



Lent 2022

God's Love for Us

Sunday

Monday

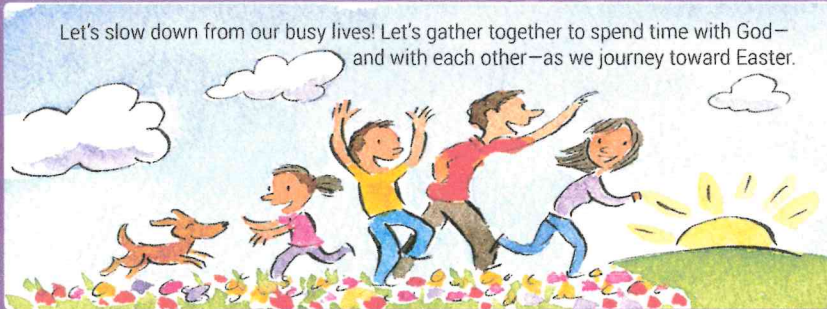
Tuesday

Wednesday

Thursday

Friday

Saturday

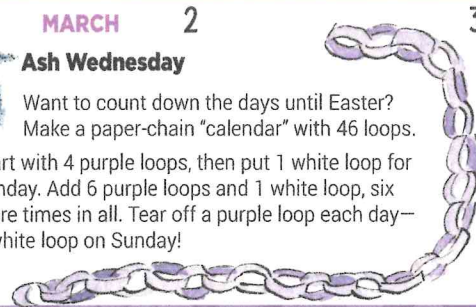


Let's slow down from our busy lives! Let's gather together to spend time with God—and with each other—as we journey toward Easter.

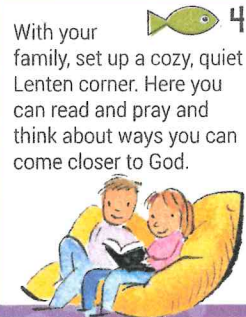
MARCH 2 Ash Wednesday



Want to count down the days until Easter? Make a paper-chain "calendar" with 46 loops. Start with 4 purple loops, then put 1 white loop for Sunday. Add 6 purple loops and 1 white loop, six more times in all. Tear off a purple loop each day—a white loop on Sunday!



With your family, set up a cozy, quiet Lenten corner. Here you can read and pray and think about ways you can come closer to God.



With your family, make crosses out of pipe cleaners or craft sticks. Then hold them as you pray:

"In the name of the Father and of the Son and of the Holy Spirit."



1st Sunday of Lent



Read together Mark 1:12-13.

What change do you most want to make for Lent?

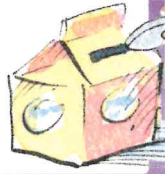


Jesus reached out to help others, and so can we. Offer to set the table or clear the dinner dishes tonight.



"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor." Luke 4:18

We help when we share with the poor.



Make a simple bank from a cardboard box.

Ask your family to help collect coins to share with people in need.

We practice being kind in small ways. Let someone go ahead of you in line today at school or the store.

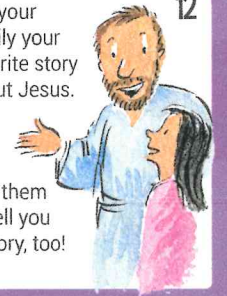


Is there something in your closet that doesn't fit you any more? Jesus says if you give it to others—you give it to him.



Tell your family your favorite story about Jesus.

Ask them to tell you a story, too!



2nd Sunday of Lent

13

Read together Mark 9:2-10.

Jesus is shining like the sun! What dark places on earth need the light of Jesus?



Ask a family member to read a story from the Bible with you. Then get ready to tell the story yourself!



Make story figures. Glue or tape them to craft sticks. Use the figures to retell the story to a friend or neighbor.



When we live like Jesus, we don't just give to others, we learn to ask for help, too. Help a family member today, then ask them to help you with a project.



St. Patrick

18



Did you know pretzels were invented for Lent? They look like arms crossed in prayer! Here's how to make them:

Open a can of refrigerated breadstick dough. Form each stick into a pretzel shape. Sprinkle tops with salt and bake at 375 for 12 minutes.



St. Joseph

19

St. Joseph helped baby Jesus see the world in a new way! Who helps you? Thank that person today!



3rd Sunday of Lent

20

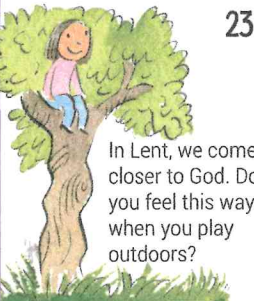
Read together John 4:1-15, 25-29.

What would you ask Jesus to give?



Yesterday was the first day of Spring! How about spring cleaning? What can your family "clean out" to give to others?

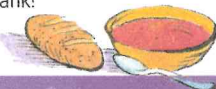
Talk this over with your family: Why do we give things up for Lent, like candy or watching TV?



In Lent, we come closer to God. Do you feel this way when you play outdoors?

Have a simple dinner of soup and bread tonight. Ask your family to first give thanks for what you have.

Then pray for those in need. Add coins to your bank!



The Annunciation

25

God's angel brings Mary special news about a special baby to be born.



Offer to play a game with a younger sibling. Let your sibling choose the game!

