



Going Deeper: Prayer, Fasting, and Almsgiving

This month, we learned how David built a "house" for God and how God also built David's "house". In much the same way, our own houses can be "built" by God. But, we also discussed how we can engage in a form of idolatry by often placing other things before our relationship with God.

A popular verse you may have heard before comes from Joshua 24:15, "As for me and my household, we will serve the LORD."

This Lent, how can our household put God first and serve Him? The Church gives us three ways. Choose a couple of practices and stick with them through Lent.

- Fasting: What's something we can "give up" for God? Fasting helps us to remember God throughout our day and put that relationship first. This might be a fast from certain types of technology at particular times or fasting from one of our favorite foods or drinks.
- Prayer: Take up a prayer practice as a family this Lent. Whether it's attending an extra Mass, listening to the Bible in a Year podcast (see email), or praying in the evening as a family using one of the many methods we've talked about this year (praise, thanksgiving, petition, intercession).
- Almsgiving: How can we give of our time, talent, and treasure to others? Possibly starting a tithe for younger members of the family or seeking ways to serve members of your family and community.