



Faith Formation

"Catholic education aims not only to communicate facts but also to transmit a coherent, comprehensive vision of life, in the convictions that the truths contained in that vision liberate students in the most profound means of human freedom." ~ St. Pope John Paul II

Catechist Resource

Lent and Ash Wednesday

Help Links:

- [The Religion Teacher](#)- Complete lesson plan for Ash Wednesday
- [The Religion Teacher](#)- Complete lesson plan for Lent
- [Catholic Blogger](#)- Lesson plan for Ash Wednesday for younger students
- [Catholic Icing](#)- Activities for Lent
- [Sophia Institute](#)- Ash Wednesday Lesson for grades 2-8

Lenten Activities for Families and Children

- [Ash Wednesday \(Loyola Press\)](#)
- [Ash Wednesday Lesson Plan \(The Religion Teacher\)](#)
- [Families Lenten Journey/CRS Rice Bowl \(CRS\)](#) CRS Rice Bowl can serve as the foundation to your family's Lenten journey. We have prayer resources and activities to use during dinner, in the car on the way to school or whenever you have just a few moments to gather together, pause and pray. Use these holy days of Lent to respond to Pope Francis' call to deepen your family's faith life-and let CRS Rice Bowl accompany your family along the way.
- [Simple, meatless meals from around the world \(CRS\)](#) Perfect for Fridays during Lent for those who want to eat in Solidarity
- [Catholic Social Teaching Stations of the Cross \(CRS\)](#) Short video reflections that help us recognize Christ still walking to Calvary in the lives of so many of our brothers and sisters
- [Share the Journey Lenten resources \(CRS\)](#) Videos and digital retreats to help families live Pope Francis' invitation to care for the refugee and migrant during their Lenten journey
- [CRS Rice Bowl mobile app \(CRS\)](#) Daily reflections for Lent
- [Resources for your Lenten Journey \(Loyola Press\)](#) Activities, Stations of the Cross, Ash Wednesday, Holy Week, Articles, Videos, Prayers, Retreats, Art, Books
- [Recursos Cuaresmales \(Loyola Press\)](#)
- [40 Ideas for 40 Days \(Catechist's Journey-Joe Paprocki-Loyola Press\)](#) Faith formation activities to use with children.
- [Lenten Resources for Catechists \(Catechist's Journey-Joe Paprocki-Loyola Press\)](#) Check out the curated links on this site for a wide variety of kid-friendly activities.
- [Lent at Home: Activities for Busy Catholic Families \(Loyola Press\)](#) Simple ideas for Lent including crafts, mealtime sharing, reaching out in kindness and reading for families.
- [Lenten Resources \(Sadlier\)](#) Family Lenten Calendar, Stations of the Cross Prayer, Living out Lent Activity, Act of Contrition Prayer Card
- [Resources for the Season of Lent \(Sadlier\)](#)
- [Lent Activities \(The Religion Teacher\)](#) Check out the curated links on this site for a wide variety of kid-friendly activities.
- [Lent Resources \(catholicmom.com\)](#) Scroll through the index to find lessons and activities for Lent.
- [Lenten Activities for Children \(Catholic Icing\)](#) Activities for preschoolers
- [Lenten Calendar for Kids \(Catholic Icing\)](#) Catholic Icing offers families a nice "Journey through Lent" calendar that can help kids track the days through Lent and write into the days the Lenten actions and sacrifices that they do. It is offered in a variety of languages.
- [Creating a Lenten Prayer Space in the Home \(Building Faith\)](#) Children, especially young children, often relate to what they can see and touch better than what they hear. A small table with a cross an empty bowl and purple cloth, among other things, is the beginning of a sensory journey through Lent for families.
- [Ideas for Celebrating Lent and Easter at Home \(Simply Catholic/Our Sunday Visitor\)](#) A blog post by Joanne Bogle on

Simply Catholic.

