

Celebrating Lent and Holy Week

Engage: Page 163

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 6:5–8. Then say: *The Gospel of the Lord*. Invite your child to respond *Praise to you, Lord Jesus Christ*.
- ▶ Say: *Caregivers, such as parents, doctors, and first responders, have learned to set aside their own needs to take care of the needs of others. During Lent, we learn how to set aside our own needs for the needs of others.*
- ▶ Invite your child to read aloud the paragraphs on page 163. Ask: *How does fasting help us focus on the needs of others?* Discuss your child's response.
- ▶ Say: *Jesus is with us during the holy season of Lent*. Pray aloud the prayer together and conclude with the Sign of the Cross.

Explore: Page 164

- ▶ Have your child to look up *fasting* in the Glossary and discuss the definition. Ask: *How might fasting improve our relationship with God?*
- ▶ Ask your child to read aloud We Fast and Pray During Lent and Holy Week. Ask: *Why is it important to be aware of the struggles that others face, no matter how large or small a struggle may be?* (so that we can offer help)
- ▶ Read aloud How Can I Help? Have your child complete the activity and share his or her responses with you.
- ▶ Read aloud the Reading God's Word feature. Say: *Jesus teaches us that we are asked to treat everyone—neighbors and strangers alike—the way we would like to be treated. Before you say or do anything to someone, stop for a moment and think how you'd feel if someone were to say or do that to you.*

Reflect: Page 165

- ▶ Discuss how your family prepares for Lent and Holy Week. Ask: *What are some of our traditions?*
- ▶ Read aloud Mass During Lent and Holy Week on page 165. Say: *During this time we pray and think about the choices we have been making. Because God loves us so much, he is willing to share his gift of forgiveness with us.*
- ▶ Have your child read aloud What We Experience. Together read aloud and discuss How to Make a Good Confession on page 269.
- ▶ Have your child read aloud The Wonderful Gift of Reliance. Say: *The sacrifices we make during Lent remind us of the sacrifice Jesus made for all of us.*
- ▶ Read aloud the Did You Know? feature. Point out that the word *laetare* means "rejoice."

Art Exploration: Page 166

- ▶ Find in a book, magazine, or online a representation of the Garden of Gethsemane, where Jesus prayed after the Last Supper.
- ▶ Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including the setting and the actions of the people shown. Say: ***Through prayer, Jesus found the strength to accept his Father's will.***
- ▶ Have your child turn to page 166. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Church Celebrates Lent and Holy Wee. Ask: ***Why might it have been difficult for Jesus to spend his time at Gethsemane praying?*** (He felt great sorrow; he knew he would be crucified.)
- ▶ Read aloud the activity directions and allow time for your child to complete it.
- ▶ Explain that a triptych is a three-sided panel commonly used as an alter board. Have your child fold drawing paper into three panels and illustrate the last hours of Jesus: The Last Supper, Praying in Gethsemane, and The Crucifixion. Encourage your child to use the triptych as a reminder of the great sacrifice Jesus made.

Respond: Pages 167–168

- ▶ Ask your child to read aloud Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Read aloud the activity direction. Allow time for your child to complete it.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 168. Together as a family, complete the page and do the activity. Pray the family prayer together. Say: ***During this Lenten season, find ways to help those in need through prayer and by lending a helping hand.***