

Praying through Lent: Tips for Family Prayer

Lent begins on Ash Wednesday and lasts 40 days leading to Easter. More than giving something up, Lent is a time to prepare for Easter through prayer, fasting, and almsgiving (charity).



Make Time

Just like you would prepare to go to Church, decide on a time as a family to pray together intentionally and meaningfully.



Prepare a Space

Create a space to gather and pray together as a family. Include signs and symbols of the Church, and of the season to capture the importance of these times of prayer: a purple table cloth; a candle; a Crucifix; and a Bible opened to the Gospel reading of the day. Consider how your family might include singing and music in your time of prayer.



Pray

Begin by asking everyone in your family to share what they would like to offer in prayer. *What is something you are thankful for? Is something challenging you? Is there someone who has asked you to pray for their needs?* Next, listen to Bishop Fabbro's Lenten Reflection. Parents, try to make connections for your children.



Celebrate Together

Contact your parish to learn about in-person and online opportunities for attending Mass and liturgies on Sundays, Ash Wednesday, and during Holy Week. Invite extended family and friends to reflect on the Gospel of the day with you, using digital media platforms. Consider praying daily, using our "Family Prayer Challenge."



Reflect

Continue to reflect on Bishop Fabbro's Lenten Reflection each day, and help your children to do the same. Ask questions like:

- How can we continue to pray together as a family?
- What can we do to make more room in our hearts and home for Jesus?
- Is there something that you would like to do to help other people in our neighbourhood?

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