

First Grade

At-Home Lesson

February 26, 2025

Opening Prayer: Begin your lesson with this simple prayer.

Loving, God, I offer you today
all I think and do and say.
I offer it with what was done on
earth by Jesus Christ, your son. Amen.

Lesson: Living Lent

- Last week, your child talked about the season of Lent in class. Ask your child what he or she remembers about Lent.
- Then, listen to this story together. (The children listened to it in class.) [Louie's Lent](#)
- After listening to the story again, talk with your child about why Lent we, as Catholics, celebrate Lent.
- During Lent, it is a good time to reflect and recharge. As a family, make your Lenten commitments in prayer, fasting, and almsgiving.
 - Examples:
 - Prayer— find a Lent prayer to pray nightly together, go to Mass, commit to reading a book of the Bible during Lent
 - Fasting—decide what you can do without during Lent— no electronics, limit screen time, give up candy
 - Almsgiving—participate in the Rice Bowl, give allowance to the Sunday church collection, volunteer to do chores for a neighbor in need
- As you encourage your child to fast, pray, and give alms during Lent, use this prayer to follow Jesus's journey. Consider praying at the Stations of the Cross with your child. Look in the bulletin for upcoming times at church.

Conclusion:

- What can you and your family do to fast, pray, and give alms during the rest of the Lenten season?
- Review:
 - Lent is a time for us to repent and reflect.
 - The color of Lent is purple or violet.
 - We receive ashes on Ash Wednesday which represent being sorry for sins.
 - The ashes come from old palms burned and used on Ash Wednesday.
 - Fish is eaten on Ash Wednesday and on all Fridays in Lent.
- Don't forget to attend Ash Wednesday Mass on March 5, 2025.

Extra, Extra: Here is an extra, optional video about the connection of pretzels to the season of Lent and Catholic Church.

[History of Pretzels](#)