



FAMILY MINISTRY

Nativity Catholic Church

Family Lenten Challenge

40 DAYS: PRAY-SERVE-GROW



Pray • Serve • Grow Together

Lent is a journey we walk together as families. This calendar offers **simple weekly challenges** to help you grow in faith, love, and community. Pick one option per week and mark it as completed each day! Remember, Sundays are the day of the Lord, a day for Celebration! Choose what fits your family best — progress, not perfection.

Ash Wednesday

40

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1st Sunday

Week 1

Focus: Making space for God in daily family life

- Pray one decade of the Rosary together (any day this week)
- Say grace slowly and intentionally before one family meal
- Parents bless their children before bedtime at least once
- Talk together: Where do we see God in our family?

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2nd Sunday

Week 2

Focus: Loving one another as Christ loves us

- Write or draw one thank-you or encouragement note
- Practice a “no complaining” day as a family
- Let each child choose one act of kindness to do this week
- Pray together for someone who needs encouragement

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3rd Sunday

Week 3

Focus: Letting go to make room for God

- Fast from screens for one evening
- Donate gently used toys, clothes, or household items
- Skip one treat and pray for families in need
- Talk together: What is hard to give up? Why does it matter?

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Laetare Sunday

Week 4

Focus: Serving others with joyful hearts

- Make cards or care notes for the elderly, sick, or homebound
- Pray together for clergy, teachers, and first responders
- Perform one anonymous act of service as a family
- Thank God for opportunities to serve

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5th Sunday

Week 5

Focus: Restoring relationships and hearts

- Have a family conversation about forgiveness
- Encourage children to apologize or reconcile when needed
- Parents model forgiveness openly
- Pray together: Lord, help us forgive as You forgive

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Palm Sunday

Holy Week

Focus: Preparing our hearts for Easter

- Read a short Gospel passage together (Palm Sunday–Easter)
- Attend at least one Holy Week liturgy as a family
- Share together: Where did we see God during Lent?
- Offer a family prayer of gratitude for Jesus' sacrifice

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Maundy Thursday

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Good Friday

1

Holy Saturday

Easter