

## **Grades 3-5**

### **At-Home Lesson**

**February 28, 2024**

**Opening Prayer:** Begin by praying this prayer together.

Lord, as we begin this season of Lent, help us to recognize the importance of your Son's passion and death. May these forty days of devotion lead us deeper into communion with you. We ask this through Christ, our Lord. Amen.

### **Lesson: Living Lent**

- Last class, you spent time learning about the season of Lent. This week we will focus on strengthening our prayer life.
- First, begin by watching this video about the symbols of Lent. [Video](#)
- Then, review with your child what it means to fast, pray, and give alms during Lent. Here is a video that might help you talk about these ideas if needed. [Video](#)
- Finally, we will be digging into scripture in preparation for Sunday's Mass.
  - Read Exodus 20:1-17. Then, discuss this question, "Which commandment is the hardest to follow?"
  - Read 1 Corinthians 1:22-25. Then, discuss this question, "What was hard for you this week? Did you ask Jesus for help?"
  - Read John:2:13-25. Then, discuss this question, "What might you need to do to have a better attitude toward going to Mass?"

### **Conclusion:**

- As we continue to grow in prayer, the Stations of the Cross is a common prayer during the Lenten season.
- Take time this week to participate in the Stations of the Cross.
  - Use this video. [Stations of the Cross](#)
  - OR, join in the Soup and Stations on Sunday, March 3 after 10:30 Mass.