

# LENT FAMILY PLAN

Lent begins this Wednesday. Lent isn't just about giving something up. Lent is about making room in our hearts and lives for God to fill us up with His presence and His word. Use this guide as a way to prepare for Lent as a family.

## Shrove Tuesday

Shrove Tuesday. Also known as Fat Tuesday, Mardi Gras (in French) and by many other nicknames. It's the big hurrah before Christians start Lent, a season of prayer, penance and fasting in preparation for the Easter season. One Shrove Tuesday Tradition is to eat pancakes. Think about having a family Pancake dinner on Tuesday.



## Ash Wednesday

Ash Wednesday marks the beginning of Lent. Attend the Ash Wednesday service as a family and talk about the reason behind the ritual of the imposition of ashes. The imposition of ashes — of dust — is a reminder of our death. It is a symbol of sorrow for our sins. The symbol of dust that comes from the Book of Genesis: "You are dust and to dust you will return."



## Then

Discuss and pray together as a family about what you can give up for Lent - as individual family members and as a whole family and ways that you might add something positive to your daily and weekly habits. Fill out the Family Fasting Plan and hang it on your fridge. Encourage and help each other to follow through with your plan throughout the entire season of Lent.

# Family Fasting

## for Lent

### What are you giving up for Lent?

Have each family member write their name in one of the yellow boxes. On the lines below, have them write down what they plan to give up for Lent or actions they plan to add to their routine during Lent.

In the bigger yellow box at the bottom, write in your family's last name and then on the line below it, write down what your family as a whole plans to give up for Lent. Hang this on your fridge and encourage one another during Lent.

Yellow banner for name

Four horizontal dashed lines for writing

Yellow banner for name

Four horizontal dashed lines for writing

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Yellow banner for name

Four horizontal dashed lines for writing

Yellow banner for name

Four horizontal dashed lines for writing

Large yellow banner for family name

Four horizontal dashed lines for writing

