the people have set. Instead of making it a sacred house of worship, there were merchants buying and selling goods. We are also reminded in the first reading of the Ten Commandments and the ways in which we are called to love both God and Neighbor. How are your priorities? Has anything gotten in the way of your love of God and neighbor? What ways can your family use this Lenten season to return to the Lord and reset your daily priorities?

Take Time to Pray

at Sunday Mass with your family if you have gotten off track, or add another form of worship to your family life, such as First Friday Adoration

Fast From

Allowing your busy family schedule to keep you from making time for worshipping God and serving God's mission

Give to

your parish or other entities in your Diocese that serve God's mission



FAMILY FAITH CONVERSATIONS FOR LENT

Week of March 10-16, 2024

SUNDAY READINGS: 2 CHRONICLES 36:14-23, EPHESIANS 2:4-10, JOHN 3:14-21

Do you know how much God loves you? “For God so loved the world that he gave his only Son.” (John 3:16) When you think about the word love, what does it mean to you? What does the love feel like that you share between you and your family members? When we don’t show acceptance of our family’s love, it can hurt, right? Are there things you can do to better show your love for one another? How about to show your love for God?

Take Time to Pray

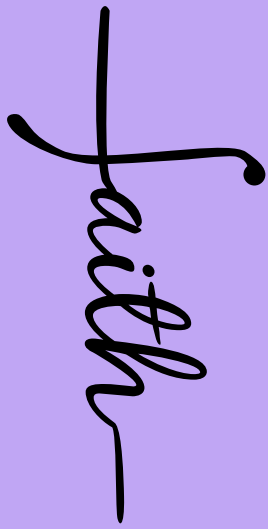
The Act of Love

“Oh my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all my love. I love my neighbor as myself for love of you. I forgive all who have injured me, and I ask pardon for all whom I have injured. Amen.”

Fast From

**Unhealthy thoughts
and sinful actions
toward others.**

**Give extra time to
God this week either
through attending a
Lenten event at
Church, a daily Mass
or just spend extra
time in prayer.**



FAMILY FAITH CONVERSATIONS FOR LENT

Week of March 17–23, 2024

SUNDAY READINGS: JEREMIAH 31:31–34, HEBREWS 5:7–9, JOHN 12:20–33

In today's Gospel Jesus speaks of planting and says "Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit." Has there been a time when you needed to give something up or let it die, so that something better could grow or be fruitful? Lent is a good time for us to reflect on what we need to let go of. As we fast during Lent, we must also consider what aspects of our life keep us separated from God. Those are the things we can fast from long after the Lenten season has ended.

Take Time to Pray

When we participate in the Sacrament of Reconciliation, we can let go of those sins that have separated us from God and start anew to build something beautiful in its place. Prepare yourself for Holy Week by going to Confession

Fast From

Selfish choices that cause a break or weakness in your relationships

Give resources to organizations that help people to rebuild their lives after disaster or difficulties



FAMILY FAITH CONVERSATIONS FOR LENT

**Week of March 24-30, 2024
HOLY WEEK**

As Holy Week unfolds, we will hear the Passion of Our Lord on Palm Sunday, the Washing of the Feet on Holy Thursday and return to the Passion on Friday before we listen to our Salvation History at the Easter Vigil. Through the unfolding story of the events of Holy Week, we are drawn to consider: How have we responded to this incredible gift by Jesus? What has he taught us about life, service, sacrifice and love? How can we use those lessons in our family life? How can we show our love for Jesus each day?

Take Time to Pray

Holy Week is the most important week of our Church year. Commit to engaging in the liturgies and prayerful moments at home such as reciting the Rosary or even the Our Father together each day

Fast From

Busyness during this sacred week and allow your family to dwell in the Paschal Mystery

Give

Who needs some extra care in your life? Jesus modeled true humility and generosity through the washing of the disciples' feet. "Wash another's feet" this week by showing them generous service