

# WALKING IN HIS WAYS

Family  
Devotions  
for Lent



Emily  
Jaminet

# Introduction

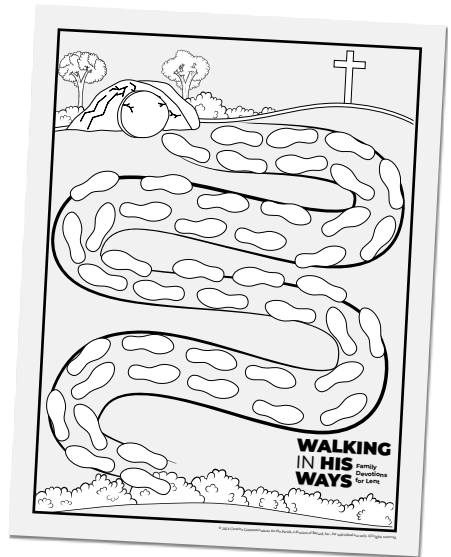
Happy is everyone who fears the LORD  
who walks in his ways. **Psalm 128:1**

Welcome to the *Walking in His Ways* Lenten booklet. As Jesus stepped away from his daily life for forty days in the desert, we are spiritually invited to join other Christians around the globe to carve out a season of change and transformation by “Living Lent.” This is a tradition that Christians have followed for many generations. All are welcome to enter the Lenten season, which begins on Ash Wednesday and ends on Good Friday.

For the next six weeks, we will focus on the major aspects of our Lord’s life, and we will learn from him. We will make the connection between our faith and key aspects of Lenten practices that include offering prayers, fasting from our wants and desires and giving alms. We will have conversations and activities that will help us better live out our faith and be challenged to walk in the ways of Christ.

We encourage you to read the daily Scripture and include your own personal and family prayers. Our goal is that this devotional is an opportunity to cultivate a deeper relationship with Jesus and help you better live out your faith within your own “domestic church” or family. This would also be a great opportunity to introduce your younger family members to the faith traditions that your parents taught you.

May you experience a greater sense of joy, peace and contentment as we learn to depend more richly on the Lord. So, join us in this great spiritual adventure! Let’s walk in the ways of Jesus!  
— Emily Jaminet



Download the sheet from [our website](#)

## Ash Wednesday

# Lent Begins

Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. He fasted forty days and forty nights, and afterward he was famished. The tempter came.... Then Jesus said to him, "Away with you, Satan! for it is written,

"Worship the Lord your God,  
and serve only him." **Matthew 4:1-3, 10**

**Reflection:** Did you know that Jesus was tempted after his baptism in the River Jordan? Satan tempted him with power and glory and even food. Jesus said the words, "Away with you, Satan!" How many times do we need to learn to reject the temptations that lead us away from Jesus?

During this season of Lent, we are invited to turn our hearts back to God. On this day, many Christians get ashes on their forehead and hear the words from Scripture, "You are dust, and to dust you shall return" (Genesis 3:19). We are reminded that God has brought us into existence and one day we will return to him.

**Transformation Activity:** Discuss with your family what goals you have for Lent this year. Fill out the Lenten goal sheet to help you grow spiritually! (See the free download available at our website.) Maybe this Lent your real goal is just to use this booklet every day or to start praying daily or even to stop yelling at one another. God is inviting each of us to walk in the ways of Jesus.

**Prayer:** Jesus, please help us to better love and serve you today, tomorrow and always. Thank you for saying **NO** to Satan and his many temptations, and help me to do the same. Amen.

## Thursday after Ash Wednesday

# Take Up Your Cross

Then he said to them all, "If any wish to come after me, let them deny themselves and take up their cross daily and follow me." **Luke 9:23**

**Reflection:** "Pick up your cross and follow me," Jesus said. Jesus is inviting us to follow him and learn to walk in his ways. Jesus desires for us to ask for the grace and strength that we need to remain faithful in our struggles, our "crosses."

**Transformation Activity:** Jesus is inviting us to pick up our crosses daily, not just once. It is through prayer and union with God that our daily struggles eventually lead to the source of our joy.

