

## PREPARE FOR LENT

# 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. Choose one or more of the activities below and complete with your children, godchildren, or grandchildren this week.*

## Let's get ready for Lent

Lent is a very special season that helps us get ready for Easter. These 40 days are a time for us to turn towards God with open hearts and open hands and see how much God loves us. We also make time during these days to live the three pillars of Lent: **Prayer, Fasting, and Giving.**

As you pray, fast, and give you will feel Jesus very close to you and his love will warm your heart. Pray, fast, and give these 40 days and grow closer to Jesus and see him as your big brother and best friend.

Gather your family, pray fast, give, cook, and do these activities together. Make this Lent a special time and together walk the road to Easter.

## Lenten Sacrifices

Sometimes people like to give up a favorite food or snack during Lent as a sacrifice. While it is obvious that giving up chocolate or chips will not make us holy people, the practice of giving up a favorite food is a reminder that we are in a special time of year. Consider fasting from a favorite food for 40 days and instead of thinking of an empty tummy, turn to God with an open heart and hands and ask God to fill you with love and grace.



## Some things to do before Ash Wednesday

### Fat Tuesday

#### Celebrate in preparation for Lent

Mark the beginning of Lent with a wholesome, at-home, Fat Tuesday celebration. Gather to discuss what you will be doing for the next 40 days. For example, follow your Lent calendar and commit to extra time for prayer, fasting, and giving. For example, try to live more simply, cut 1 hour of screen time from your day, or see other ideas that come to mind. The Fat Tuesday party helps to mark the beginning of Lent and reminds us that we are entering into a very special time of year where the journey towards Easter begins. Remember that during Lent, Jesus invites us to journey to Easter through prayer, fasting, and giving.



### Bury the Alleluia

The word Alleluia means "praise the Lord" and it is joyous, refrain which we do not use during Lent. Pay attention when you go to Mass these weeks and notice the "Alleluia" and "Gloria" are not in the Liturgy. This helps us to remember that it is a special time of year. Continue an old tradition of burying the Alleluia as we enter into the Lenten season. It's easy, print and color your Alleluia images and then place them in a used water bottle or baggie, and bury your Alleluia until Easter.



### Make a Lent prayer space

Create a Lent prayer space at home. Figure out the right spot where you can gather around for prayer time and prepare the space with a nice cross, a purple cloth, a bible, and a candle. When you gather as a family to pray each morning or evening, light the candle and read from the Bible.

## Lent 2023 Calendar

Download your Lent 2023 calendar and place it in a visible spot. Each day follow challenge to Pray - Fast - or Give by doing what the calendar suggests for the day.

Download the Lent weeklies and each week, pray, fast, give, cook, and complete an activity with your family. Together live this special time of year and grow in love for Jesus and grow spiritually as a family.

This Lent turn your heart and hands toward Jesus.



# LENT 2026

PRAY + FAST + GIVE



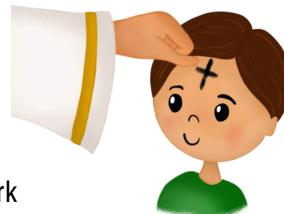
## Go to Church today for prayer and Ashes

Ash Wednesday marks the beginning of the Lent season. The ashes are an ancient ritual used as a symbol of penance and being humble before God. Plan to go to Church today and let your ashes be a symbol of your commitment to live this Lenten season with your heart turned toward God with open hearts and open hands. Practice the three pillars of Lent: **prayer, fasting, and almsgiving**



## Cook & Eat together: Quesadillas and fideo

Make a special Ash Wednesday meatless meal together. Consider making *quesadillas* and *fideo* or something similar. Today, keep it simple, and abstain from meat, chicken, and pork and let it remind you of what is important in life.



On Fridays during Lent we abstain from eating meat, chicken or pork. Scan and find delicious meatless, Lent recipes.



## Lent: A time to Pray, Fast, and Give

### Pray



Lent is a special time to grow in our relationship with God, and prayer is how we talk to God. It is like a conversation. During Lent, God invites us to a closer friendship, so we make extra time for prayer. It's like saying "God, I want to be better friends, I want to spend more time with you." Focus on different ways to pray by yourself and with your family. Open your heart and feel God with you when you pray.

### Fast

Sometimes things in our world distract us from seeing Jesus. It could be our phone, tablet, toys, and favorite foods or other stuff. We can think that "things" are more important to us than Jesus. Fasting allows us to push "things" aside so we can turn our heart to Jesus. Fasting is a way to make our hearts, hands, and tummies empty so we can remember to put Jesus first and ask him to fill us with love and grace. It also reminds us to be in solidarity with those who are hungry in the world. Make plans to fast this Lent, don't worry, you will not starve. Instead the feeling of emptiness can remind you to fill your life with what is most important: Life with God. Adults are required to fast from food during Lent. Because your body is still growing you don't have to fast from food but you can chose to fast from food and "things."



### Give



If you turn to Jesus with open hearts and open hands he will fill you with love and grace. So much so that you can't even hold it all, so it's important to share those gifts with others. Jesus wants you to make time during Lent to give and to share. Open the eyes of your heart to see the things that others need and make the needs of others your own. Share food, time, and "things" with those around you.



### Stations of the Cross

Hundreds and hundreds of years ago, people would go to the Jerusalem to walk the "Way of the Cross" or what is called the "Via Dolorosa." It was like walking with Jesus during his last steps on earth.

Don't worry you don't have to go to Jerusalem, you can walk the way of the cross at your parish. When you pray The Stations of the Cross, you remember Jesus' love on the road to the Cross and you walk with Jesus through His passion and death.

Make Friday's during Lent extra special by praying the Stations of the Cross at your local parish.

Take time to see the symbols of each station and see how much Love Jesus has to offer you in his passion, death and resurrection.



These images appear on your Lenten calendar to remind you the three pillars of Lent: **Pray, Fast, and Give.**