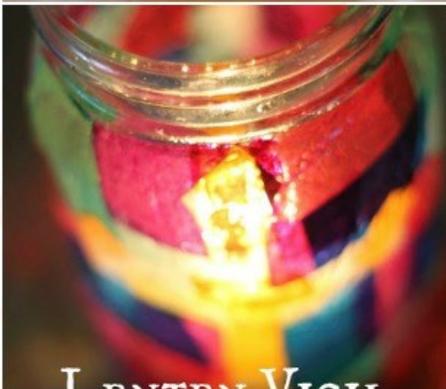
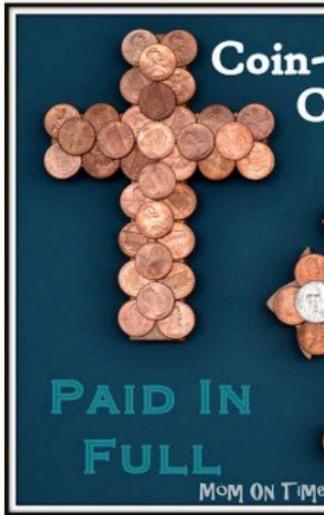
- [Lenten Adventure \(Holy Heroes\)](#)
- [Best Lent Ever \(Dynamic Catholic\)](#)

Suggestions and considerations for inspiration

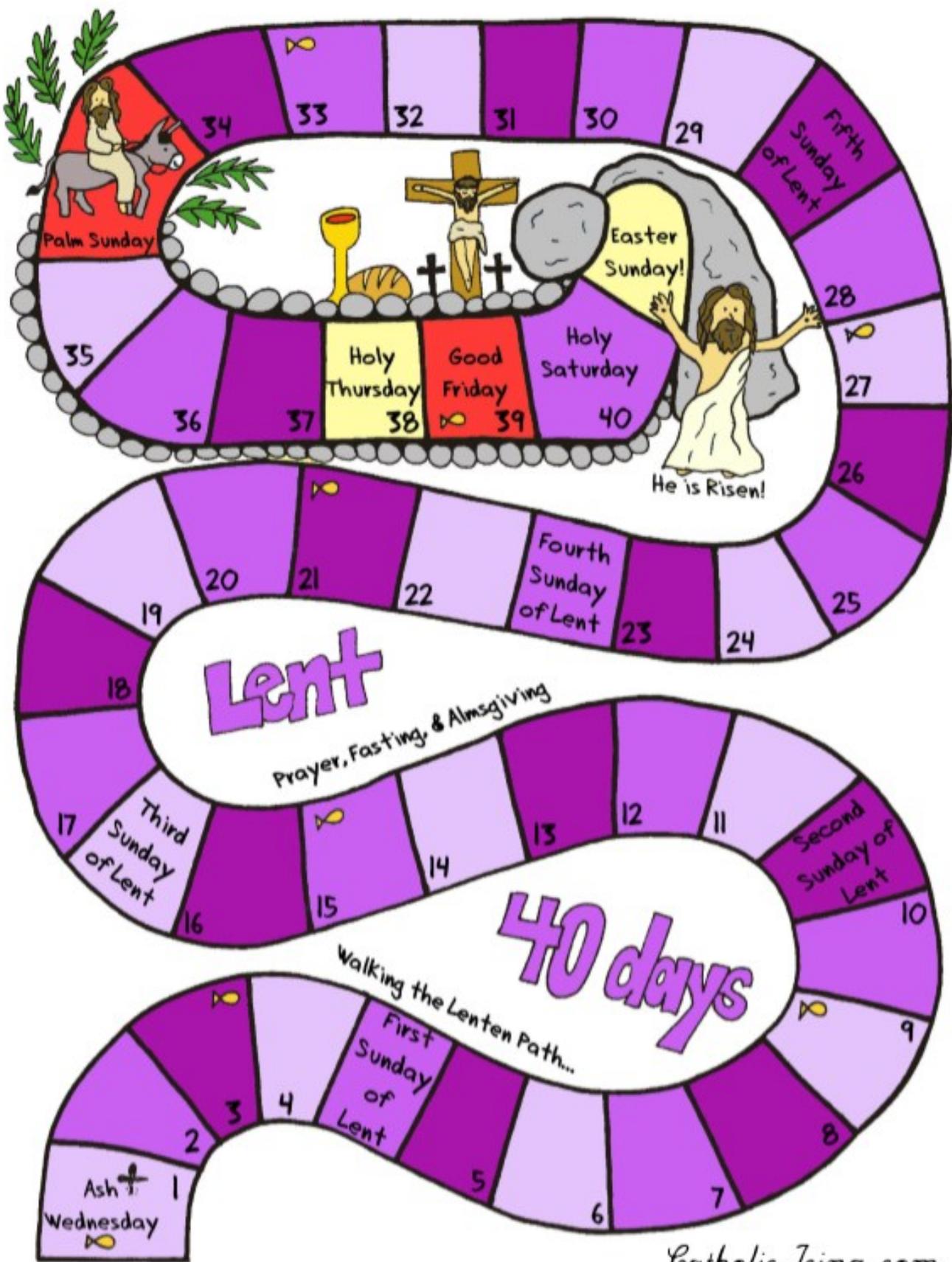
- No more Alleluia
- Patience
- Repentance
-

