

With My Family

📖 Scripture Together

The world can lead us to believe that our strength lies mainly in our achievements, physical ability, or riches. God's Word reminds us that the things of this world will fade away, but God is always faithful. He promises us that true strength will come from placing our trust in him.

As a family, read **Isaiah 40:28–31**. Then discuss the Scripture passage using the following questions to guide you:

- Whose strength will be renewed?
- How does the image of soaring on eagles' wings encourage you in your faith?
- How can you share God's strength with people who are in a place of weakness?

Ready for the Sacraments

As a family, discuss ways you each sacrifice for one another and give your time and energy to one another. Join your sacrifice to that of Jesus, who sacrificed his life for us.

ACTIVITY: See and Tell

When you go to Mass during Lent and Holy Week, look around your church. Afterwards, talk with your family about what you see.



Family Prayer

Pray together:

Dear God, give me strength to always trust in you. Guide me to always follow you. Amen.