How about we pause and reflect on one aspect of our life in which we can invite Jesus to help us, such as in school or at work?

**Prayer:** Dear Jesus, help our family to follow you and give us the grace to pick up our daily crosses out of love for you! Amen.

## Friday after Ash Wednesday

# Prepare Your Hearts

Then the disciples of John came to him, saying, "Why do we and the Pharisees fast often, but your disciples do not fast?" And Jesus said to them, "...The days will come when the bridegroom is taken away from them, and then they will fast." **Matthew 9:14-15**

**Reflection:** Jesus is preparing his disciples for the day that he will no longer be present on earth. Jesus had to die and rise again so that he could open up the gates of heaven for each of us to join him.

**Transformation Activity:** What can you offer up to Jesus on this day? Many Christians don't eat meat on Fridays during Lent and Ash Wednesday as a way to stand unified in our faith, offering up the same sacrifice.

**Prayer:** Dear Jesus, we pray that we have the strength to walk in your ways and follow you closer this Lent. Please help us to pick up our daily crosses and to love you more deeply. Amen.

## Saturday after Ash Wednesday

# Faith Over Fear

Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible. **Hebrews 11:1-3**

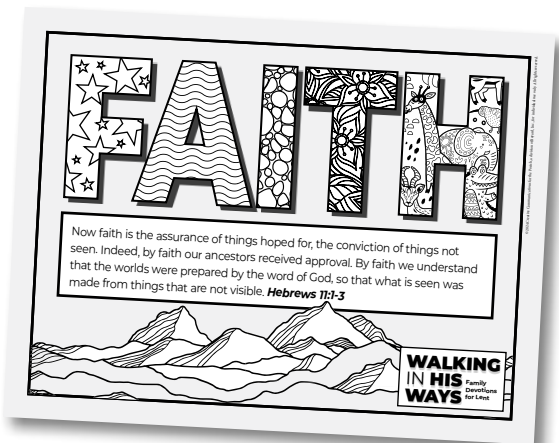
**Reflection:** Lent only makes sense if we embrace a faith commitment to walk in the ways of Jesus. Our faith serves us as a power that grounds us and gives us grace for today. But faith also points us to the future, of what is to come— heaven. Jesus has invited us to be his brothers and sisters and be part of God’s family. Yet, what we must have is a deep conviction that Jesus will be true to his words and that God is in control, no matter what trials we deal with in this life.

### Transformation

**Activity:** Who needs encouragement? Go out of your way to encourage someone in your life. It could be your spouse, a family member, a coworker or someone you meet as you go through your day.

### See the Children’s Coloring Sheet:

The PDF download of the Scripture page (Hebrews 11:1-3) is found at: our website



**Prayer:** Dear Jesus, please increase my faith and help me to be a witness to others. Strengthen the faith of my family members and the friends dear to my heart. May my faith be a witness to others, that they may either return to God or be renewed in their love for him. Amen.

## First Sunday of Lent

# The Kingdom of God Is at Hand

He was in the wilderness forty days, tested by Satan, and he was with the wild beasts, and the angels waited on him. Now after John was arrested, Jesus came to Galilee proclaiming the good news of God and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” **Mark 1:13-15**

**Reflection:** In the world, it is easy to be distracted by day-to-day life and lose track of what it means to follow Jesus. It is easy to think that what we see with our eyes is reality. But as people of faith, we are invited to view this world through the lens of faith. We read in Holy Scripture, “No eye has seen, nor ear heard...what God has prepared for those who love him” (1 Corinthians 2:9). To love God is to allow him to change our ways and unite us with his heart.

How is your Lent going? Have you seen some small growth? If not, don't give up, and instead let's recommit to this holy season and be renewed in our love for Christ.

**Transformation Activity:** Have a family meal together, and talk about the season of Lent. Share something that is a rose in your life (something going well) and a thorn (something that is difficult for you). Conversations like this are great ways to share our praise and prayer intentions with each other!

