

## **Activities for the Forty Days of Lent**

**Clay Pot** – Shatter an inexpensive clay pot and give each family member a piece to keep during Lent as a reminder that we are like clay in God’s hands. During Lent, we can allow God to shape us into new vessels.

**Fasting during Lent** has always been a popular religious practice.

- Fast from fast food.
- Fast from TV one day a week.
- Fast electronic games one day a week.
- Fast from using the computer and spend that time with your family.
- Fast from buying anything that is unnecessary during Lent.
- Fast from bad habits that need to be changed/given up.

**Plan a simple meal** around tortillas and beans. Let everyone at your table share an idea for helping hungry people. Ask God to help you carry out one of these ideas. Consider 1 Timothy 6:1-19, contemplating how many of us are “rich” when compared to most of the world.

**Practice the 3 C’s.** Give 3 compliments a day to your spouse, your child or to someone else.

**Blessing-** Parents, bless your children by making the sign of the cross on their forehead before they go to bed at night or when they leave for school each day.

**Read a spiritual book.** Ask your pastors for suggestions.

**Mosaic-Cross-** Cut out a large cardboard cross and many squares of colored paper. During Lent, whenever a family member does a good deed or makes a sacrifice, he or she glues a square to the cross. Try to cover the cross by Easter.

**Pretzels** had their origin in early Christian Lenten practices. Because fat, eggs, and milk were forbidden during Lent, a special bread was made with dough consisting of only flour, salt, and water. These little breads were shaped in the form of arms crossed in prayer. Choose one night in Lent to make pretzels. Find a recipe on the internet.

**Spring Cleaning-** Renew a corner of your home: the attic, the garage, or the yard. Paint a room or clean out closets. Give unused toys and clothes to the poor. Hold a garage sale and donate the profits to a charitable organization.

**Have a Sugarless Tuesday** or Meatless Friday during Lent (or any other day.)

**Write a letter or call or visit** someone who is lonely or shut-in.

**Easter Eggs-** Eggs remind us of the new life that is present for all of us in the Resurrection of Jesus. In ancient times eggs were a symbol of spring and fertility. During the Middle-Ages, the eating of eggs was prohibited during Lent. On Easter morning, Christians would give eggs to one another to celebrate the breaking of the Lenten fast. The egg became the symbol of the tomb from which Christ emerged, calling us all to resurrection and new life. When you dye Easter eggs, use colors that represent theological or liturgical themes and discuss these: red- Jesus’ blood, purple- being sorry for sin, green- new life, gold-resurrection.