

Lent Family Lessons

WAYS TO GROW IN FAITH AS A FAMILY DURING LENT



Lent is a special season when we prepare our hearts and minds for the most important celebration of our faith: **Easter**, the day we rejoice in the **Risen Christ**. Lent invites us to slow down, reflect, and grow closer to God — and it doesn't have to be complicated!

Here are some simple and meaningful ways your family can live out the season of Lent together:

Practice Prayer, Fasting, and Almsgiving

The Church encourages us to focus on the **Three Pillars of Lent: Prayer, Fasting, and Almsgiving**. These spiritual practices help us deepen our relationship with God and serve others. As a family, you can choose one (or all three!) of these areas to focus on during Lent.

👉 **Learn more:** [The Three Pillars of Lent for Families](#) (Intentional Catholic Parenting) offers a helpful guide for incorporating these practices into family life.

Here are some simple ideas to get you started:

- **Prayer** – Commit to praying the **Our Father** together regularly. You might connect it to a daily routine like before dinner, on the drive to school, or before bedtime.
 - **Fasting** – Choose something as a family to fast from. It could be social media, screens after dinner, or a favorite treat. You might decide to do this just on Fridays or throughout all of Lent.
 - **Almsgiving** – Pick up a [CRS Rice Bowl](#) from the RE Office and encourage everyone to contribute spare change or the money you would have spent on something extra (like a coffee or a treat). This is a great way to support those in need.
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Lent Calendar Activities

Looking for daily inspiration? Check out the **free Lent calendar from Loyola Press, below, or our Lent Chain activity**. Both offer simple, family-friendly activities for each day of Lent to help you pray, reflect, and grow spiritually. (Both give you ideas for each day, but you can start them at any time during Lent.)

👉 **Get the calendar:** [Lent Calendar from Loyola Press](#)

👉 **Get the chain activity:** [Lenten Prayer Chain for Families](#)

Start a New Lenten Tradition

Lent is a season of **simplicity**, and creating simple, meaningful traditions at home can make a big impact. Catholic Icing offers some **easy, no-prep ideas** for family traditions that can help you live Lent more intentionally.

👉 **Explore ideas:** [40 Simple Lenten Traditions for Families \(Catholic Icing\)](#) and/or [Lenten Activities for Children – How to Observe Lent with Kids](#)

Lent Cooking: Meatless Fridays

Observing **Meatless Fridays** during Lent is a meaningful way to practice fasting while also spending quality time together. Cooking simple, meat-free meals as a family can become a special Lenten tradition. Here are a few recipe collections to inspire you:

- 🍝 [33 Italian Lent Recipes](#)
 - 🍲 [Recipes for Lent from Catholic Cuisine](#)
 - 🥗 [25 Easy Meatless Meals That Kids Will Actually Eat](#)
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Family Faith Traditions

Does your family have a special Catholic tradition that you observe during Lent? Whether it's attending Stations of the Cross, doing a nightly family prayer, or another meaningful practice, we'd love to hear about it!

Family Reflection

After Easter, you can complete our Family Lenten Reflection Form. Share which activities your family did during Lent and let us know which was your favorite! We love hearing about the creative and faith-filled ways your family grows closer to God during this season.

👉 **Reflection Form:** [\[Link to Form\]](#)

We pray that this Lent is a time of **grace, growth, and connection** for your family. May your hearts be drawn closer to Christ and to one another.

Wishing you a blessed and holy Lent!