**See the Children's Coloring Sheet:** Download the Rose and Thorn Activity page where children can color a rose on a thorn bush. [our website](#)



**Prayer:** Dear Jesus, help us to love you better and serve you! Teach us to walk in your ways and rejoice in the joy of the Resurrection and have faith especially when life is hard, like when you were on the cross. Amen.

## Monday of the First Week of Lent

# The Works of Mercy



All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left.

Then the king will say to those at his right hand, "Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world, for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food or thirsty and gave you something to drink?" ...Truly I tell you, just as you did it to one of the least of these brothers and sisters of mine, you did it to me. **Matthew 25:32-37, 40**

**Reflection:** Lent is a great season for us to develop deep roots of faith through works of mercy in response to God's love. Yet, often we have a hard time doing kind deeds for others, especially when we don't feel like it. It might be hard to help clean up after a little one day in and day out or to share your items with those in need. Jesus is inviting us to be generous with others and focus on doing loving things for him!

**Transformation Activity:** We walk in Jesus' ways by being generous and sharing with others.

**Prayer:** Dear Jesus, please help me to be generous with others and see the needs of others. Amen.



## Tuesday of the First Week of Lent

# Our Father: Teach Us to Pray

When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words.... Pray, then, in this way: Our Father in heaven, may your name be revered as holy. May your kingdom come. May your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one. **Matthew 6:7, 9-13**

**Reflection:** What a gift to think about the prayer that Jesus taught us to pray to God the Father. Just as Jesus taught his disciples, he wants us to pray this same prayer. Jesus invites us to pray the Lord's Prayer to address God as our Father, too, and to ask him for all that we need. May our prayers never be empty or useless or just for show, but rather, may our prayers be heartfelt and sincere as we communicate with God.



**Transformation Activity:** “May your name be revered as holy.” On this day, let us recommit to holding God’s name, and especially the name of Jesus, as holy. May we strive to never use these names in vain.

**Prayer:** Dear Jesus, teach us how to pray with a sincere heart and always to keep your name holy. Amen.



## Wednesday of the First Week of Lent

# Practice What We Preach

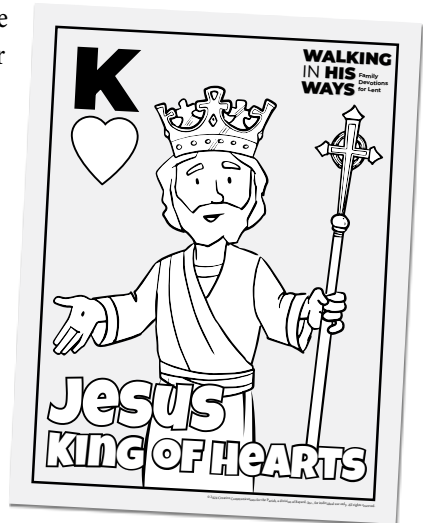
The scribes and the Pharisees sit on Moses's seat; therefore, do whatever they teach you and follow it, but do not do as they do, for they do not practice what they teach. **Matthew 23:2-3**

**Reflection:** As we journey in the ways of Christ, it is important that we practice what we preach. Our actions speak louder than our words, and doing the right thing is a true reflection of what is in our hearts. Jesus is very clear how he wants us to be in our faith. How can we cease to do evil or seek to right a wrong if we are just going through the motions of life? Jesus wants our faith to take hold of our heart and be the center of our life.

He shares that the Pharisees don't practice what they preach. They make others follow difficult and burdensome rules while they consider themselves above the law. Jesus loves us and wants to free us from the law by allowing his grace and love to change our hearts. We are to preach and practice God's care for others.

**Transformation Activity:** Take an inward glance, and see if there is an area in your life where you can be more sincere. Are you doing certain things just to be noticed by others? Is there a vice (or sin) that is causing you to say one thing and do another?

**See the Children's Coloring Sheet:** Color the picture of Jesus, King of Hearts. He desires that our loving deeds come from imitating him. our website



**Prayer:** Dear Jesus, help me to be sincere and practice what you have called me to be as a Christian. Help me to be loving and kind. Amen.

