

## FAITH IN 5

Lent: Week 3

Ages 8+

1. **Let's talk about the Lenten practice of Almsgiving. What does that mean?**

Almsgiving is the practice of giving food or money to those in need. There are many ways to be generous! The root word alms means mercy (or pity) in Greek and Latin. Jesus has mercy on all of us, forgiving our sins. We pass that mercy on to others when we share what we have. **How can we practice almsgiving?** We can donate some of our allowance to a charity. We can volunteer at a soup kitchen. We can pack personal care item bags for the homeless.

2. **Do you remember the gospel for Sunday?** It is from Luke 9:28-36. You can read it aloud with your family. It is about Jesus' transfiguration. **What is a transfiguration?** A transfiguration is a complete change in appearance to something more beautiful or spiritual. **What do you think Jesus' transfiguration meant?** Jesus is showing the disciples His glory in God the Father. Soon the disciples will have to see Jesus suffer. Jesus shows us a glimpse of the Resurrection!

3. **What is the virtue of Charity?** Charity is love. The theological virtue which makes us able to love God above all things and our neighbor, too. Virtues are more than a one time act, we must make them habits with God's help. **How does the virtue of Charity help us with almsgiving?** When we are filled with love for God and all the people He made, we want to extend His Love. We can show charity by being helpful and generous with our time, money or food. We can have charity by wanting the good of our neighbor.

4. **Do you know whose feast day we celebrate on March 17?** On March 17th we remember St. Patrick! St. Patrick was born in Britain but kidnapped and brought to Ireland. Even though he eventually escaped, he returned to bring Christianity to Ireland. St. Patrick used a shamrock to teach the Irish about God. The shamrock is one plant with three leaves. The three leaves represent The Father, The Son and The Holy Spirit. **What do we call the Three Persons in One God?** The Blessed Trinity!

5. **Why do parishes often have a reconciliation service before Easter?** Your parish wants to encourage all the faithful to receive the Eucharist in a state of grace. We make the sacrament of confession before our first Holy Eucharist. This sacrament of penance is often neglected. Just like we clean our homes or bedrooms before a guest, we want to clean our soul before we receive Jesus in the Eucharist. And just like we need to sweep out the same parts of our home that get dirty time and time again, we need to go to Confession frequently too. **Family Challenge! Go to your parish's reconciliation service this Lent!**

Review Question:

**What are the other two theological virtues?** Faith and Hope

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