



Missionary Childhood

2024 Lenten **Weekly** **Family** Devotion

Dear Families,

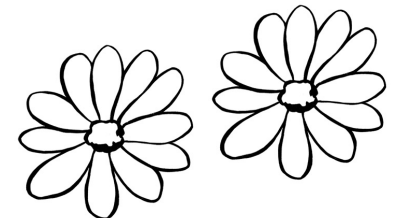


As we journey through the season of Lent, we invite you to embark on a meaningful pilgrimage together as a family. Lent offers us a time for introspection, spiritual growth, and renewal as we prepare our hearts to commemorate the passion, death, and resurrection of Jesus Christ.

Our Lenten Family Calendar is designed to provide you with a structured yet flexible guide for engaging in various spiritual practices, acts of service, and moments of reflection throughout the forty days of Lent. By incorporating these activities into your daily lives, we hope that you will deepen your connection with God and with one another, fostering a spirit of love, compassion, and solidarity within your family.

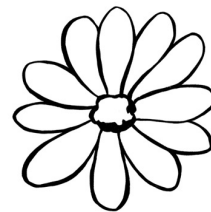
Each week you will find a different theme, based on the Sunday reading of Lent. There are also suggested daily activities that can be adapted to suit the unique needs and dynamics of your family. Whether it's participating in acts of kindness, spending time in prayer and meditation, or engaging in discussions about faith and sacrifice, may this calendar serve as a source of inspiration and encouragement for your Lenten journey.

As you engage with these practices, take time as a family to draw closer to God and to one another, trusting in His abundant grace and mercy. May this Lenten season be a time of profound transformation and spiritual renewal for your family, as you walk together in faith, love, and solidarity.





FAMILY Lenten Calendar: Week 1



1st Sunday: 18th February 2024
Theme: Finding God in the wilderness

BIBLE READING

Gospel: Mark 1:2-15:

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him."

REFLECTION

Wilderness is a place of danger and loneliness but, more importantly, a place of wonder of God. For Jesus, it's time of prayer bringing him face to face with the devil.

There are times we feel alone, under attacks, where do you turn to for help? When Satan came to Jesus, God sent his Angel to attend to him, and Jesus was not left alone. We are invited to see the hands of God shaping us through the unpleasant experiences of life, introducing us to the peace and strength of God in the power of prayer. God does not leave us alone. Do you believe that God can give you the same support he gave Jesus to overcome the Satan?

PRAYER

In the name of the Father, the Son and the Holy Spirit.

Heavenly Father, thank you for always sending us support in times of trials. Thank you for the presence of your angels in our lives. Dear God, grant me the courage to rely on your promise of never to abandon me. Give me the faith to trust in your abiding presence all the days of my life. I make this prayer through Jesus Christ.

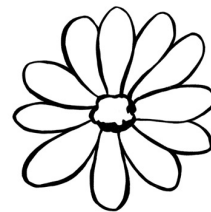
Amen

ACTIVITIES

- ✓ Monday: Pray the Rosary
- ✓ Tuesday: Visit the Aged
- ✓ Wednesday: Help someone in need
- ✓ Thursday: Attend Mass
- ✓ Friday: Go to confession and attend stations of the cross
- ✓ Saturday: Be kind in words today.



FAMILY Lenten Calendar: Week 2



2nd Sunday: 25th February 2024
Theme: The glory of Jesus is the glory
of love

BIBLE READING

Gospel - Mark 9:2-10:

"This is my beloved Son.
Listen to him."

REFLECTION

On the mountain of transfiguration, the Apostles saw the real glory of Jesus for a few hours. This experience will remain with them forever. A voice revealed the true identity of Jesus and told them to "listen to him." We need to create time for meditation and contemplative prayers where we can catch a glimpse of the beauty of Jesus Christ. This is the only power that will help us to listen to him always.

PRAYER

In the name of the Father, the Son and the Holy Spirit.

Heavenly Father,
Strengthen me and help my unbelief.
Grant me the grace to develop a deep relationship with you in prayer to help me know you, and to listen to your words. I ask this through Jesus Christ, our Lord.

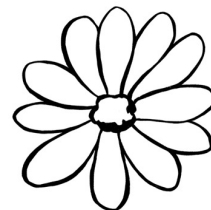
Amen

ACTIVITIES

- ✓ Monday: Discuss Transfiguration as a family
- ✓ Tuesday: Maintain silence for 15 minutes today
- ✓ Wednesday: Meditate on Mark 9:7
- ✓ Thursday: Show kindness to a family member
- ✓ Friday: Go to confession and attend stations of the cross
- ✓ Saturday: Visit home for the elderly



FAMILY Lenten Calendar: Week 3



3rd Sunday: 3 March 2024
Theme: Jesus the New Temple

BIBLE READING

Gospel: John 2: 13-25

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! Stop turning my Father's house into a market!" His disciples remembered that it is written: "Zeal for your house will consume me."

REFLECTION

Jesus was moved by the love for his father's house and angrily drove out the merchants and money changers out of the Temple. These men were exploiting the poor, inflating the price of animals and changing money at higher rates. This action infuriated the synagogue authorities, and they set out to kill Jesus. We are invited to clear our souls and body from all corruptions, injustice, and every attitude that defiles our body and our soul. We are also invited to respect and take great care of the physical temple, which is the place of worship.

