

My Lenten PLAN

Fasting

Reflecting on your plan:

TAKE SOME ALONE TIME WITH GOD.

Quiet yourself. Imagine yourself in a beautiful desert. Be conscious that God is with you. Pray something like this: "Lord, thank you for being here with me. Thank you for making me and loving me so unconditionally. You know better than anyone my strengths & weaknesses, my virtues & sins, my desires & fears. Lord, where are we at — you and I? How am I loving... you, myself, others? Please fill my heart with your Spirit and show me what you want from me and for me this Lent."

REFLECT ON YOUR RELATIONSHIP WITH GOD.

Am I aware of your presence throughout my day, Lord? Do I set aside time to give you all my attention? How would you like me to connect with you? When can I make this work in my week/day? Do I have a prayer-practice in need of refreshing (reading about it, living it with renewed attention)?

Prayer

REFLECT ON HOW YOU CAN GIVE YOURSELF.

Do I depend too much on anything or find myself acting, speaking or thinking in a way that isn't like you, Jesus? What shall I give up that will open me up to you changing my heart? (Fasting) How do you want to grow my heart through seeing and responding to the needs of others? Who are the marginalized people around me?... In my own heart? (Almsgiving) What do you want of me, Lord? How shall I give this Lent?

WRITE ONE THING YOU'LL DO IN EACH CATEGORY.

What, when, how? Do I need to order a book, research? "Lord, I offer my Lenten plan to you. Help me, and work your own plan in me that I may share in your dying & rising."

Almsgiving

Is there someone/an intention I'd like to offer my Lenten efforts for? Write it here:

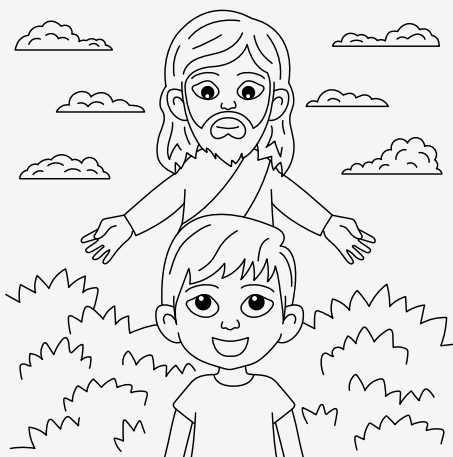
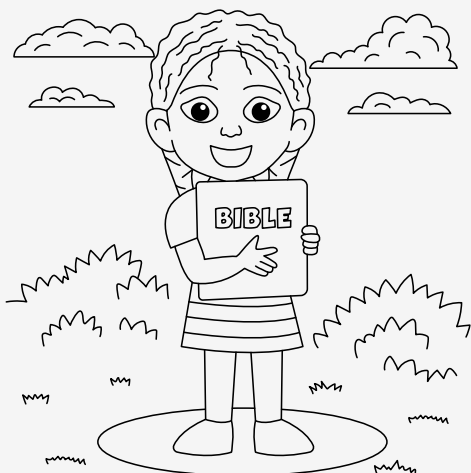
Is there a verse/phrase/short prayer that inspires me or reminds me of how God is calling my heart this Lent? Write it here:

Keep it simple. Review and start fresh daily.



Diocese of Erie
ROMAN CATHOLIC

How can I grow with Jesus this Lent:



I will spend time being with Jesus, by:

I will love like Jesus even when it's hard:

I will help others like Jesus did, by:

NOTE TO PARENTS:

Explain that Lent is a special quiet time of preparing for the great celebration of Jesus' dying and rising. For kids under 7, this is enough. (Parents may tell about their own Lenten practices.) For kids around age 7, you may invite them to make a simple Lenten plan, but keeping it primarily in the positive.

We get our hearts ready for Easter by:

- Being with Jesus in prayer and getting to know him better.
- Trying to love like Jesus even when it's hardest and hurts (depicted here by the thorns on Jesus' Sacred Heart).
- Trying to help others like Jesus did, especially those who don't have what they need.

Help your child come up with one way, for each category, that they'll prepare their hearts. Here are some ideas:

- Talk to Jesus when I wake up or before I go to bed.
- Pray grace before meals with special attention and thanks.
- Look at a Bible book and think about Jesus.
- Obey Mom and Dad especially when _____ (child's more challenging moments)
- Be kind to my brother/sister especially when _____.
- Help a family member especially when _____.
- Do extra chores to earn money to buy food for people who don't have enough.

Our Family Lenten PLAN

Prayer & Faith Talk

- How can we make Sunday Mass more central in our week?
- How can we pray together as a family this Lent?
- When will we schedule it?
- Is there a special intention we'd like to offer our Lenten prayers for?
- When/how will we learn about our faith or have conversations about it?
- Is there a resource we'll use to help us?

Fasting

- Is there something we do too much of as a family that's not particularly good or healthy?
- What can we give up together?
- What is something good we should be doing that we're not, or that is hard/not fun?
- What could we do that would help us get in touch with how poor people live or those treated unequally?

Almsgiving

- How can we learn more about what our faith teaches about social justice and the corporal works of mercy?
- Who is in need, and what are their specific needs?
- What research do we need to do?
- How might we make a difference for these people?
- What project shall we adopt to help others this Lent?

(The whole process can be part of your almsgiving throughout Lent—learn/research in the first half, act in the second half. Keep it simple.)



additional resources can be found on the Diocese of Erie website: www.ErieRCD.org/Lent.html