

Sunday Readings

Deuteronomy 26:4-10
Psalms 91:1-2, 10-15
Romans 10:8-13
Luke 4:1-13

Disciples on the Journey Family

1st Sunday of Lent 2010
Cycle C

Materials Needed

Bible, candle, crucifix,
magazines/newspaper
advertisements, sheets of
paper, pencils, scissors,
glue

Listening *Luke 4:1-13 One family member reads the Gospel while everyone else listens quietly.*

Making Connections **Reader:** In the Gospel, the Holy Spirit led Jesus into the desert. While he was there, the devil tempted Jesus. He told Jesus to do things that were wrong and even made false promises. Jesus knew what to do. He immediately prayed to God for help, and then he said “NO” to the devil.

When we are tempted, we need to do what Jesus did and turn our hearts and minds to God right away. Jesus gives us the best example of what to do when we are tempted. In Jesus Christ we have the power to say “YES” to God!

Family Sharing Time *Use the questions below to guide your discussion.*

Preschool children: Sometimes it may seem like fun to break rules and do something wrong. What are some rules that we should never break? Why? When you feel like breaking a rule or want to do something wrong, whom can you turn to for help? What happens when we pray and ask Jesus to help us do good things? Let’s pray right now. Dear Jesus...

Primary-grade children: Sin is when we say “yes” to temptation. Can you think of a time when you were tempted to do something wrong? What did you do? Why? Let’s talk about some things that tempt us. What does the Gospel tell us that Jesus did when he was tempted? Why did he do that? Who can help us when we are tempted?

Preteens: What is a temptation? What is the difference between a temptation and a sin? Think about how you spend your free time: television, video games, computers, Internet, cell phones, etc. *Of themselves these things are not sinful.* How can these good things become temptations and even lead you into sinful actions? How can they pull you away from God, your family, or your friends? Is it easy to do what Jesus did when he was tempted? Discuss.

Family Activity *Creating a Lenten Collage*

Leader: Each of us is going to create a Lenten collage showing our faith journey as disciples of Jesus for the next six weeks.

Preparation: Have needed materials ready.

Leader: Whenever we give something up, we have more time for something else. For example, if we decide to give up Saturday cartoons, maybe we can do a good deed (visit the sick, help around the house, etc.).

Family members will look through materials to discover what God might be asking them to give up during Lent. Cut out or draw pictures of what you plan to give up for Lent, and then cut out or draw pictures of what good deed/s you will do. Make a family or individual collage using the pictures and/or drawings.

Discuss these ideas as you make your collage. Talk about how hard it might be to give up something you really like.

Place the collage/s in a place where all can see them throughout the six weeks of Lent (dining room table, refrigerator, etc.) as a reminder to be faithful to your Lenten decision/s.

Praying Together

Gather around a table with a Bible, lit candle, crucifix, and collage/s. Each family member takes a turn either holding his/her collage or passing the family collage to each other while praying, “Jesus, I love you. Help me keep my Lenten decisions.”

Leader: Dear Jesus, as we begin our Lenten journey help us to be strong, follow your example, and grow as your disciples.

All: Amen.

Conclude with the Our Father.

Memory Verse *“No one who believes in him will be put to shame.”*
Romans 10:11

Saint of the Week

Saint Paula of Saint Joseph of Calasanz (Feast Day: February 26)

Just as the Scriptures for today call us to remember all that God has done for us, Paula Montal’s life was a response to God’s goodness. She grew up in a large family in a small fishing village in Spain. When she was only 10 years old, her father died so she had to help take care of her family. She helped to support them by making lace and sewing for people. She helped to take care of other children and later opened a girls’ school, which taught morality as well as regular school subjects since there were very few opportunities for girls to get a good education in her time. For many years she lived as a single lay woman and privately devoted herself to God. Later Paula founded a college for women and another school. Finally, she started a religious congregation called the Daughters of Mary to teach in the college and schools. Today her followers teach in 19 countries. Pope Paul II canonized Paula in 2001. Let us ask her to pray that we remember all that God has done for us.