

# The Lenten Family Calendar



*"The family that prays together stays together."*

– Father Patrick Peyton, C.S.C.



CatholicMom.com



Reflect on what "Repent and believe in the Gospel," means to you.

Discuss as a family some ideas for how to fast this Lent.

Start a prayer jar or journal for family members prayer intentions.

Skip a treat (coffee, snack) and donate the cost to charity.

Attend Mass together. Enjoy the day with family or friends.

Read Matthew 4:1-11; reflect on Jesus' time in the desert.

When possible, start every day with praying together as a family.

Father Peyton believed, "A World at Prayer is a World at Peace." Pray for peace.

Throughout Lent, take turns offering Grace before meals.

Pray for the sick and those who care for them.

Write down three blessings and thank God for them.

Attend Mass. Visit with family or friends you haven't seen recently.

Fast from multitasking; focus on being present in each moment.

Read John 6:1-15; Discuss the small sacrifices you offer this Lent and trust God to bring forth abundant graces.

Limit screen time and spend the extra time with family.

Fast from complaining; share three things you are grateful for.

Spend ten minutes in silence. Use that time to listen for the Lord.

Perform a kind act for a family member, ideally without them finding out.

Attend Mass. Declutter your closet or toy bins to collect items to donate.

Give of your time by helping a neighbor or volunteering in your community.

Support a cause or mission important to your family.

Offer a smile and kind words throughout the day.

Read John 4:5-42; reflect on the story of the Samaritan Woman at the Well.

Make time (as a family) for Confession to prepare your heart for Easter.

At home or in a church pray and contemplate on the Stations of the Cross.

Attend Mass. Spend time together having fun as a family

As a family, write down five ways you experience God's love in your life.

Simple Lenten sacrifice: skip dessert or your evening snack.

Light a candle and pray for the Holy Souls in Purgatory.

Choose to speak only words of kindness and encouragement.

Gather with your family for a meatless meal. Find recipes on CatholicMom.com.

Read Matthew 17:1-9; reflect on The Transfiguration.

Attend Mass. Enjoy a day of rest.

Give up your favorite toy, video game, or app for the week.

Pray for the grace to forgive someone who has hurt you.

Share a meal together; discuss how your Lent has been.

Read 1 Corinthians 13:4-7; discuss how love looks to you.

Take on extra chores around the house as a form of service and sacrifice.

Pray the Rosary together as a family. Find instructions, and inspiration at FamilyRosary.org /PrayerResources.

Reflect on Jesus' triumphant entry into Jerusalem. How can you welcome Him into your heart?

Pray for courage to follow Christ, even when it's difficult.

Read the Gospel of Jesus foretelling Peter's denial (John 13:21-38).

Pray for those who feel lost or betrayed.

Reflect on the Last Supper and Christ's gift of the Eucharist.

Spend time meditating on the Passion of Christ and Venerate the Cross.

Prepare your heart for the joy of the Resurrection.

**Remember during Lent: Fast on Ash Wednesday and Good Friday. Abstain from meat every Friday.**