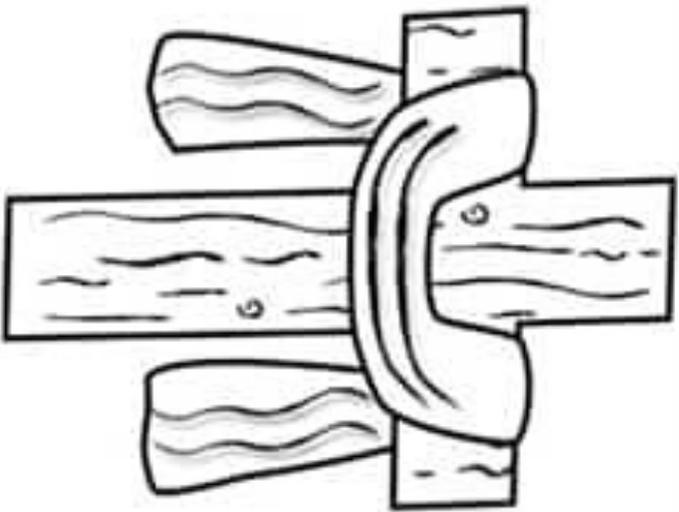
Musical or Video References:

- [Video— What is Ash Wednesday](#)
- [What Does Lent Mean? \(The Religion Teacher\)](#)
- [Catholic Kids Homilies for Ash Wednesday and all the Weeks of Lent \(Catholic Kids Media\)](#) An upbeat animated video with a kid-friendly homily based on the readings for Ash Wednesday and all the weeks of Lent.
- [Ash Wednesday & Lent in Two Minutes \(Busted Halo\)](#) Looking for a quick way to explain Ash Wednesday to your friends? Look no further than Busted Halo's® two-minute video that describes the day which begins the season of Lent, and why Catholics and many Christians receive ashes on their foreheads. You can download this video from the website.
- [Lent Frequently Asked Questions: With Joe Paprocki \(Loyola Press\)](#)
- [Lenten Video Series \(The Religion Teacher\)](#)
- [Reflecting on the Lenten Scriptures Cycle A and Cycle C Video Options: Joe Paprocki \(Loyola Press\)](#)
- [Psalm 22 \(Catholic Kids Media\)](#) children's guided prayer
- [Palm Sunday \(Outside da Box\)](#)
- [What is Lent? \(Catholic Relief Services\)](#) Why do we set aside this season and change our practices? What does it accomplish? Fr. Jim Martin, Kerry Weber, Cardinal Timothy Dolan, Chris West and others answer. Has subtitles in Spanish.



Lenten Vows





Find all ten words!

- Jesus
- Lent
- Ash
- Wednesday
- Dust
- Prayer
- Alms
- Fasting
- Sacrifice
- Purple

W	J	E	P	S	A	C	T	A	P
E	Q	L	L	U	F	A	W	L	R
D	J	G	E	O	R	V	R	M	A
N	E	A	F	N	V	P	C	Q	Y
E	P	R	R	I	T	E	L	W	E
S	A	C	R	I	F	I	C	E	R
D	U	S	T	F	W	Y	R	Z	N
A	R	Y	H	V	A	L	M	S	D
Y	Z	B	J	E	S	U	S	H	U
Z	J	F	A	S	T	I	N	G	F