## Thursday of the First Week of Lent

# Who Is Jesus?

“Who do people say that the Son of Man is?” And they said, “Some say John the Baptist but others Elijah and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.”



And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it.” **Matthew 16:13-18**

**Reflection:** Jesus is inviting us to answer the most important question in our life: Who is Jesus to *you*? St. Peter responded with great faith and called Jesus the Son of the living God. Imagine how exciting this moment was for Peter when Jesus blessed him for his answer and later called him the rock on which the Church would be built. Our Lord is also inviting us to share who he is with others by the power of the Holy Spirit.

**Transformation Activity:** Proclaim the words of Peter, “You are the Messiah, the Son of the Living God” out loud three times. Talk to the children about who the Messiah, the Son of God, is. Discuss how the people were waiting for generations for the Messiah to come.

**Prayer:** Dear Jesus, help to transform my heart with the message that you are the Messiah and King of my life. Help our family as we walk in your ways and journey to Easter together. Amen.

## Friday of the First Week of Lent

# Listen to My Voice

But this command I gave them, “Obey my voice, and I will be your God, and you shall be my people; walk only in the way that I command you, so that it may be well with you.” Yet they did not obey or incline their ear, but, in the stubbornness of their evil will, they walked in their own counsels and looked backward rather than forward. **Jeremiah 7:23-24**

**Reflection:** God’s voice speaks to us in Scripture. His commands are for our happiness and well-being, not to control every aspect of our life. And as John the Apostle tells us, “[His] commandments are not burdensome” (1 John 5:3). God wants us to obey his commands out of love for him as a Father, not out of fear. For perfect love casts out all fear.

**Transformation Activity:** Do something today for someone in your family that they are not expecting. Maybe clean up the kitchen without being asked or straighten up a sibling’s room. See if you can do this without calling any attention to yourself.



**Prayer:** Lord Jesus, you are my shepherd, and you know me by my name. Help me to learn to be quiet while I am praying so that I will hear your gentle voice. Amen.

## Saturday of the First Week of Lent

# Pray for Those Who Persecute You

But I say to you: Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven, for he makes his sun rise on the evil and on the good and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?

**Matthew 5:44-46**

**Reflection:** It is amazing how your bad feelings toward another person can change when you pray for them.

Many times, you discover that you are as much at fault for a poor relationship as the other person. We can't change the other person, but we can change ourselves through God's love. Even if the other person is persecuting you

through no fault of your own, praying for them will fill your heart with mercy and love toward them from the Lord. To be merciful to others is many times just giving them the benefit of the doubt rather than automatically assuming they have hostile motives for what they are doing.



**Transformation Activity:** Who is someone whom you are called to show kindness and mercy to today? If we are to walk in the ways of Christ, we are to love those who persecute us.

**Prayer:** Dear Jesus, please help us to show kindness and mercy to all. Amen.

## Second Sunday of Lent

# Be Transformed and Transfigured

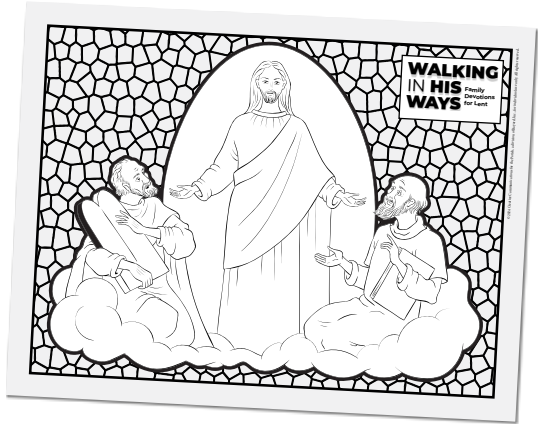
Six days later, Jesus took with him Peter and James and John and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling bright, such as no one on earth could brighten them.... Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!"

**Mark 9:2-3, 7**

**Reflection:** Jesus took Peter, James and John up to the top of a mountain, and he was transfigured before their eyes to a state of tremendous glory! This account not only had a physical transformation as the disciples heard the voice of God affirming who Jesus was. God allowed the disciples to witness the great glory of Christ before he died on the cross to build their faith. The disciples learned Jesus' identity as the Beloved Son of God and saw the heavenly glory.

