

# St. Joseph's Family Activities



## Lent week 1

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A warm welcome to the first Lent edition of the Family Activities sheet. Lent is a very special time of year when we can really focus on drawing closer to Jesus Christ who is our Lord and our God. In this week's edition we will look in more detail about how we can pray more with the family.

The family is the "domestic Church" and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 mins two or three times a week.

Traditionally during Lent we focus on Fasting, Prayer and "Good works". For the next three weeks we will look at one of these actions in turn and this week we will look at prayer. How can we improve our life of prayer?

Prayer is both the easiest and hardest thing we do. If we think of prayer as being "talking to Jesus who is our friend and brother" then it might be bit easier. This shows us that we don't always have to say formal prayers, but can just "chat" with Him about what we are doing.

**Speaking/Learning the faith (which the Church calls "professing the faith")**

*There are  
Four  
Dimensions  
of the Faith  
making sure  
that Jesus  
Christ is the  
centre of  
everything  
we do*

**Christian prayer.**

**Celebrating it in the liturgy and the sacraments**

**Living it (in Christ) – i.e. the choices we make in everyday life**



**Gospel for Sunday 21<sup>st</sup> February**  
**Mark 1:12-15**

**Jesus was tempted by  
Satan, and the angels  
looked after him**

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord  
**Praise to you Lord Jesus Christ**

***Family discussion on the Gospel***

- Light a candle
- Make the Sign of the Cross
- Someone read the passage slowly

*In Mark's Gospel we don't hear the details of how Jesus was tempted. If you have older children, you might like to ask if they know what the temptations were. (A: Turn a stone into bread [Jesus was hungry] Jump from the top of the Temple [so spectacular miracles to grab people's attention] and to worship the devil and become a really powerful earthly ruler).*

**Q: Where did Jesus go?** (A: The desert/wilderness)

**Q: Why do you think He went there?** (A: To pray, to spend time with His heavenly Father to work out exactly what His ministry was going to be...)

**Q: How long did Jesus go there for?** (A: 40 days)

**How long is Lent?** (A: It's 40 days if you don't count the Sundays – try counting it on a calendar!)

**Q: What does it mean to be tempted?** (A: To have the idea of doing something wrong).

**Q: In other Gospels we learn that Jesus was tempted to turn a stone into bread [Jesus was hungry] Jump from the top of the Temple [so spectacular miracles to grab people's attention] and to worship the devil and become a really powerful earthly ruler. What sort of things are we tempted to do?** (A: Various)

**Q: When we are tempted, what can we do and say to stay strong and not give in?** (A: Open but suggestions are: In Matthew's Gospel Jesus says to Satan, "Begone Satan!". We can also make the Sign of the Cross.)

**Q: Jesus begins His public proclamation by saying “Repent and believe the Good News”. What is the Good News?** (A: Various – that Jesus has come to save us/ restore us to His Father/that He will forgive us our sins)

Younger members of the family may like to colour in this and put it up.

Begone Satan, I believe Jesus,  
not you!

