

Walking with Jesus during the 40 days of Lent

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

This Lent Season let us slow down from our busy lives and spent time with God and our family as we all journey towards Easter. The activities on this calendar will help us in a little way grow in virtue. You may also like to give something up and say an extra prayer every day. Lent begins on Ash Wednesday, 2 March and it ends with Easter on Sunday 17 April. As you will see, Sundays don't count in the 40 days of Lent. That's because they are like a mini Easter, so if you have given up something for Lent, you should definitely enjoy it on a Sunday!


2  **Ash Wednesday**
Jesus wants to be your friend. Turn away from what is wrong and come closer to Him. Find out why ashes are placed on your forehead today.

3
Set up a cosy and quiet Lent corner. Here you can read, pray and think about how you can come closer to God.

4 
Fast from second helpings at meal time today.

5
Jesus reached out to help others and so can we. Offer to take over a chore from another family member.



6  **1st Sunday of Lent**
Jesus told the woman at the well that He would give us living water. Say "thank you" to Jesus at mass for giving Himself as food and drink.

7
Pray with your family at dinner time. Make a special point of praying for the hungry.




8
Do you have something that no longer fits you? Ask if you can donate it. Jesus says when you give to others you give to Him.



9 
At bedtime pray for people who are homeless and sleeping on the streets.

10 
Can you remember the 10 Commandments? Learn them and see who can recall the most without looking.

11 
Look for evidence of God at work in your life today. Talk about it with your family at dinner.

12
Go for a walk. Look for 5 good things that God made (you're one!).
"And God saw everything that He made, and behold, it was very good".
Genesis 1:31


13  **2nd Sunday of Lent**
Be bold with a sacrifice. Give up your favourite tv show for a week.

14
We practice being kind in small ways. Give someone the first turn today.




15
Draw Cross and a heart on a tissue box. God sees us when we are sad and He hears all of our prayers.




16 
Make the sign of the cross every time you hear a siren from an emergency vehicle. Pray for the people needing help and also for those helping them.


17 **St Patrick's Day**
Find out where Patrick was sent as a missionary.



18 
Ever afraid of the dark? Light a candle and read Micah 7:7-8. Jesus is a light in the darkness. Pray to Him for courage and protection when afraid.


19 **St Joseph's Day**
Write a prayer or poem to St Joseph. Include the words trust, faith, courage and love. Read it to your family.


20  **3rd Sunday of Lent**
Look at the map of the world. Jesus died for everyone's sins, but not everyone knows Him. Who can you tell about Jesus?


21 
Make a list of 10 things you are thankful to God for in your life. Then tell each-other and Him!

22
When you see or hear a news story about someone in trouble, pray for the person or family.



23 
Challenge yourself to keep quiet when you want to criticise or say angry words. Pray: "Lord, make me an instrument of your peace".

24 
Pick a saint to learn about and imitate. In prayer ask for their special help and protection during Lent.

25  **The Annunciation**
The angel Gabriel brings Mary news about a special boy to be born. Write down 3 things that Jesus loves about YOU!

26
Go for a walk and find a nice rock. Mark it with a cross. Jesus is our rock and cornerstone. He is the foundation of our faith.



SUNDAY

27



4th Sunday of Lent

Eat a delicious treat as a family. Isn't it so good? Talk about how God's love is better than anything else. Read Psalm 63:1-3

MONDAY

28

Jesus willingly took up the Cross.

Do a hard job and challenge yourself to do it joyfully.

TUESDAY

29



Do your best and let the Holy Spirit do the rest. Fast from worrying and trust in God. Say: "Jesus I trust in You!"

WEDNESDAY

30

Say something nice about each member of your family.

Then thank God for your family by writing a prayer.

THURSDAY

31



Today pray a decade of the rosary on your way to school or work.

FRIDAY

1

Fast from hitting the snooze alarm. Get up and help your family get ready for the day ahead.



SATURDAY

2



Go for a walk and admire all you see. How many different birds, animals and flowers can you spot? God made them all!

3

5th Sunday of Lent

Lent is a special time to say sorry and forgive. As a family, pray for the strength to do both.



4



The soldiers whipped Jesus many times.

Kneel in front of a Crucifix and say a "Glory Be".

5



Fast from light when it gets dark. As a family sit by the light of a candle at home and talk.

Remember: Jesus has called you to be the light for the world.

6



Before you eat, pray for farmers and all those who help make available the food you eat. Also pray for the Earth that generously provides the food.

7



Family Challenge: How many Stations of the Cross can you name? Hint: there are 14.

8

Look at your hands and feet and imagine nails in them.



Thank Jesus for all He suffered.

9

Jesus fell three times carrying His Cross.



Pray for someone who is sick, sad or lonely. Visit them if you can.

10



PALM SUNDAY

Find out why palms are given out in mass today? Put the blessed palm you receive in a place of honour at your home.

11



Sit quietly for a minute and imagine how Mother Mary felt after Jesus died. Pray a Hail Mary.

12



Simon of Cyrene was made to help Jesus carry the Cross when He was too weak. Challenge yourself to help someone today.

13

In Lent we choose to change our ways for the better. What permanent thing could you change today?

Write it down.

14

HOLY THURSDAY

Why does the Pope wash prisoner's feet today? Does this link to Jesus?

Think of 3 ways that you too can be humble and serve.

15



GOOD FRIDAY

of the Lord's Passion Today, kneel in front of a Crucifix for 5 minutes and think about how much Jesus loves you.

16



EASTER SATURDAY

Today we wait as Jesus lies in the tomb. Tomorrow we celebrate as Jesus rises to new life. How will your family celebrate?

17



Easter Sunday Christ is Risen! Alleluia

