

FAITH IN 5

Lent: Week 6

Ages 8+

1. **Have you heard of Eucharistic Adoration?** The Eucharist is Jesus in the Blessed Sacrament. To adore means to worship with a deep love and respect. Eucharistic Adoration is when the Eucharist is exposed in a monstrance for us to adore. **What is a monstrance?** The word monstrance means to show. So it is the vessel used to show our Lord in the Eucharist. They are ornate and beautiful! **Why would we want to spend time in Eucharistic Adoration?** Jesus wants us to spend time with Him, even outside of mass. Jesus desires our love and our time. The environment of awe and silence helps us to grow our faith, too. We receive His Love as we give our love to Him.
2. **What is the virtue of fortitude?** Fortitude is the virtue that gives us the strength to do the right thing, especially when facing difficulties. Fortitude helps you stay committed to Jesus, His teachings and His will. Fortitude is the spiritual and mental strength to give you courage in adversity! **How can you practice fortitude?** Read stories of the saints! Pray in public! Stand up against wrongdoings when you see them.
3. **What is original sin?** Original sin is the sin we inherit from Adam in the garden of Eden. Original means the first. Adam and Eve committed the first sin when they chose to eat the fruit God had commanded them not to eat. In that moment they loved themselves more than God and chose their will over God's will. Adam and Eve were banished from the Garden of Eden. **What does it mean to have original sin?** We inherited Adam's punishment. We are born without sanctifying grace. That is why God sends us Jesus, the new Adam!
4. **How are your Lenten sacrifices going?** We are now over halfway through Lent. Let's try to finish strong with fasting, almsgiving and prayer. This is a good time to recommit to things we gave up, or charities we took on. You and your family may want to try Sacrifice Beans as you finish out Lent! Place a jar somewhere in your home. Everytime you perform a small sacrifice for the love of God or others, place a dry bean in the jar. Did you let your brother or sister pick the television show without complaints? Maybe you did an extra chore for your Mom! If you stubbed your toe but offered your pain as a prayer for your grandma.....you should put a bean in the jar! **Do you think you should announce to everybody when you put a bean in?** No, you should do it discreetly! (Parents, it is fun to turn this jar of dry beans into JELLY BEANS on Easter Morning. Remind the children that Jesus turns our sacrifices into something sweet!!)
5. **Have you heard of Lectio Divina?** That means sacred reading. **How do you do it?** We practice Lectio Divina when we read the bible prayerfully and take extra time to listen to God. Also, think about the meaning of the passage and how we can better know God or live out His will. Try Lectio Divina as a family this Lent. Ask for

the intercession of the Holy Spirit and then read Sunday's gospel. Spend a few moments in silence and pray after reading. Think of how you can know God better through this story. You can even envision the gospel reading as a play in front of you. The most important thing is to take your time and invite God into your reading!

Review Question: What is the Feast of the Annunciation? The feast of the Annunciation is when we celebrate Jesus' incarnation. The angel Gabriel announced to Mary the life of Jesus in her womb! We are so thankful for Mary's willingness to carry our Lord!

This is a free resource! For more information, check out www.acatholicmomslife.com