

## FAITH IN 5

Lent: Week 5

Ages 8+

1. **On Friday March 25th we celebrated the Feast of the Annunciation of our Lord! What does Annunciation mean?** The word Annunciation comes from a Latin word meaning to announce. We remember the Angel Gabriel announcing Jesus' incarnation to the Blessed Mother! **What does incarnation mean?** Incarnation means God the Father in human form, as baby Jesus-now in the Blessed Mother's womb!
2. **What is Laetare Sunday?** Laetare Sunday is the fourth Sunday of Lent (this year it is March 27th) This Sunday is a day of celebration within the season of Lent. Laetare means rejoice. This Sunday is a halfway point from Lent and carries the hope of Easter! **What colors are used on Laetare Sunday?** Rose! You will not see purple on the Priest or the altar this week, but a rose pink.
3. **What is the virtue of Temperance?** Temperance is the habit of controlling your thoughts, words and actions. It is a virtue of self-control. **How can we practice temperance?** Fasting helps with temperance! Eating a little less at mealtimes or skipping seconds can help us build the muscle of temperance. Count to ten before responding when somebody has wronged you!
4. **Do you know any Lenten Hymns?** Some beautiful ones are "O Sacred Head Surrounded," "Let All Mortal Flesh Keep Silent," "Were you there?" and "Stabat Mater (At the Cross, Her station keeping)". **Why is singing hymns important?** The melody of hymns help us to learn the words we are singing. They are full of truth and they adore and worship God. Pick a hymn to sing with your family one night each week. Learn all the words and meditate on them.
5. **Catechesis for the week! What are the perfections of God?** The Catechism teaches us that God is all-knowing, almighty and all-good. He has these powers without limit. We see God's perfections in Mark 4:35-29 when Jesus calms the storm. God, in the person of Jesus, knew about the storm, had the power to stop the storm with a word, and did it because in His Goodness he wanted no harm to come to His beloved disciples. He has these powers without limit. **How do we praise the perfections of God?** When we sing the Gloria in mass on Sundays we are praising the perfections of God.

**Review Question: Can you remember the sorrowful mysteries of the Rosary? Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying the Cross and The Crucifixion**

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