

THE LENTEN JOURNEY

The Lenten Season provides a rich opportunity to examine our hearts as we reflect on Christ's supreme sacrifice. In anticipation of the Resurrection of our Lord and Savior, we want to be ready for the celebration.

We can prepare for the journey by letting go of bad habits and hurtful behavior. Let's pave the road to Easter with our good deeds and our service to others in Jesus' name. Think about it. How will you prepare for the journey? Write down one or two good deeds you will do during Lent to get ready for Easter.

A Lenten Prayer*

Fast from judging others; feast on Christ in them.

Fast from wanting more; feast on being thankful.

Fast from anger; feast on patience.

Fast from worry; feast on trust.

Fast from complaining; feast on enjoyment.

Fast from negatives; feast on positives.

Fast from stress; feast on prayer.

Fast from anger; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from fear; feast on truth.

Fast from discouragement; feast on hope.

Fast from gossip; feast on silence.

Fast from fighting; feast on peace.

Gentle God, during this season of fasting and feasting, gift us with your presence so we can be a gift to others in carrying out your work. Amen.

--Adapted from "A Lenten Prayer" by William Arthur Ward -Used with permission

*<http://butterflybeacon.wordpress.com/2011/04/01/a-lenten-prayer-william-arthur-ward/>

Christ at the Center Home Edition



The family exists at the heart of all societies. It is the first and most basic community to which every person belongs. There is nothing more fundamental to our vitality as a society and as a Church.—Follow the Way of Love - A Pastoral Message to Families

***Ordinary Time/Lent
February 7 – February 28, 2016***

**A Faith Formation Effort of
the Archdiocese of
Cincinnati**

Gospel Readings & Questions for Reflection

INTRODUCTION

- Leader:** God, come to our assistance. *(Make the sign of the cross.)*
- All:** Lord, make haste to help us.
- Leader:** We light this candle to remind us of God's presence among us. *(Light a candle.)*
- All:** May we let His light shine through us.
- Reader:** *(Read aloud the Gospel Reading for Sunday.)*
- Pause for discussion. *(You may use the questions on the opposite page or come up with your own.)*
- Leader:** For what and for whom shall we pray today?
(Family members can mention their prayer intentions.)
- Leader:** Gathering our prayers into one, let us pray the prayer Jesus taught us. Our Father...
- All:** Sometimes it's hard, dear Lord, to listen to your voice. So much is going on and we are rushing here and there. We forget to talk to You. Help us to slow down and hear your message of love. Help us to be kind and loving to all we meet this week.
- Leader:** May the Lord bless our family, our home, our friends and all who are hurting and in need of prayers.
- All:** *(Make the sign of the cross.)* In the name of the Father and of the Son and of the Holy Spirit. Amen.

Feb. 7 **5th Sunday of Ordinary Time** **Lk. 5:1-11**
Peter was overwhelmed by this miracle. He knew Jesus had healed the sick and cast out demons, but he was amazed Jesus cared about his daily routine and understood his needs. God is interested not only in saving us, but also in helping us in our daily activities. What daily activities can your family invite Jesus into this year?

Feb. 10 **Ash Wednesday** **Mt. 6:1-6; 16-18**
It's easy to do what's right for recognition or praise. Jesus says we should check our motives in three areas: generosity (6:4), prayer (6:6) and fasting (6:18). Our acts should not be self-centered but God-centered; done not to make us look good but to make God look good. With your next good deed, ask "Would I still do this if no one would ever know I did?" Talk about this.

Feb. 14 **First Sunday of Lent** **Lk. 4:1-13**
Jesus "was led by the Spirit into the wilderness." What is the wilderness in your life to which the Holy Spirit is leading you this Lent? Perhaps there are uncharted areas in your marriage or family relationships. Spend this Lent in your "wilderness" with God work. Where is the Spirit leading you this Lent?

Feb. 21 **Second Sunday of Lent** **Lk. 9:28-36**
Jesus "went up the mountain to pray" and he was "changed." Prayer has the power to change us. This Lent set aside a few minutes each day to pray for members of your family. Pray before each meal and if you're married, try spending five minutes in prayer together.

Feb. 28 **Third Sunday of Lent** **Lk. 13:1-9**
The owner of the fig tree was impatient because the tree did not live up to his expectations. In families there are those who don't live up to our expectations. Imitate the gardener and give them more time and help. Don't cut them out of your life. Love asks us to be connected, not productive.

(Some reflections are adapted from Bud Ozar's "Families and the Gospel")