

Elementary: The Lenten Journey

(Week of Feb. 14 and Feb. 21)

“The kingdom of God is at hand. Repent, and believe in the gospel.” MK 1:12-15

“This is my beloved Son. Listen to him.” MK 9:2-10

We begin our Lenten Journey together before our break – our focus remains on prayer, fasting and giving.

We will resume with our spring session the week of Mar. 14.

GATHER: Complete this [LENTEN WORD SEARCH](#). Get the Operation Rice Bowl you received at material pick-up. Assemble the bowl and explore the calendar. Talk about what you will do as a family to make the season of Lent special.

CONNECT: We are beginning the season of Lent. Lent is the season that helps prepare our hearts and souls for Holy Week and Easter Sunday. There are three parts of our Catholic life that we highlight during this liturgical season: PRAYER, FASTING AND GIVING. Today, we are going to focus on prayer and how that helps us prepare.



Explore: Grade Level Activities

YEAR 1 (CH 12) We Pray with God’s World. Please take special time to focus and reflect on the guided meditation on pages 144 and 145. Learning to pray is a wonderful opportunity to become closer with Jesus. Prayer is a very personal thing and something with which we want our little ones to be comfortable. Many kids will know the traditional prayers like the Our Father, but these reflective meditations can open up our hearts to a deeper connection with God. End your lesson by praying the Lenten prayer found on your Operation Rice Bowl.

YEAR 2 This week we explore the season of Lent and will pray the STATIONS OF THE CROSS. The Stations is one form of prayer, but there are others! When praying, introduce your child to the thought of taking A TRIP.

A=Adoration: praise God, simply because He is. I praise God for....

T=Thanksgiving: give thanks for all the good things in your life. I give thanks to God for....

R=Reconciliation: ask forgiveness for anything that is on your heart. I ask God to forgive me for...

I=Intercessory: ask for other’s needs. I ask God to help....

P=Personal: ask for your own needs. I ask God to help me...

End your lesson by praying the Lenten prayer found on your Operation Rice Bowl.

Grade 3 (CH 12) We Pray for All People. As you explore this chapter, begin by talking about role models—a person looked to by others as an example to be imitated. Name some, and discuss why that person is a good role model. Mary and the saints are great role models! We can learn from their example of trust, obedience and life of prayer.

Grade 4 (CH 15) Sin and Conscience. God speaks to us through our conscience and helps us to make the right decision. Our conscience is that voice inside us (God’s voice) saying ‘are you sure you want to do this?’ When we make a wrong choice God is ready to hear us say I’m sorry—just as we do during the Sacrament of Reconciliation. Try this [Sacrament of Reconciliation word search](#)!

Grade 5 (CH 11) The Communion of Saints is made up of all Jesus’ followers—all those in heaven and on earth. The church is the Body of Christ. When a member of our church suffers, we all suffer. When a member of the church supports others, the entire church is strengthened. We can choose to make good choices and help others or we can choose to make bad choices (sin) and hurt others. When we make a wrong choice God is ready to hear us say I’m sorry—just as we do during the Sacrament of Reconciliation. Try this [Sacrament of Reconciliation word search](#)!

Reflect: Read the Sunday Gospel **Jesus is Tempted** (MK 1:12-15) and **The Transfiguration** (MK 9:2-10) or view them at our [CATHOLIC KIDS CONNECTION](#)!

Live It: During Lent, we are expected to prepare our hearts and souls for remembering Jesus sacrifice for each of us. This week, we challenge you to focus on prayer (hopefully, you are keeping up the habit of praying the Our Father!). As a family, commit to a **family prayer time** – this can be morning prayer, grace before dinner or bedtime prayers... or maybe just driving in the car prayer time! Find what works best for your family this week!