

LIVE IT Sunday for family

Fourth Sunday of Lent

Breaking Open the Word

Read from the Children's Bible on page 1656 [John 3:14-21](#)

Step One: Listen to the Word

As you hear Jesus words to Nicodemus today, which words or phrases strike you? What in this reading touches your heart?

Step Two: Look into Your Life

Question for Children: Who is one person in your life who supports your faith and helps it to grow?

Question for Youth: The Gospel speaks of following God as coming toward the light. How can you move towards the light in your own life? What is the darkness that needs Jesus' healing in your life?

Question for Adults: When is it difficult for you to believe? What particular line in this reading helps your faith?

Pray of the week: Let us pray in thanksgiving to God for the marvelous gift of Jesus Christ, who is present with us now in grace and peace.

~Lifelong Catechesis~
Forming Catholic Identity across Generations

Practicing Fasting

Guide for Parents & Catechists



WEEK 4

Family Guide

This fourth week focus is on the meaning of fasting and the practicing fast.

Step one: Start with the **Live It Sunday** for Family on page 4

Step two: Talking Points

- ◆ Define Fasting—Fasting is a means of saving resources to give to the poor, and self-sacrifice/control
- ◆ Talk about way to fast...
 - ◆ Fast from social media—Feast on real connections
 - ◆ Fast from fighting with my siblings— Feast on appreciating them.
 - ◆ Fast from video games— Feast on being outside
 - ◆ Fast from jealousy of others— Feast on loving myself.
 - ◆ Fast from laziness— Feast on enthusiasm
 - ◆ Fast from seeing the negative—Feast on seeing the positive.
 - ◆ Fast from staying in my group— Feast on including others.
 - ◆ Fast from always wanting more— Feast on being grateful.
 - ◆ Fast from thinking of myself— Feast on volunteering.
 - ◆ Fast from gossip—Feast on giving compliments.
 - ◆ Fast from anger—Feast on patience.
 - ◆ Fast from hate—Feast on LOVE.

Step three: Activity for ...

Student—use the **Purple Book** and do a page a day.

Family—Distribute a sheet of paper to each family member. Ask each person to list ten blessings in his or her life. After a few minutes of reflection, ask each member to share some of his or her blessings. Then make a list of family blessings.

Live your faith as a family this week. For example, send a get-well card to someone who is ill, make soup and take it to a home-bound person, invite someone who lives alone over for dinner.

Catechist Guide

This third week focus is on the meaning of prayer and the practicing prayer.

Tuesday Preparation

Send reminder & Zoom link to families
Pray & prepare the lesson of the week

Wednesday's Night class

- ◆ Check-in
- ◆ Using the **Live It Sunday for Family** on page 4 for Opening Prayer.
- ◆ Review the theme of the week...
 - ◆ Meaning of fasting & Why we need to fast?
 - ◆ Activity from Purple Book and share some of family blessings, and how was your family live your faith this week?
- ◆ Remind students to practice fasting this week and fast more often.

My Lenten Pledge

This week, I will Pray _____

I will fast from _____

I will give more (time) to _____

Closing Prayer: *Use the stations of the Cross (use 3 stations at each class)*