

Celebrating Lent and Holy Week

Engage: Page 163

- ▶ Say: *Tell me about a time you changed your mind.* Give your child time to respond. Then say: *Changing our minds is deciding to think in a different way. During Lent, we are called to repent, which means to think in a different way—the way Jesus thinks. In this session, we will learn about Lent and Holy Week. Ask: What do we prepare for during Lent?* (the celebration of Jesus' Resurrection)
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Ephesians 4:17–24 from your Bible. Then say: *The Word of the Lord.* Invite your child to respond *Thanks be to God.*
- ▶ Invite your child to read aloud the paragraphs on page 163. Say: *We use the words conversion and repentance to refer to changing our minds and hearts. Let's pray to Jesus to ask him to be with us during Lent.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Page 164

- ▶ Read aloud Matthew 14:13–21 from your Bible. Discuss the example that Jesus sets for his followers in this passage.
- ▶ Have your child read aloud We Become More Like Jesus During Lent and Holy Week. Say: *Jesus was put to death on the Cross.* Ask: *What is this event called?* (the Crucifixion) *What is Jesus' rising from the dead called?* (the Resurrection)
- ▶ Read aloud Prayer of Thanks. Give your child time to write a short prayer. Pray the prayer together.
- ▶ Read aloud Lenten Promises. Have your child write his or her promises and then share them with you.
- ▶ Read aloud the Reading God's Word feature. Say: *God gave us a great gift in his Son, Jesus. Everyone who believes in Jesus will live forever with God in heaven.*

Reflect: Page 165

- ▶ Suggest to your child that the two of you become prayer partners during Lent and pray for each other.
- ▶ Have your child read aloud Mass During Lent and Holy Week. Look up the term *Holy Thursday* in the Glossary. Ask: *What is the Gospel Reading about on Good Friday?* (Jesus' Passion)

- ▶ Read aloud What We Experience. Ask: *What does the washing of the feet symbolize?* (Jesus' love and service) Say: *In Jesus' day, people traveled by foot. Their feet got very dirty. When Jesus washed the feet of the disciples at the Last Supper, he practiced a humble act of service.*
- ▶ Read aloud Following Jesus. Give your child time to complete the activity.
- ▶ Read aloud the Did You Know? feature. Ask: *When else do we use the color violet?* (during Advent) Say: *Violet is a symbol of penance.*

Art Exploration: Page 166

- ▶ Find in a magazine, in a book, or online a painting of the resurrected Christ.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including who and what is depicted.
- ▶ Read aloud the introduction and discuss the question on page 166.
- ▶ Say: *The season of Lent ends with the celebration of the Triduum during Holy Week.*
- ▶ Read aloud The Triduum. Ask: *What are the three days of the Triduum?* (Holy Thursday, Good Friday, Holy Saturday) *What do we do during the Easter Vigil?* (wait to celebrate the glory of Christ's Resurrection)
- ▶ Read aloud Celebrate the Triduum and have your child complete the activity. Review the answers together.
- ▶ Ahead of time, set up a prayer space with symbols for each day of the Triduum. For example, you could use bread or a chalice for Holy Thursday, a cross for Good Friday, and a candle for Holy Saturday. Process together to the prayer space. Review what we remember on each day of the Triduum and pray aloud a short prayer.

Respond: Page 167

- ▶ Ask your child to read aloud the Faith Summary on page 167. Review the Words I Learned. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to be kind to everyone, not just the people he or she likes. Then invite your child to complete the activity.
- ▶ Pray aloud the prayer with your child. Then pray the Sign of the Cross together.

With My Family: Page 168

- ▶ Read aloud With My Family on page 168. As a family, complete the page and plan to do the activity. Finally, pray the family prayer. Say: *During Lent and Holy Week this year, I hope we all find opportunities to grow closer to Jesus and put his teachings into practice.*