

A LENTEN JOURNEY FOR FAMILIES



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WEDNESDAY

2 Ash Wednesday

Receive ashes at Mass.

Fasting for those 18-59; only one full meal or two smaller ones. Fast from meat (14+)

THURSDAY

3

Give up television or videos today.

FRIDAY

4

Visit the Sick and Imprisoned:

Make a card for a retired priest at Regina Cleri Residence 60 William Cardinal O'Connell Way, Boston MA 02114

Fast from meat (14+)

SATURDAY

5

Counsel the Doubtful:

Think of some questions or doubts that you have about Jesus and offer them to God in prayer, asking Him to show you His Truth.

SUNDAY

6

Tell someone in your family why you are thankful for them.

MONDAY

7

Comfort the Sorrowful:

Send a note to someone who might be sad, lonely, or in need of a kind word.

TUESDAY

8

Shelter the Homeless:

Pray for those without shelter to find secure and safe housing.

9

Give Alms to the Poor:

Give your allowance to a charity, or ask your parent/guardian if you can do a chore to earn money to give to the charity.

10

Read about the Beatitudes and ask God to help you live them out.

[Matthew 5:1-11](#)

11

Attend the Stations of the Cross at your parish, online, or use a resource like [this one](#).

Fast from meat (14+)

12

Bury the Dead:

Think about the people in your family who have died and pray: "Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen."

13

Bear Wrongs Patiently:

Say a prayer for someone who has not always been nice to you.

14

Pray for the Living and the Dead:

Say a prayer for religious sisters and brothers, both alive and dead, who have devoted their lives to Jesus.

15

Visit your parish website and make a plan to go to confession before Easter.

16

Feed the Hungry:

Only drink water today to stand in solidarity with those who often go thirsty.

17

Feast of St. Patrick

St. Patrick is the patron saint of the Archdiocese. You can read more about his story [here](#).

18

Clothe the Naked:

Collect clothing items that you no longer wear and donate to a local charity.

Fast from meat (14+)

19

Feast of St. Joseph

Say a prayer of St. Joseph for fathers.

20

Counsel the Doubtful:

Say a Hail Mary for someone you think needs God's peace.

21

Instruct the Ignorant:

Share your favorite Bible story with a sibling or friend.

22

Give up dessert or a snack today.

23

Visit the Sick and Imprisoned:

Call or virtually visit with a sick friend or family member.

24

Give up social media, gaming devices, or technology.

25

Feast of St. Dismas

Pray for the Living and the Dead:

Pray the Lord's Prayer for those children who have lost a parent(s).

Fast from meat (14+)

26

Bear Wrongs Patiently:

Do something nice for someone who has not been nice to you.

SUNDAY

27 Laetare Sunday

Admonish the Sinner:

Pray for those who persecute others because they appear "different."

MONDAY

28

Forgive Offenses Willingly:

Say, "I forgive you" to anyone who makes you angry today.

TUESDAY

29

Go out of your way to say something kind to someone at school or in your family.

WEDNESDAY

30

Share your toys or belongings more generously.

THURSDAY

31

Feed the Hungry:

Gather up some non-perishables or canned goods and donate them to a local food pantry, such as the one at your parish.

FRIDAY

APRIL 1

Read about Jesus' Temptation in the Desert and think about the times when you were tempted. Give God thanks for helping you through those times.

[Matthew 4:1-11](#)

Fast from meat (14+)

SATURDAY

2

Shelter the Homeless:

Sleep on the floor tonight as an offering for those who have no bed to sleep in.

3

Give Alms to the Poor:

Ask your parents/guardian not to buy your favorite snack this week and donate the money saved to a local food bank.

4

Help fold laundry or clean up the clothes in your room.

5

Comfort the Sorrowful:

Send an encouraging note to someone you know who might be struggling or sad.

6

Pray a decade of the rosary as a family today.

[For younger children](#)

[For older children](#)

7

Pray for the Sick and Imprisoned:

Through prayer, ask St. Dismas, the Good Thief on the cross, to intercede for those in prison.

[Luke 23:39-43](#)

8

Instruct the Ignorant:

Jesus asks, "Who do you say that I am?" Go around the table and fill in the word to describe Jesus in the Litany of Praise: "Praise you Jesus, you are my... (i.e. joy, friend, Savior, etc.)."

Fast from meat (14+)

9

Bury the Dead:

Visit the grave of someone who has died and pray a Hail Mary for their soul.

10 Palm Sunday

Bear Wrongs Patiently:

Practice patience today when you're frustrated.