**Make a model of Jesus praying in the Desert:**

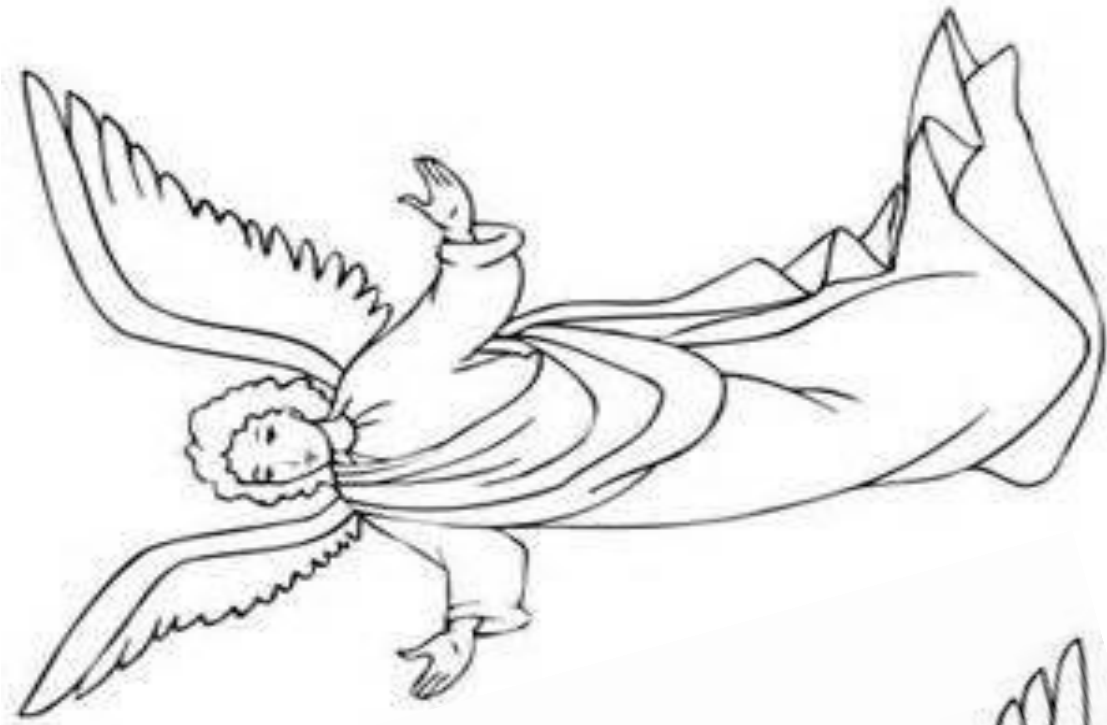
Fill a shallow tray with sand or soil.

Add some stones and a few “wild animals” (plastic toys would work, or draw them on card and cut them out, sticking them in the sand)

Colour in and cut out the picture of Jesus and the angels praying below, or draw your own to cut out (Much better).

As Lent goes on, you can write some prayers and place them around Jesus, knowing that He will pass them on to His Father in heaven.

Do send us photos of your desert models to [stjoe.fam.activities@gmail.com](mailto:stjoe.fam.activities@gmail.com)



## Monday 22<sup>nd</sup> February, St. Peter's Chair

Today's feast reminds us that the Church is built on the Apostles. Jesus chose 12 men to go out and take the Good News of salvation to the whole world. The head or spokesperson of the Apostles was St. Peter and right from the beginning of the Church, the Bishop of Rome was recognised as the father on earth of the Church. ("pope" comes from "papa" meaning "father"). Today is a day to give thanks that the faith that Jesus told His Apostles is the same faith that we now have, because from then on, the Church has continued to pass on what the Apostles taught. Maybe you can say this prayer today, or write one of your own.

Dear Heavenly Father

We thank you for your continued guidance of our Most Holy Church, through the Bishops and all the popes over the centuries.

We ask that you be with Pope Francis and guide him by your Holy Spirit each and every day. He has an important job to do and we ask you to give him the health and strength that he needs to lead your Church on earth.

We ask this through Jesus Christ Our Lord by the power of the Holy Spirit. Amen.



### Litanies

A litany is a kind of repeated prayer and the Church has lots of different ones for different occasions. We can also make up our own, with personal intentions. Maybe this Lent you can make a family one adding a different intention each day. They always start by petitioning the Holy Trinity and then move onto other themes. How about adding to this one each day with intentions of your own. Then finish with the little prayer at the bottom.

Lord, have mercy on us. Christ, have mercy on us. Lord, have mercy on us.  
Christ, hear us. Christ, graciously hear us.  
God our Father in Heaven, Have mercy on us.  
God the Son, Redeemer of the world, Have mercy on us.  
God the Holy Spirit, Have mercy on us.  
Holy Trinity, one God, Have mercy on us.

For all teachers, Lord have mercy on them }  
For all nurses, Lord have mercy.... } add your own prayers here  
For my grandad, Lord have mercy.... }

Lamb of God, who takes away the sins of the world, Spare us, O Lord.  
Lamb of God, who takes away the sins of the world, Graciously hear us, O Lord.  
Lamb of God, who takes away the sins of the world, Have mercy on us.