

# Family Lenten Journey

Monday



Tuesday

MARCH 4

Shrove Tuesday

Make pancakes today



[Recipe](#)

Wednesday

5 Ash Wednesday



Thursday

6

HAVE YOU EVER WONDERED...

what is Lent?



Friday

7

Lent

is a 40-day journey (excluding Sundays) of prayer, fasting, and giving.

It begins on Ash Wednesday and prepares Christians for Easter by focusing on faith, repentance, and kindness.

Saturday

8

Set up a sacred space in your home



Sunday

9

JESUS IS TEMPTED IN THE WILDERNESS.



The Temptation of Jesus [scripture](#)

Week 1

10



[Go to the Caritas website, Project Compassion 2025 & learn about Toefuata'iga story.](#)

11

Lenten Acts of KINDNESS Jar

Fill a jar with simple, kind actions.

- Help set the table
- Call a relative
- Give a hug

Complete as a family each day.



12



Find symbols for Lent & find out what they mean



13

Decorate a box to fill with items to donate to charity during Lent



14

Challenge yourself to go without sweets today



15



Prayerfully walk around the Stations of the Cross at your local parish church.

16

TRANSFIGURATION OF JESUS



Week 2

17 ST. PATRICK'S DAY



18



[Go to the Caritas website, Project Compassion 2025 & learn about Lam's story.](#)

19 ST. JOSEPH'S FEAST DAY



20

Write a poem as you journey with Jesus on the Way of the Cross



21



Add a food item to your box for charity

22

How is your FAMILY Lenten Acts of Kindness Jar going?

Share your acts of kindness as a family and celebrate them together!



23

WE ARE GOD'S HANDS BY ANDREW CHINN



Week 3

24



Learn & pray The Lord's Prayer



25 THE ANNUNCIATION



Have a family discussion: What can we learn from Mary's response?

26



[Go to the Caritas website, Project Compassion 2025 & learn about Irene's story.](#)

27

Do some research on the [history of pretzels](#) & Lent.



Make your own pretzels!

28

Research about Fish Friday meals during Lent.



29

Do something kind for your parent(s) today



30

PARABLE OF THE PRODIGAL SON

Plant some seeds to symbolise new beginnings and growth like the son's return and renewal.



# Family Lenten Journey

Week 4

Monday

31



Write, decorate & pray the Hail Mary

Tuesday

APRIL 1

Did you know Caritas Australia works alongside First Australian Communities.

Caritas Australia was established in 1972.

Wednesday

2

Lenten Chatterbox  
Enjoy together as a family



Thursday

3



Add a stationery item to your box for charity

Friday

4

Watch & pray  
Stations of the Cross



Saturday

5

Discuss a good deed you saw today



Sunday

6

Good Deed Cross – Draw a large cross and add a sticker each time you do a good deed.



Week 5

7

Sit with God & reflect  
(0:40-1:32)



8

Reflect on your Lenten journey.

How are you going so far?...



9

Look up & read  
1 Corinthians 13:4-7  
As a family, reflect on what this verse means



10



Donate your box of goods you have collected to charity.

11

Go to the Caritas website, Project Compassion and read about what they do with the funds from your donations

12

Make a palm leaf cross  
for Palm Sunday.



13 Palm Sunday

JESUS RIDES  
INTO JERUSALEM



Holy Week

14

Together we Pray

Go out for a prayerful walk and find some sticks to create your own cross



15

which are the three days of the Easter Triduum?

HAVE YOU EVER WONDERED...

16

The Easter Triduum begins with the Last Supper on Holy Thursday, continues with Good Friday, and ends with the Easter Vigil on Saturday night, leading to Easter Sunday

17 The Lord's Supper



Faces of Easter VI  
Godly Play

18 Good Friday

Write a special prayer thanking Jesus for loving us. Add it to the Kindness Jar.



19 Holy Saturday

As a family, join the Easter Vigil Mass.

A joyful celebration of Christ's Resurrection, featuring the Paschal candle, special readings, and baptisms.

20 Easter Sunday



Catholic  
School  
Parents  
SOUTH AUSTRALIA