PRAYER

In the name of the Father, the Son and the Holy Spirit.

Our dear Heavenly Father, we thank you that you gave us Jesus, the true Temple. Forgive us for times we haven't shown such zeal for your house. Cleanse our hearts and set our heart on fire with the love for your things. We ask this through Jesus your son.

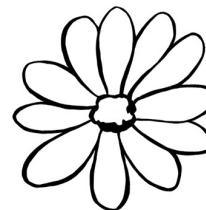
Amen

ACTIVITIES

- ✓ Monday: Discuss honesty and integrity as a family
- ✓ Tuesday: maintain silence for 15 minutes today
- ✓ Wednesday: Pray for all children of the world
- ✓ Thursday: Show kindness to a stranger
- ✓ Friday: Go to confession and attend stations of the cross
- ✓ Saturday: Clean the church yard



FAMILY Lenten Calendar: Week 4



4th Sunday: 10 March 2024
Theme: Everyone who believes in me
will have eternal life

BIBLE READING

Gospel: John 3:14-21

And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

REFLECTION

We are reminded of the great love God has for his people that he sent his only Son to die a shameful death for our redemption. Jesus came because of love to make reconciliation possible. He brought humanity into light that exposes sin. We can no longer hide in darkness since our restoration has come bringing healing and peace to our soul out of love.

Jesus invites us to walk in His light and experience forgiveness and freedom his death has brought. Let's relate with others in the same love of Jesus

PRAYER

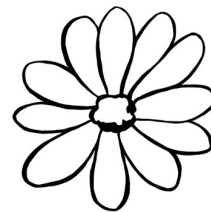
In the name of the Father, the Son and the Holy Spirit.
Father in heaven, thank you for your wonderful plan of salvation. Thank you for sending your son Jesus who willingly redeemed us by his precious blood. Grant that we may always appreciate this redemption and live in your light always. We make our prayer through Jesus our Lord. Amen

ACTIVITIES

- ✓ Monday: Share your faith and believe as a family
- ✓ Tuesday: Do something thoughtful for someone at church
- ✓ Wednesday: Maintain silence for 15 minutes today
- ✓ Thursday: Show love to a family member
- ✓ Friday: Go to confession and attend stations of the cross
- ✓ Saturday: Recite a decade of the rosary



FAMILY Lenten Calendar: Week 5



5th Sunday: 17th March 2024
Theme: The hour has come

BIBLE READING

Gospel: John 12:20-33

Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal.

REFLECTION

The key message here is the events of the last days of Jesus brought us salvation: his arrest, crucifixion, death, resurrection, and ascension. Jesus has to embrace death to give us life. This is the hour, his purpose for coming to our world. Are we willing to follow him to calvary in order to produce much fruits? How do we face a moment of overwhelming misunderstanding and rejection?

PRAYER

In the name of the Father, the Son and the Holy Spirit.

Lord Jesus, help us to let go of spirit of self- righteousness. Teach us how to embrace all moments of misunderstanding coming from following you. May we always stand on your side, relying on your divine presence. We pray this through Christ.

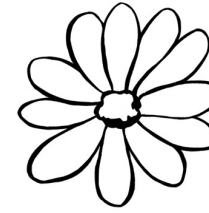
Amen

ACTIVITIES

- ✓ Monday: Discuss the impact LENT has made on your family
- ✓ Tuesday: Maintain silence for 15 minutes today
- ✓ Wednesday: Pray the rosary
- ✓ Thursday: show kindness to a family member
- ✓ Friday: Go to confession and attend stations of the cross
- ✓ Saturday: Help at your church soup kitchen or any other group serving the poor



FAMILY Lenten Calendar: Week 6



Palm Sunday: 24th March 2024
Theme: Giving everything is all that matters.

BIBLE READING

Gospel: Mark 14:1-15,47

Now the Passover and the Festival of Unleavened Bread were only two days away, and the chief priests and the teachers of the law were scheming to arrest Jesus secretly and kill him. "But not during the festival," they said, "or the people may riot."

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head.

REFLECTION

In the story of the widow that gave the last penny she has and the woman that anointed him with an expensive ointment, Jesus taught his disciples that the actual value of the gift is irrelevant but what matters is giving all that one has in life.

In the same way, Jesus is going to give his life up on the Cross for us. What is it that matters to you, which you must give up during this holy week that will help you submit your all to Jesus?

PRAYER

In the name of the Father, the Son and the Holy Spirit.

Lord, let everything we do during this holy week be inspired by your spirit. Help us to be thankful. Lord, give us faith and trust in your endless mercy and forgiveness. May the Holy week be a sacred time for us. Help us to enter fully into the celebration and of your passion and take us gloriously into the joy of Easter Sunday. . We make our prayer through Jesus our Lord.

Amen

ACTIVITIES

- ✓ Monday: Discuss how you as a family can continue doing family prayers
- ✓ Tuesday: Maintain silence for 15 minutes today
- ✓ Wednesday: Read up about missionary work (<https://www.ppoomm.va/en.html>)
- ✓ Thursday: Show kindness to a friend
- ✓ Friday: Attend the Good Friday service
- ✓ Saturday: Attend the Easter Vigil