

With My Family

📖 Scripture Together

The Church season of Lent and Holy Week is a time to consider how we can follow Jesus.

As a family, read what the Bible tells us about Christian behavior in **Ephesians 5:1–5**. Use the following questions to prompt discussion about the Scripture:

- How are we invited to live and speak to one another?
- What might you say to be an “imitator of God” when someone hurts your feelings?
- How specifically will you show Christ-like love to others today?



Family Prayer

Pray together:

God the Father, help us follow the example of your Son, Jesus, by loving and serving others. Amen.

Faith on the Go

Ask one another: *How will you fast during Lent this year?*

ACTIVITY: Observe Mass

When you attend Mass during Lent and Holy Week, talk about what you see and hear. Listen for readings about the events leading up to Jesus’ Death and Resurrection.

