

LENT 2026



The family home and table are a sacred space where God's love is lived and shared.

Make time to gather your loved ones to pray and celebrate Lent. Consider preparing a lent recipe together as a family and then eating together while you discuss this week's theme, work on an activity, and close with prayer. Chose one or more of the activities below and complete with your children, godchildren, or grandchildren this week.

Keep the Eyes of your heart on Jesus

You were made good and you were made to be good.

That is how God created you. Ever notice that your heart feels good when you do something good and also that your heart feels bad when you do something bad? That's your heart reminding you that you were created to live in God's love and thus created good.

Sometimes we get distracted and we make bad decisions or unloving choices. When we make unloving choices we give in to temptation. The eyes of our heart are no longer focused on Jesus and we are not living out of our better self. It can be tempting to make bad unloving choices, but these unloving choices don't make us feel good about ourselves, we don't grow closer to Jesus or others. Very often unloving choices make us feel unlovable.

Keep the eyes of our heart focused on Jesus. You will see that he is close to you and you feel his love, joy, and peace. When you make loving choice focused on Jesus your heart will grow bigger in love and you will have a greater ability to love and be loved. This week keep the eyes of your heart focused on Jesus, be good and make loving choices. Throughout our day ask Jesus to live in your heart so that you can share Jesus' love.

Gospel Reading

Mark 9: 2-10

The Transfiguration

Pray - Practice Reconciliation

Lent is a time to think about developing a closer friendship with Jesus. He is a friend who inspires us to be like him, to be loving, caring, and compassionate. But Jesus also knows that sometimes we fail and we do unloving actions. The beauty of our Catholic faith is that we have the sacrament of Reconciliation, where we can ask for forgiveness and make amends. God's mercy always brings us healing and peace.

The Church recommends that we celebrate the Sacrament of reconciliation, especially during Lent.

If you are too young to receive the Sacrament of Reconciliation you can still ask for forgiveness and ask God to help you become a better person.

Read the books "The Hurt Friendship" and "The Holy Spirit Guides Us". to see how Lupita deals with making unloving choices and the gift of the Sacrament of Reconciliation.

Learn the steps of Reconciliation

- Go to the priest at Reconciliation
- Confess your sins
- Accept that you will do the penance
- Express that you are sorry
(Act of Contrition)
- Receive absolution
- Feel Jesus close in your heart and make loving choices



Fast - from mean words, arguing and/or complaining

The focus this week, is to keep the eyes of your heart on Jesus. If you catch yourself mean words, arguing, or complaining, coming out of your mouth then it is likely that the eyes of your heart are not on Jesus. If you are saying mean words, arguing or complaining then take a step back and ask why you are reacting like this. Being mean and saying unloving things does not make you feel better nor does it bring you closer to Jesus.

Give - collect food for the needy

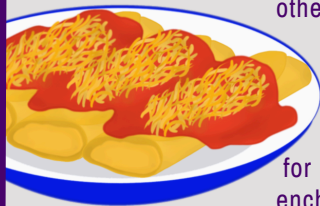
As a family organize a food collection amongst your extended family and friends. Then look for an organization, your parish pantry, or an older person who could use the collected food. Feel free to put in your favorite food or snack.



Scan or Visit lafamiliascatechesis.com for this week's resources.

Pray + Fast + Give + Cook + Activity

Cook & Eat together: Enchiladas



Enchiladas have been a Mexican favorite for hundreds of years and there are many delicious varieties from the different regions of Mexico. You can find the more traditional sauces such as red *colorado* sauce or a three-chile sauce of *Guajillo*, *pasilla* and *colorado*, and there are others such as *suizas* made with a white/yellow cream based sauce, *Verdes* made with green chiles, *enfrijoladas* made with refried beans, *Enmoladas* made with mole, and *entomatadas* made with tomato sauce.

Enchiladas are a dish we see year round but they are a Lent favorite for many. Make a date with your family to make and enjoy enchiladas together. Invite someone over to join you.

Scan and find delicious
meatless, Lent recipes.



Recipe Alternative

Entomatadas

Enchilada salsa too spicy hot for one of our family members? Not to worry, try entomatadas. You make them the same way you make an enchilada but you substitute tomato sauce for the enchilada sauce. Try it! its another option for a great meatless meal this Lent.

Walk with Jesus through the Stations of the Cross

Traditionally during Lent people pray the stations of the cross on Friday's. This is a special, sacred prayer because we journey with Jesus on the way to the cross. Make plans with your family to participate in Stations of the Cross at your local parish on Fridays.

Take time this week to do the Stations of the Cross activity to help you remember each station including the symbols.

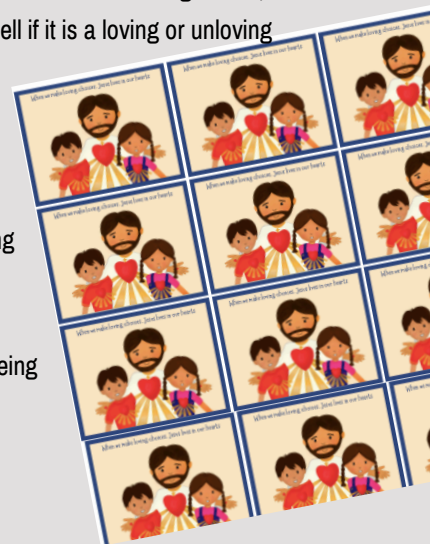
Remembering these categories can help you remember the stations.

1. Stations 1 & 2 Jesus is condemned and he carries his cross.
2. Stations 3, 7, and 9 - Jesus falls
3. People Jesus meet on the road to the cross
 - Station 4 - Mary, his mother
 - Station 5 - Simon
 - Station 6 - Veronica
 - Station 8 - The women
4. Jesus' Passion
 - Clothes, nails, death, Marys arms, and the tomb



Activity: Loving and unloving choices game

Print and play the loving and unloving choices game. Lay out all the cards on the table with the words faced down. Take turns choosing a card, read the action and tell if it is a loving or unloving action. Remind one another that we are made good and made to be good. When we make loving actions we have the eyes of our heart on Jesus and we are being our best selves.



Prayer



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
(Ask each person to put both hands over their heart and take 10 seconds of silence.)

Lord Jesus, we thank you for teaching us to Love. I want to be more like you, so that I can be nice, kind, and a loving person. Help me to feel you in my heart and in my thoughts so that I can make loving choices and be closer to you.

(Ask everyone to hold hands in a circle)
Let us Pray the Lord's Prayer together,
Our Father who art in heaven...

Hail Mary ...

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Send off with a blessing.

Turn to each person and give them a peace be with you high-five.