

## Faith Summary

Lent is a time of fasting and prayer. We fast as a reminder of the needs of others and our own reliance on God. During Lent we also celebrate the Sacrament of Reconciliation. It is a source of healing and strength that helps prepare us to celebrate Easter.

### Word I Learned

fasting

### Ways of Being Like Jesus

Jesus asks that we love our enemies and treat them well. *Pray that you're able to forgive those who do you harm and show them kindness.*



### Prayer

*Dear God, help us to see others who need our help and understanding. Be our shining light and guide us to do all that's in our power to help and comfort them.*

## With My Family

**Activity** When you go to Mass during Lent and Holy Week, look around your church. Find examples of what you learned in this session. Discuss with your family what you see.

**Faith on the Go** Ask one another: *Where is one place you can go to during Lent to pray and prepare yourself to receive the Sacrament of Reconciliation?*

**Family Prayer** During Lent and Holy Week, invite family members to take turns praying for church leaders and your parish clergy.

