

Build the language of faith!



FAMILY NIGHTS ONLINE Vol. 1 Lent

Individual families often have their own unique brand of Family Night. Sometimes, when multiple families gather for shared experiences of faith and family life, Family Night becomes a special kind of the small faith community. Whether you are one family alone or groups of families together, Family Nights are fun for young and old! For the experienced or first time planner, CatholicQuiz.com can provide the recipe for playful family interaction, discussion and enlightenment. You bring the goodies!

Lent refers to the lengthening of days during spring when each day is lighter for a longer period of time. Trees and flowers are in bud as we anticipate the renewal of life and change of seasons. Lent is a period of preparation before Easter. Lenten practices bring us back to basics and help us to prune away the distractions and excesses of daily life. In parish life, popular devotions include prayer services, Stations of the Cross, *Bible* study and other actions that bring us more in touch with the source of our faith. Lent is a season for repentance and forgiveness. Each year, during lent, we are called to turn our lives around through a conversion of heart, and to move forward on a path towards new life in God.

Play Jacob's Ladder Select a Knowledge Category – *Prophets & Kings* or *Psalms & Proverbs* – and review the challenges of the prophets for justice and mercy. Make the heartfelt prayers and psalms of the Hebrew people your own, asking for God's help and forgiveness.

Review Open your *Bible* to the Book of Psalms and work together as a family or in small groups to identify a favorite Psalm that relates to current experiences in your family life (i.e., *Hymn of Thanksgiving... Hymn of a Grateful Heart... The Need of God's Blessing... The Lord, Shepherd and Host*). Ask everyone to read aloud from the psalm(s) chosen.

Discuss How did you choose your Psalm? How does it give meaning to what you are doing right now in your life?

Call to Action Pair this Family Night with any one of the many Lenten activities at your parish: Stations of the Cross, Lenten Soup Suppers, Penance Services, etc.