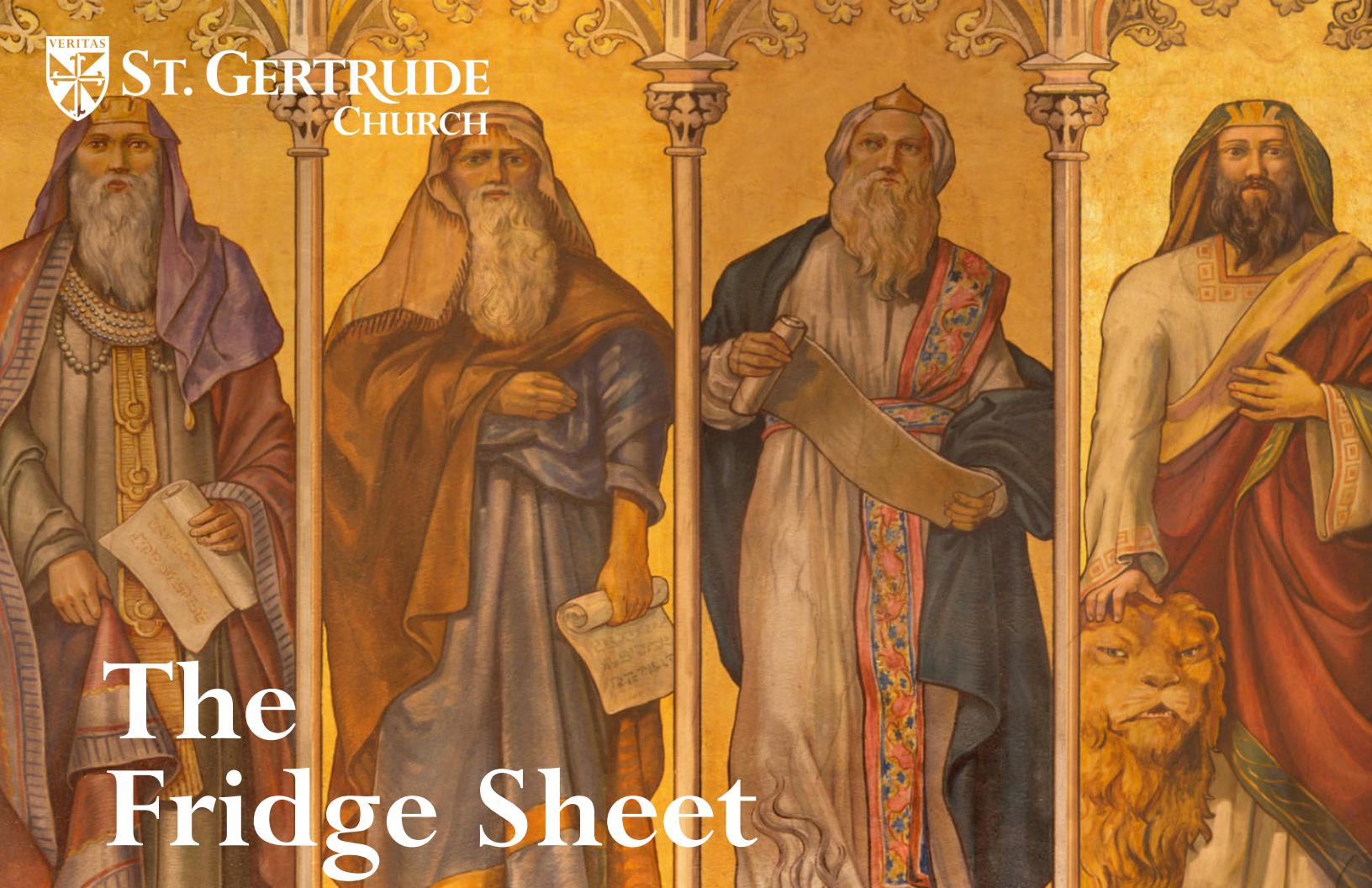




ST. GERTRUDE
CHURCH



The Fridge Sheet

Praying through Lent

Catholics can have a tendency of thinking about Lent in terms of "giving something up." That's certainly part of the season, but it's not the only spiritual practice to which we are called. In addition to fasting (i.e. "giving something up"), the Church also asks us to pray and to give alms (money or food given to the poor).

In Family Faith, we've not only been on a journey through the Old Testament, we've been on a journey of prayer – learning the different forms of prayer.

As a way of entering more deeply into this season of Lent, consider using the "Forms of Prayer" handout from the March session in order to help you pray as a family. Perhaps you choose a different form for praying each day, or, maybe you want to master a certain form of prayer by dedicating a week to it. Whatever you decide, the important thing is to actually do it!