

## **LESSON ELEVEN – Parents at Home: COG & Lent**

1) Read:

-- Lk 4:1-12

2) Teach:

-- Lent begins with Ash Wednesday. It is a time of prayer, penance and almsgiving.

3) Watch:

-- <https://www.youtube.com/watch?v=QJBMw2pQZiA>

-- <https://www.youtube.com/watch?v=ruTZ7jhofRM>

-- <https://www.youtube.com/watch?v=hSmAbAJa7Bg>

4) Discuss:

-- Why do we have Lent? To prepare us for Easter, which celebrates the Resurrection of Jesus Christ and His victory over sin, Satan and death.

-- Your expectations for abstinence and fasting (most parents have their children follow Church law in this regard even though they have not yet reached the age at which they are required to do so as a way of introducing them to this form of penance).

5) Do:

-- Get a Rice Bowl and put it in a special place in your home.

-- Have your children decide what they will do for Lent.