Unscramble these Lenten Words

TRYFO YASD _____

HSESA _____

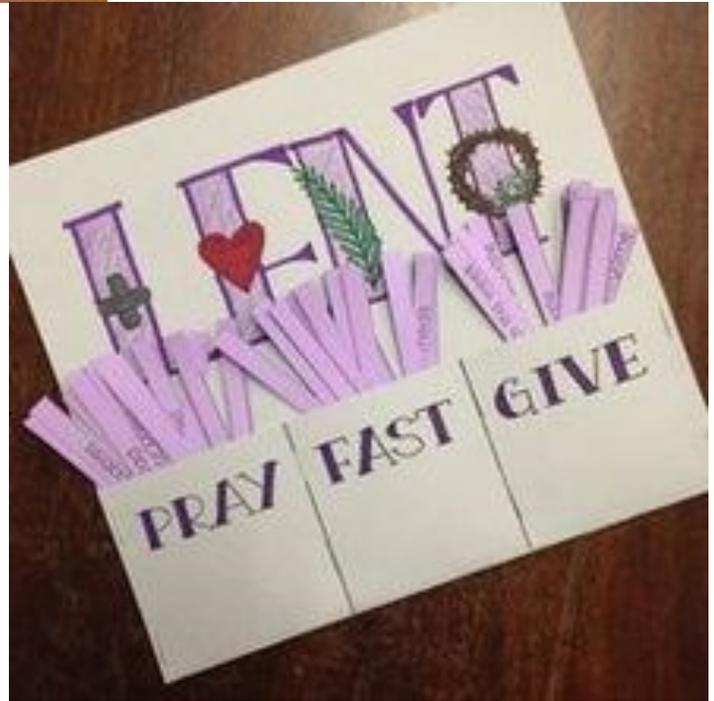
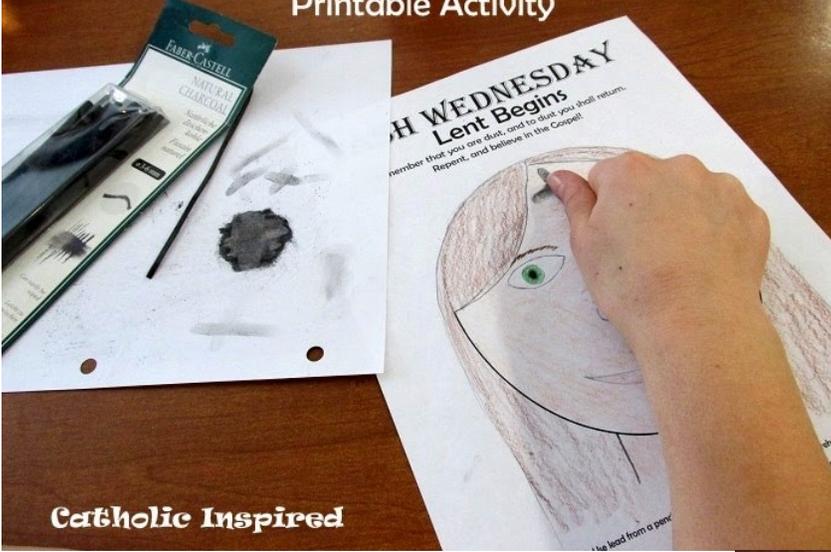
NLTE _____

