

FAITH IN 5  
Lent: Week 4  
Ages 8+

1. March 19th is the Solemnity of St. Joseph! **What is a Solemnity?** A solemnity is the highest ranking feast day. St. Joseph was chosen by God as the Spouse of the Blessed Mother and the foster-father of Jesus. He is the patron saint of the Universal Church! Family Challenge: Celebrate St. Joseph in March! Decorate the dinner table with carpenter tools and sawdust! Pray the litany of St. Joseph or the Memorare to St. Joseph.
  
2. **Do you pray the rosary with your family?** The Rosary is a Marian devotion given to St. Dominic in the year 1214 from the Blessed Mother herself! Using a string of beads, we pray five sets of one Our Father and Ten Hail Marys. We ask for the Blessed Mother's intercession while we meditate on different parts of Jesus' life. The different events in Jesus' life are called mysteries. **Do you know the sorrowful mysteries?** The sorrowful mysteries are the Agony in the Garden, The Scourging at the Pillar, The Crowning of Thorns, The Carrying of the Cross and The Crucifixion. This is a wonderful Lenten devotion. Family Challenge! Pray a decade of the sorrowful mysteries after dinner together.
  
3. **What is the virtue of Prudence?** The catechism defines prudence as the virtue that helps us to discern what is good and to choose the means to accomplish it. Discern means to come to understand or know something. **How do we use prudence?** We use it to make good choices! Also, to follow through with actions to complete the right choice. **Can you think of some ways you need to practice prudence in your day?** Ex- Discerning you need to be kind to a friend who gets bullied by standing up for him or getting help from the teacher.
  
4. **Why do we abstain from meat on Fridays in Lent?** We don't eat meat on Fridays in Lent as a penance. This acknowledges our sin and is an action of repenting. **Why is Friday a day of penance?** Friday is the day our Lord died for our sins. Abstaining from meat unites our self denial with Jesus' suffering. Even outside of Lent, we must practice penance every Friday!
  
5. **What is an examination of conscience?** Examination of Conscience is a prayerful reflection of our thoughts and actions. We want to identify our sins, or sinful

patterns. It is a spiritual exercise to call to mind where we fall short of who God has called us to be. [Examination of conscience is usually in the form of a list of the ten commandments with questions to help you recall your sin.](#) It is helpful to spend time in silence and ask the Holy Spirit to help you remember. We use this exercise before the sacrament of confession! Jesus is waiting with mercy and forgiveness!

Review Question:

**St. Patrick taught the Irish about God using the shamrock. What do the three leaves of the shamrock represent?**

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