

February 18, 2024

First Sunday of Lent



Building Faith @ HOME

[1st Reading: Gn 9:8-15](#)
[Responsorial Psalm: Ps 25:4-5, 6-7, 8-9.](#)
[Second Reading: 1 Pt 3:18-22](#)
[Gospel: Mk 1:12-15](#)

Throughout Lent, the second readings assert the importance of baptism. It is in the waters of baptism that God's mercy embraces us. In this week's second reading, Peter reminds his listeners of the covenant God made with Noah after the flood using it as a prefiguration of baptism. In his letter, Peter tells us the waters of baptism recognizes the broken relationship between man and God that the resurrection of Jesus restores. The waters of baptism cleanses us from the stain of original sin, leaving us with new hearts ready to to hear and act on the Word of God. (Living Liturgy, 2024)

In each of the Synoptic Gospels, (Matthew, Mark, Luke) the temptation of Jesus follows his baptism by John the Baptist. In Mark's Gospel, we are told that Jesus went into the desert immediately after his baptism, led by the Spirit. Jesus' public ministry in Galilee begins after his temptation in the desert. Mark's Gospel makes a connection between the arrest of John the Baptist and the beginning of Jesus' ministry. Jesus' preaching about the Kingdom of God is in continuity with the preaching of John the Baptist, but it is also something new. As Jesus announces it, the Kingdom of God is beginning; the time of the fulfillment of God's promises is here.

Lent being 40 days is very significant as it invites us into the same time to reflect, repent and restore our relationship with God. The flood that Noah weathered was 40 days. Moses spent 40 days on Mt. Sinai as he received the Ten Commandments. Elijah traveled 40 days on a journey of hardship that led to divine encounter and revelation.

May this 40 day journey be a time of spiritual awakening.

Missionary Discipleship: This week's Gospel passage invites individuals to reflect on their personal journey, confront their own temptations and weaknesses, and deepen their relationship with the divine. It's a time for reassessing priorities, renewing commitments to faith and moral principles, and finding strength in spiritual practices.

Family Table Talk

Children: What will you do this Lent to become more like Jesus?

Youth: Lent gives us a chance to do things differently – to "go to the desert." How can you make Lent a time for growing in faith?

Adults: In Baptism, we turn away from sin and selfishness to live in love according to God's plan. Recall with your child the story of his or her Baptism. Share family photos.

Pray - Pray with intercessions (see Building Prayer at Home page)

Fast - Fast from social media for a day

Give - Go out of your way to do something nice for someone else every day.



Feast of the Chair of St. Peter, Apostle
February 22

NCRegister.com -
Nine things you need to know about St. Peter's Chair (Family Faith Builder)

WORLD DAY OF SOCIAL JUSTICE
20 of February




[Catholic Social Teaching in 2 Minutes](#)

Download this year's challenge and see how many you can complete!

bit.ly/Kids-Lenten-Challenge




Links for More Ideas, Activities & Resources FYI

[Our Sunday Visitor](#) - Lent around the world (Family Faith Builder)

Catechistsjourney.loyolapress.com - 40 Ideas for 40 Days

Media.ascensionpress.com - 40 ways to get more out of Lent

Hallow.com - 40 day Community prayer challenge (With the Hallow App)





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2024 - A Year of Prayer

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him,

"Lord, teach us to pray..." - Luke 11:1

Prayer@HOME

Cut & Pray!

Intercessions

"For all the members of the Church, as we continue on our Lenten journey, we pray to the Lord."

R/ Lord, hear our prayer.

"For those preparing to become members of the Christian community at Easter time, we pray to the Lord."

R/ Lord, hear our prayer.

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment, we pray to the Lord."

R/ Lord, hear our prayer.

Add your own prayer intention... we pray to the Lord...

Pray the intercessions at home

One of the parts of the Mass that belongs to the faithful gathered are the Intercessions or Prayer of the Faithful. We are encouraged to bring our deepest needs for the world, our community, the sick, those who have died and our specific needs to God. Bringing these prayers to our Family Prayer can be a very powerful connection from our home to our church community. Add your own intercessions to your family prayer as well.

Explain to your children how to pray the intercessions together, reminding them to say "we pray to the Lord" individually when it is their turn before we lift our prayers up together in unison saying "Lord, hear our prayer." [Teaching Catholic Kids](#)

Scripture Verse of the Week From Sunday's Mass

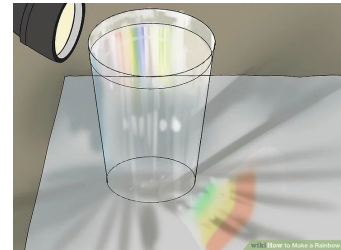


I set my bow in the clouds to serve as a sign of the covenant between me and the earth.

Gen 9:13

Name ways that you keep the covenant with God.

Make a rainbow with a glass of water, a flashlight and a white piece of paper. Share the story of God's covenant with Noah with a friend.



Building Prayer Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.

40 Days In the Desert...



This is a wonderful and visual way to be in the desert with Jesus. Use a large pie pan or flat serving bowl. Fill with sand, to symbolize the desert. Add a white candle in the center. You can use a votive candle in the center or a pillar candle decorated with a cross.

Have a dish with 40 purple glass stones, or use real stones. Have family members take turns each day to add one stone to the desert and say a prayer or read the daily reading. Or practice intercessory prayers (above). Move in a spiral direction from the outer edge toward the center. On Easter Sunday, light the candle.

Taken from: <https://aroundtheyear.org/lent-crafts-for-children/>