

Our Family Faith Journey Lent

Instructions:

Take 15 minutes every day, preferably at bedtime or dinner time to gather as a family, whatever the size or composition of your family, and do the Faith 5

1. Share one good thing and one bad thing from your day.
2. Read a Bible verse (use the readings from the lectionary provided here).
3. Talk about how your highs and lows relate to the reading.
4. Pray for each other.
5. Bless each other.

If you want, record your family's journey so you can see how you grow on your faith journey.

Lent Year C	First reading	Psalm	Second reading	Gospel
Ash Wednesday February 10, 2016 ART -- PRAYER	Joel 2:1-2, 12-17 or Isaiah 58:1-12	Psalm 51:1-17	2 Corinthians 5:20b-6:10	Matthew 6:1-6, 16-21
First Sunday in Lent February 14, 2016 ART -- PRAYER	Deuteronomy 26:1-11	Psalm 91:1-2, 9-16	Romans 10:8b-13	Luke 4:1-13
Second Sunday in Lent February 21, 2016 ART -- PRAYER	Genesis 15:1-12, 17-18	Psalm 27	Philippians 3:17-4:1	Luke 13:31-35 or Luke 9:28-36, (37-43a)
Third Sunday in Lent February 28, 2016 ART -- PRAYER	Isaiah 55:1-9	Psalm 63:1-8	1 Corinthians 10:1-13	Luke 13:1-9
Fourth Sunday in Lent March 6, 2016 ART -- PRAYER	Joshua 5:9-12	Psalm 32	2 Corinthians 5:16-21	Luke 15:1-3, 11b-32
Fifth Sunday in Lent March 13, 2016 ART -- PRAYER	Isaiah 43:16-21	Psalm 126	Philippians 3:4b-14	John 12:1-8
Liturgy of the Palms March 20, 2016 <i>Sixth Sunday in Lent</i> ART -- PRAYER		Psalm 118:1-2, 19-29		Luke 19:28-40
Liturgy of the Passion March 20, 2016 <i>Sixth Sunday in Lent</i> ART -- PRAYER	Isaiah 50:4-9a	Psalm 31:9-16	Philippians 2:5-11	Luke 22:14-23:56 or Luke 23:1-49

Connect with other ideas for your family



Both are accessible from our church homepage. Join the conversation by sharing ideas and how this journey is shaping your family's faith.



Check out the **FLIP SIDE** for more ideas to grow your faith this Lent



Check out our church Pinterest account for a fuller description.

Create a space in your home for prayer this Lent.
Essentials: Candle, Bible, Prayer openings.
Optional: Journal, Music.
Dedicate 10 minutes every day for private prayer.
Assist children with the verse for the day and a prayer opening in their journal each day. This is a great way to transition from school to home each day.



Cover crosses in your home with purple cloth



Lent is a time of self examination, prayer and penitence. As a Lenten devotion, many people choose to “give-up” something. The above idea challenges us to examine what we think of as essential, and to live in accompaniment with much of the world, which doesn’t have the luxury of “wants.”

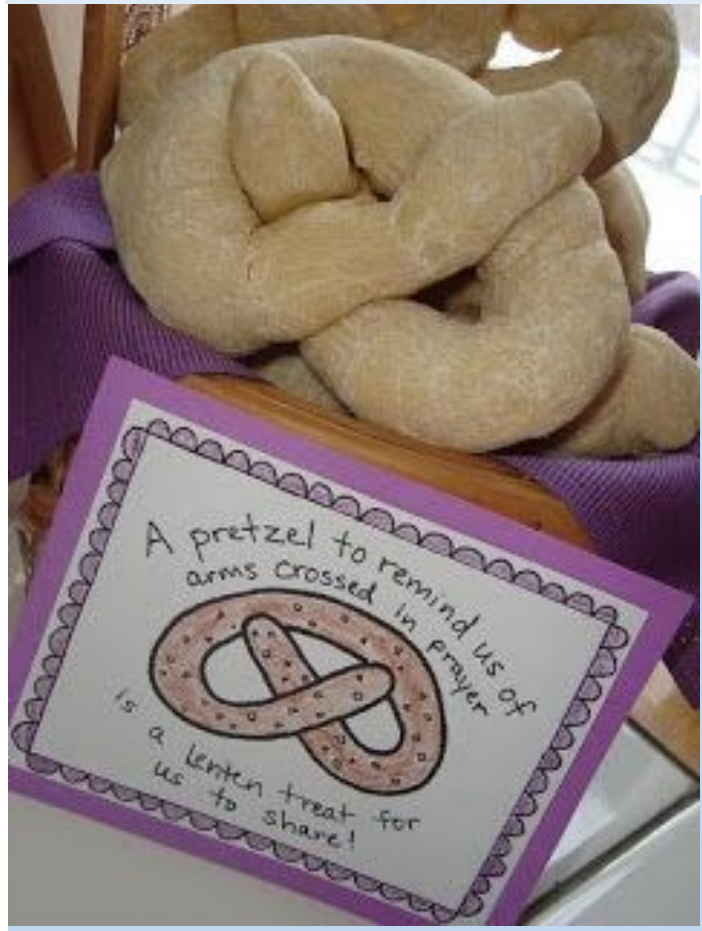
Set the ground rules, look at your necessary expenses and the extras honestly. These will change for every home. Examples: raw groceries are necessary, eating out is not.
Laundry soap is a necessity, dry cleaning is not.
Transportation is a necessity (bus, bike) a car is not.
Make a commitment as a family to what you are considering as “wants” and agree to live without them for 40 days.

Journal the experience, how it affects you, the positives and the negatives of the challenge. On Easter Sunday, discuss as a family how this has changed you, what changes you might like to keep, and how you will share your experience with others.



Start a faith art journal, using found nature items to inspire and make the artwork

Don't forget to check out www.StJohnsSA.org for more ideas, and to join in the conversation!



Make Pretzels together as a reminder to pray. The crossed pretzel looks like arms crossed in prayer, and is a tasty, fun way to honor our Lenten prayer commitments