TISFGNA _____

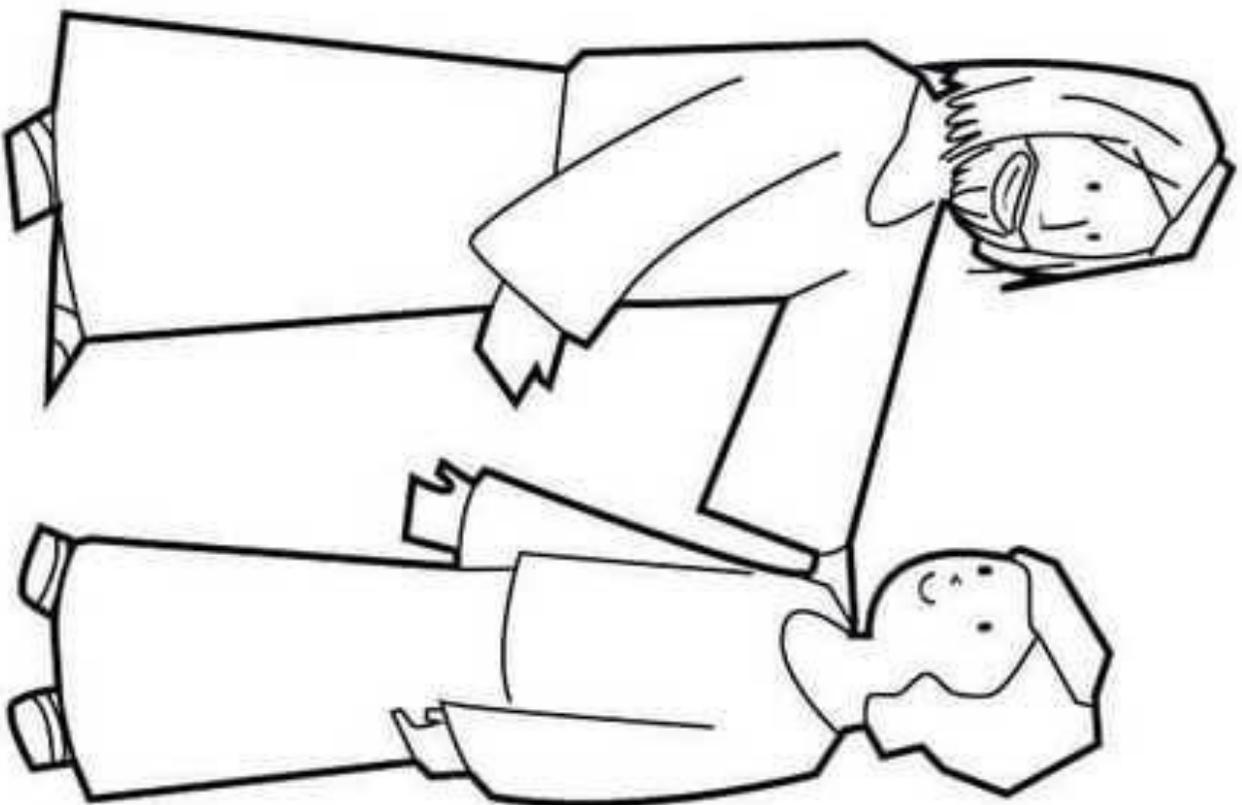
One thing I can do during Lent to
bring me closer to God...

ASH WEDNESDAY

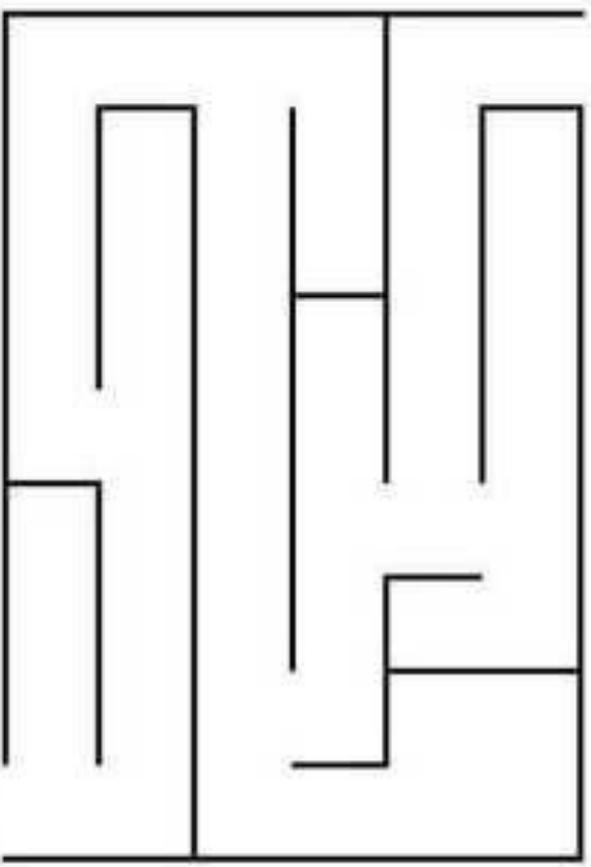
Printable Activity



1st Sunday of Lent				Ash Wednesday			
	4	3	2	1			
							2nd Sunday of Lent
	5	6	7	8	9		
3rd Sunday of Lent							
	11	12		13	14	15	
							4th Sunday of Lent
	17	18	19	20	21		
5th Sunday of Lent							
	23	24		25	26	27	
							Palm Sunday 
	29	30	31	32	33		
Easter! 	Holy Saturday	Good Friday	Holy Thursday				
	35	36		37	38	39	
							



Make your way to the Holy Spirit

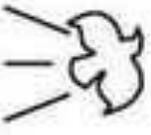


Put these three words in their right spots to find the message!