11

Admonish the Sinner:

Discuss what sin is. Pray the Jesus Prayer: "Jesus Christ, Son of the Living God, have mercy on me a sinner."

12

Do something kind or helpful for someone in your family.

13

Forgive Offenses Willingly:

Say the Pardon Prayer for all who have sinned: "My God, I believe, I adore, I hope, and I love You! I ask pardon of You for those who do not believe, do not adore, do not hope and do not love You."

14 Holy Thursday

Go to Mass at your parish or read [John 13:1-20](#) and discuss what happened.

15 Good Friday

Attend the Veneration of the Cross at your parish or do the Stations of the Cross at home. (see link on March 11th)

Fasting for those 18-59; only one full meal or two smaller ones.

Fast from meat (14+)

16 Holy Saturday

Attend the Easter Vigil at your parish.

17 Easter



A LENTEN JOURNEY FOR FAMILIES

As a parent or guardian, please guide your child(ren) through this Lenten journey. Each day contains an offering either in word or deed. If you feel one of the suggestions is not doable, replace it with one of your own. In-kind or monetary donations can be set aside and made all at once at the end of Lent for your convenience. For reference, the Spiritual and Corporal Works of Mercy are as follows:



SPIRITUAL WORKS OF MERCY

1. **Admonish the Sinner:** James 5:19-20 - "My brothers, if anyone among you should stray from the truth and someone bring him back, he should know that whoever brings back a sinner from the error of his ways will save a soul from death and will cover a multitude of sins."
2. **Instruct the Ignorant:** Matthew 16:15-16 - "He said to them, 'But who do you say that I am?' Simon Peter said in reply, 'You are the Messiah, the Son of the living God.'"
3. **Counsel the Doubtful:** John 14:27 - "Peace I leave with you; my peace I give to you. Not as the world gives do, I give it to you. Do not let your hearts be troubled or afraid."
4. **Comfort the Sorrowful:** Matthew 11:28 - "Come to me, all you who labor and are burdened, and I will give you rest."
5. **Bear Wrongs Patiently:** Luke 6:27-28 - "But to you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."
6. **Forgive Offences Willingly:** Matthew 6:14 - "If you forgive others their transgressions [sin wrongdoing], your heavenly Father will forgive you."
7. **Pray for the Living and the Dead:** Ephesians 6:18 - "With all prayer and supplication, pray at every opportunity in the Spirit. To that end, be watchful with all perseverance and supplication for all the holy ones."

CORPORAL WORKS OF MERCY

1. **Feed the Hungry:** Matthew 25:35 - "For I was hungry, and you gave me food, I was thirsty, and you gave me drink, a stranger and you welcomed me."
2. **Clothe the Naked:** Matthew 25:36 - "I was naked, and you clothed me, ill and you cared for me, in prison and you visited me."
3. **Shelter the Homeless:** Matthew 25:35 - "For I was hungry, and you gave me food, I was thirsty, and you gave me drink, a stranger and you welcomed me."
4. **Visit the Sick and Imprisoned:** Matthew 25:36 - "[I was] naked and you clothed me, ill and you cared for me, in prison and you visited me."
5. **Bury the Dead:** Tobit 1:17 - "I would give my bread to the hungry and clothing to the naked. If I saw one of my people who had died and been thrown behind the wall of Nineveh, I used to bury him."
6. **Give Alms to the Poor:** Proverbs 19:17 - "Whoever cares for the poor lends to the LORD, who will pay back the sum in full."

A LENTEN JOURNEY FOR FAMILIES

Possible places to donate food, clothing, or money outside of what may be available at your church:

Catholic Charities - <https://www.ccab.org/>

St. Francis House day shelter in Boston - <https://stfrancishouse.org/>

Pregnancy Help Boston - <https://www.pregnancyhelpboston.org/>

St. Vincent de Paul in your local community - <https://ssvpusa.org>

My Brother's Keeper shelter on the South Shore - <https://mybrotherskeeper.org/>

Friends of the Unborn home for homeless pregnant women in Quincy - <https://www.friendsoftheunborn.org/>

Pine Street Inn shelter in Boston - <https://www.pinestreetinn.org/>

Greater Boston Food Bank - <https://www.gbfb.org/>

New England Home and Center for Veterans (monetary donations only at this time) - <https://www.nechv.org/give-nechv/ways-of-giving/>

Salvation Army drop off center locator - <https://satruck.org/DropOff>

PROJECT NAZARETH

FAITH BEGINS AT HOME

ProjectNazareth.org