

# March GIFT Homework

At GIFT this month, we will think about how we are called to love and serve others. This is an important part of our Lent journey. For your homework this month, let's learn more about the season of Lent. Begin by watching these 3 videos. Then, choose something to do during Lent, if you haven't already done that. Finally, complete the handout and bring it with you to the next GIFT session.

<https://www.youtube.com/watch?v=13c2qmRY5AQ> (What is meaning of lent)

<https://www.youtube.com/watch?v=yypuyVDZTBuc> (40 days)

[https://www.youtube.com/watch?v=\\_UDaD5upTII](https://www.youtube.com/watch?v=_UDaD5upTII) (3 pillars of lent)

Consider doing some of these activities during lent with your family.

## Family Lent Ideas:

### Prayer

- ~ Pray the Rosary as a family – on the way to/from school, or right after dinner.
- ~ Read the Bible/pray with your kids before bedtime during Lent.
- ~ Pray the Station of the Cross together

### Fasting

- ~ Have a day where the TV stays off (Maybe Fridays during Lent)
- ~ Fast from cell phone use, internet, video games from after dinner until bedtime.
- ~ Fast from going out to eat. Give the extra money to the poor.
- ~ Fast from gossip or negative thoughts.
- ~ Fast from eating between meals.
- ~ Fast from dessert a few times a week.
- ~ Fast from being lazy (

### Almsgiving

- ~ Give money as a family to the poor: Operation Rice Bowl.
- ~ Spend more time with family.
- ~ Be positive (maybe charge .25 cents for every negative comment at home and then give the money to Rice Bowl).
- ~ Lenten Sacrifice

Beans: <http://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=295>

# March GIFT Homework

Name: \_\_\_\_\_

1. What does the word “lent” mean?
2. When is Lent?
3. How long is Lent?
4. What is the liturgical color for Lent?
5. What are 3 practices that Catholics do during Lent?
6. What is the week before Easter called?
7. What is the Sunday before Easter?
8. What day do we remember Jesus’ last supper?
9. What did Jesus do at his last supper?
10. What is the day that we remember Jesus’ death?

11. Why do you think Jesus died?

12. When does Lent end?

13. What is the most important day for Catholics?

14. What are you doing this Lent?