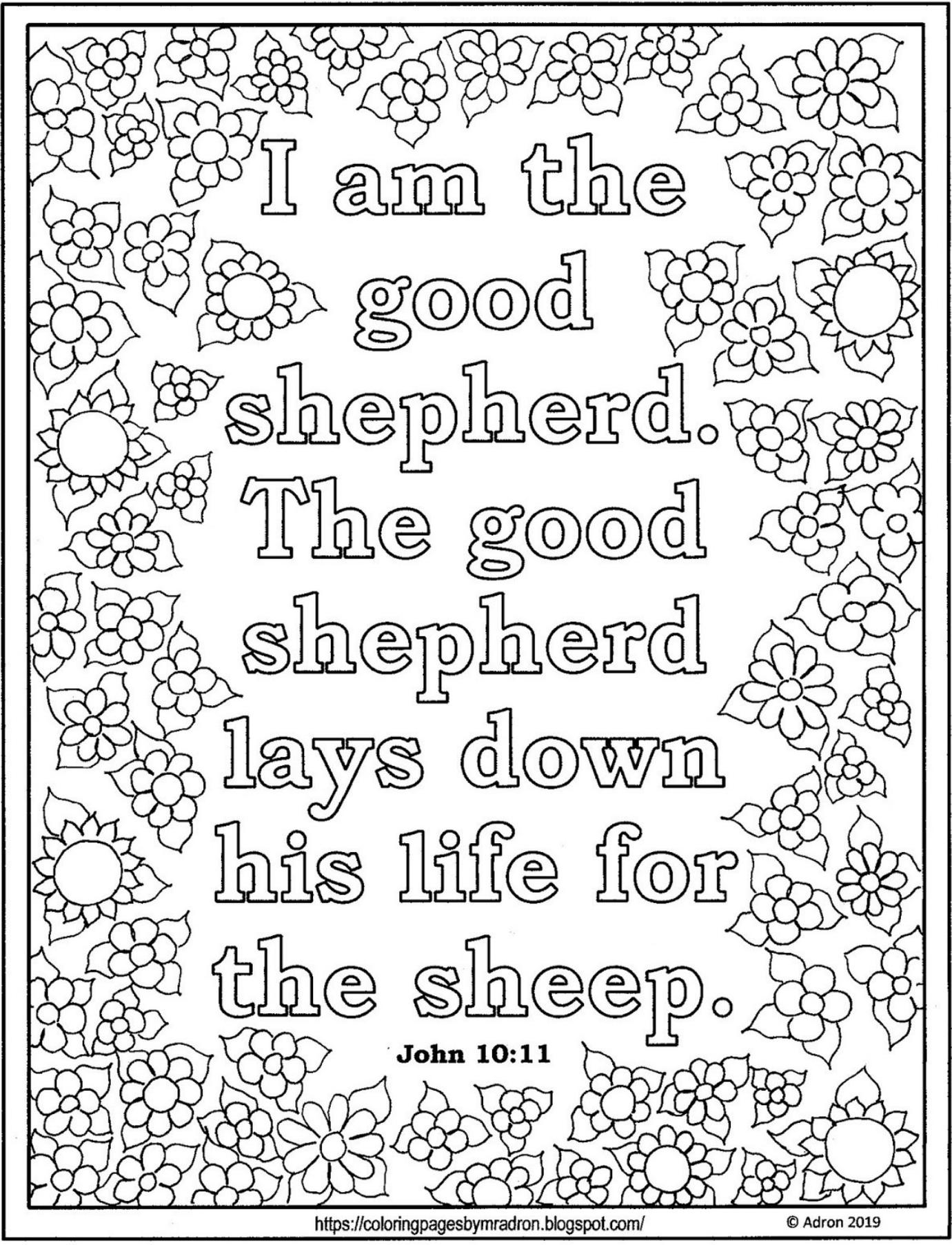
REST WILL ME

COME TO _E...AND I

_ _ GIVE YOU _E_ _ _







I am the
good
shepherd.
The good
shepherd
lays down
his life for
the sheep.

John 10:11