

Lent 2025 - Resources for your Family


Begins on Ash Wednesday, March 5, 2025, and takes us to Easter

Three Pillars of Lent

- 1) Fasting** - Consider letting go or “giving up” something you really like or enjoy, BUT be sure to REPLACE that thing with something that will draw you closer to Christ. Think of praying or doing something good for someone instead. Sacrificing of yourself is an important part of Lent as we consider that Christ sacrificed His life for our sins.
- 2) Almsgiving** - Yes, this means giving money as you are able, but it also means giving away items you no longer need, or giving away food to those in need. You can also give of your time to help others. Look at the Corporal and Spiritual Works of Mercy links below for some awesome ideas!
- 3) Prayer** - Do you ever wonder why prayer is always a part of lists like these? Well, it’s because if you want to grow closer to Christ, if you truly want to know what God wants for your life (and that’s what Lent is really all about) then prayer is key to getting there. Try different ways of praying. Pray before you get out of bed in the morning, pray with a group of friends or as a family, pray as you are doing a chore or walking the dog, pray while you are in the shower, pray while reading a prayer book (very intentionally). There are lots of ways to pray. Make this Lent a time where you try many different ways!

Here are some great lists that will help you with all three pillars.

Make this a family activity to see how many you can do together or as individuals!

 [Corporal Works of Mercy.pdf](#)

 [The Spiritual Works of Mercy- Practical Ideas.pdf](#)