



Activity #10 – Grades 1-8

We invite you to start this Faith in Action activity as Lent begins, on Ash Wednesday, February 17.

Email a picture of your completed activity to your catechist before Sunday, February 28, or Wednesday, March 3, 2021, your next Zoom or in-person class, or bring your activity to class with you.

Name _____

Lent – A Time to Grow and Change

Each year, you find that some clothes you wore last year don't fit you anymore. So you know that your body grows and changes.

Lent is a time for your soul to grow and change. We do things in Lent to help us grow into more generous, kinder, and better people. We do this through prayer, fasting, and almsgiving.

Talk with your family and make and write down your plan. If you are in grades 1-4, please also draw a picture on the back of this paper of one of the things you will do for Lent.

1. Family plan for prayer ideas: Attend Ash Wednesday service or watch online, say a family rosary together one night during the week, say grace before supper, say one thing you are grateful for at the end of each day, pray each morning. What is your plan for prayer?

2. Fasting is giving up something during Lent to help us to focus on God and be better people. The page below gives some ideas for fasting. Choose one that you want to do. What is your plan for fasting?

3. Almsgiving is being generous to those in need. We are reminded of our responsibility to care for our neighbor. Some ideas for giving alms are on the page below. What is your plan for almsgiving?

Some Ways of Fasting, Suggested by Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to one another.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

As we fast from anger, selfishness, and bitterness,
we will feast on patience, gratitude, and joy.

Choose a way to fast and a way to feast during Lent!

Some Ways of Giving Alms

During Lent, put some money aside. As the days of Lent continue, can you be more generous in the amount you set aside?

- If families in need are a concern of yours, consider making a contribution to the Sacred Hearts Adopt-a-Family program. Putting money in the Poor Box in church is another way to assist families.
- Is there a neighbor to whom you could bring a home-made meal? Could you continue this practice throughout the year?
- Is there a charity that is particularly important to you? Can you give them more financial support than you did last year?
- Make a donation to a local charity.
- Is there a way you can assist a person or a family that was affected by COVID?