

# With My Family

## Scripture Together

When Jesus faced challenges, he often went to pray alone to God the Father. Just as we fast during Lent to help us focus on God, Jesus fasted as he prayed. Jesus knew that fasting and prayer would help him be obedient to know and do his Father’s will.

As a family, read about Jesus fasting in [Matthew 4:1–4](#). When you have finished, discuss the Scripture. You may use the following questions to guide discussion:

- What did Jesus mean when he said people do not “live by bread alone”?
- Why do you think the Holy Spirit led Jesus into the desert to be tempted?
- What foods or activities can your family forgo during Lent to remind you of the needs of others and your reliance on God?



*Temptation of Christ in the Wilderness, Juan de Flandes*



## Family Prayer

### **Pray together:**

Heavenly Father, grant your wisdom and grace to all our Church leaders and parish clergy as they lead us during Lent and Holy Week. Amen.

## Faith on the Go

Ask one another: *Where can you go during Lent to pray and prepare yourself to receive the Sacrament of Penance and Reconciliation?*

## ACTIVITY: Seasonal Signs

Observe your church during Lent and Holy Week. Look for signs of Lent and Holy Week that you learned about in this session. Discuss the meaning of these signs and symbols with your family.

