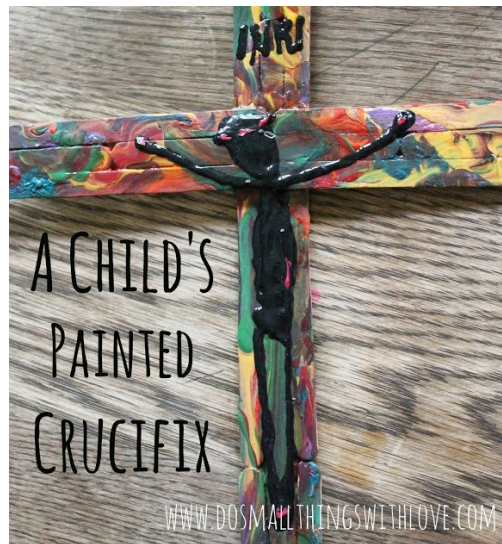
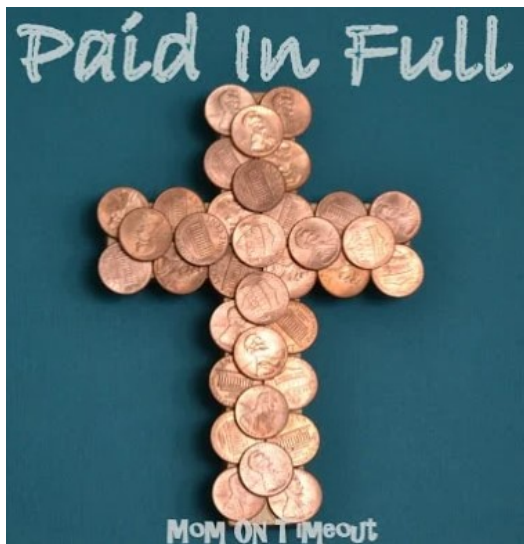


# Lent Activities for the Family

## Week 1: Create a mini Lenten Cross.

Create multiple designs (using any materials) of mini Lenten Crosses within the family to remind us on God's love. Below are few examples extracted from the internet:

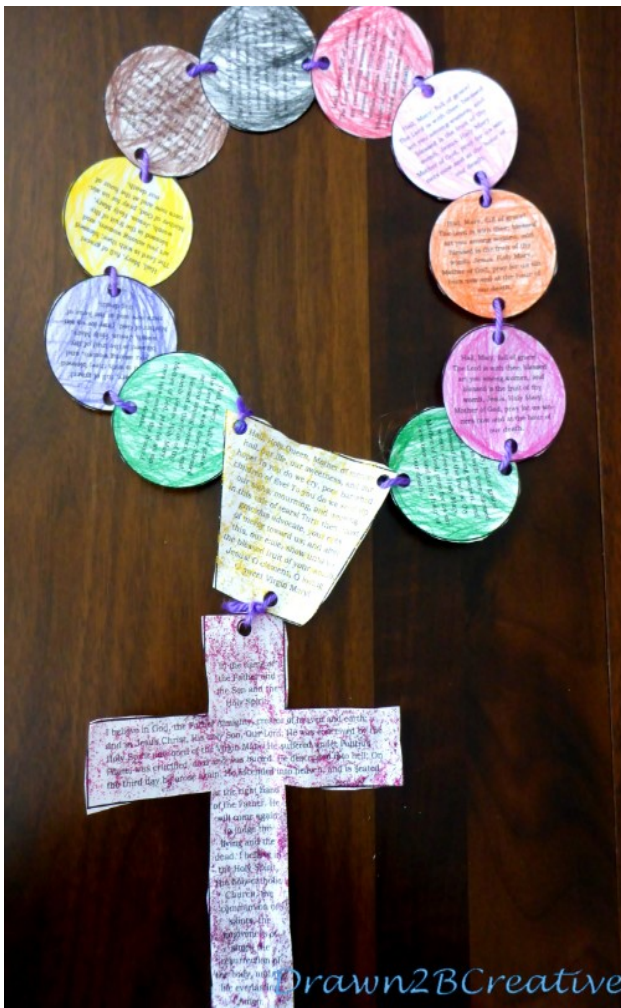


# Lent Activities for the Family

## Week 2: Prayer.

Design a decade of the Rosary. On each Rosary bead, indicate one prayer intention. Each family member can take turns to indicate their prayer intentions. Each Rosary bead should only have 1 prayer intention. Prayer intentions can be for members of the family, a friend, a stranger in need. Make time as a family to pray for these intentions daily.

Below are few examples extracted from the internet:



# Lent Activities for the Family

## **Week 3: Fasting.**

Reflect and discuss what you like to fast from throughout Lent. This can be made up of ideas from each member of the family. For those who are older, you are encouraged to go deeper to identify specific action(s) you may wish to commit to, to draw you towards conversion. As a family, you may design a bookmark to represent your family's commitment to fasting this Lent. You may also include what you are giving up for Lent at the back of the bookmark. You are most welcome to design a few bookmarks (one for each member of the family).

Alternatively, each family member can give up an activity they would otherwise do individually and go out for a family activity.

## **Week 4: Almsgiving.**

Spend time to create a thank you card for someone you are grateful for. It can be a member of the family, a grandparent, a neighbour or a friend. Alternatively choose useable items which you may wish to donate to a Charity.



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FAITH & EVANGELISATION**