

# Encountering THE SEASON

LENT *for the* FAMILY

THE  
FIRST WEEK  
*of* LENT

As we enter into this first Sunday of Lent, we must prepare. Sometimes it is difficult to figure out what we want to “give up” for the Lenten season. Satan will often tempt us during this time, making us feel alone. But the Lord is calling us to a greater purpose and to walk alongside him through temptation.

The Lord gives us our identity and our purpose in life. The Devil will try to twist our identity so that we begin to question ourselves as sons and daughters of God. It is tempting to act like someone else, especially when we’re trying to fit in—but God wants us to be who he made us to be, to act like Jesus did while he was being tempted by the Devil. Although we might have moments when we feel unsure about what to do, we need to call on the Lord and ask for his guidance. Let’s bring God more into our everyday lives so that we may trust in who we are and the identity that he has given us!



## Challenge of the Week

Write a list of the things you are going to work on throughout Lent. Place this list somewhere you can see and remember every day. For younger children, you can create a “Lent bingo” that you place on the refrigerator and mark items off whenever a Lenten “task” is completed (such as praying a Hail Mary once a day, going to Eucharistic Adoration, or going to confession).

## Prayer of the Week

Lord, help guide us and reveal to us our identity that is defined by you. Reveal to us your divine nature and instill in us the trueness of your word. This Lent, help us to remain steady in ourselves and to ward off temptations, staying steadfast to your will. Amen.

## Bible Verse

“But he answered, ‘It is written, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God”” (Matthew 4:4).

## Song of the Week

“40 Days” (Matt Maher)