

Fasting Activities

If you have not yet had time to review the Lenten practices sheet from last time, take time now to review it and choose one or two to practice as a family this Lent (attached).

Then, try the fasting object lesson and the two cups activity attached to the handout for this week.

Write a prayer that you will pray during Lent when you are giving something up, or choose one of the ones below. Post it somewhere your family can see and use it, or have each person make their own copy for their room, desk, etc.

Fasting prayer examples:

- Grant to your servants who humbly pray to Thee, O Lord, that while abstaining from food for our bodies, we may likewise abstain from sin in our souls.
- Oh my Jesus, I offer this for love of Thee, for the conversion of sinners, and in reparation for the sins committed against the Immaculate Heart of Mary.
- God, may my sacrifice of today of (state your Lenten sacrifice) remind me of my dependence on You for all the blessings I enjoy.
- Father, As I enter into this period of fasting, I invite you in. Lord, come into my heart, come into my mind, renew me in new ways. You are my Lord, King and Savior