### Transformation

**Activity:** Celebrate the glory of God with a special dessert such as an ice cream sundae with whip cream on top to signify the glory of God on the great high mountain. Ask the children to comment on the progress we are making as we journey through Lent.



### See the Children's Coloring Sheet:

Download the picture of Jesus' transfiguration as shown in a stained-glass window. our website

**Prayer:** Dear Jesus, help us to follow the path you have provided for us. May we walk in your ways so we encounter the Kingdom of God. Amen.

## Monday of the Second Week of Lent

# Do Not Judge

Be merciful, just as your Father is merciful. Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap, for the measure you give will be the measure you get back. **Luke 6:36-38**

**Reflection:** Jesus does not want us to judge others but rather to be loving and kind. He wants us to be the bridge between conflict and difficulty so that we can learn how to forgive others and to be forgiven for our faults. How we treat others reflects our relationship with God, so it is important that we do not judge the person but only the actions.



We don't need to accept bad behavior and expose ourselves to destructive consequences, but when we encounter it, we need to honestly speak the truth in love.

**Transformation Activity:** Ask your children to role play a situation that would be a good example of this Gospel message. For example, have a child be angry or exhibit bad behavior while you calmly explain that this is not the way to express his or her frustration. Show him or her how actions can be corrected without attacking the person.

**Prayer:** Dear Jesus, help us to embrace your ways, and teach us how to leave complete judgment up to you. Show us how to be a peacemaker and offer forgiveness to those who offend us. Amen.

## Tuesday of the Second Week of Lent

# The Habit of Humility

The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.

**Matthew 23:11-12**

**Reflection:** Jesus tells us that his heart is meek and humble.

So he wants us to have hearts that are meek and humble like his. Meek is not weak, but it is a practice of self-control. It means we are looking out for the interests of others and not rushing into judgment. It also means that we understand who



we are in relation to God. It means that we know our place in the Kingdom of God as his creatures and let God be God. Jesus doesn't want us to exalt ourselves and think that others are less important. This creates selfishness and difficulties with others, and this is not how God created us, nor will it bring us happiness. That is why Jesus says that in God's Kingdom the least is the greatest. And by "the least" we mean those with servant hearts, not those who might be looked down upon as unworthy.

**Transformation Activity:** Think of an example of a great person who is humble and meek. Is it your grandma? Is it a leader like St. Mother Teresa of Kolkata and the work she did to help the poor? Or is it a person at your church? Discuss some of the examples you came up with and what made them stand out as meek and humble.

**Prayer:** Dear Jesus, change our hearts, and make them meek and humble. Teach us to follow your way, and open up our hearts to you. Change us from the inside out. Amen.

## Wednesday of the Second Week of Lent

# Following the Will of God and Serving Others

Then the mother of the sons of Zebedee came to him with her sons, and kneeling before him, she asked a favor of him. And he said to her, “What do you want?” She said to him, “Declare that these two sons of mine will sit, one at your right hand and one at your left, in your kingdom.” But Jesus answered, “You do not know what you are asking. Are you able to drink the cup that I am about to drink?” They said to him, “We are able.” He said to them, “You will indeed drink my cup, but to sit at my right hand and at my left, this is not mine to grant, but it is for those for whom it has been prepared by my Father.” **Matthew 20:20-23**

**Reflection:** This mom in this Gospel tried to get Jesus to do a very big favor for her sons. She wanted Jesus to give her sons the most important positions in the Kingdom of God—sitting on each side of Jesus. Jesus told her that she didn’t know what she was asking because to reign with Christ meant to also walk in his footsteps of suffering and sacrifice.



**Transformation Activity:** As we desire to see our children and family succeed in this life, we need to make sure that it is in line with God’s will. God wants us to be with him in heaven. That is why it is important that we seek to do his will and not try to control Jesus. He wants us to be with him, yes, but it is through love, not by being pushy, that we will reign with him.

**Prayer:** Dear Jesus, help us to follow your will, not try to control you and put unrealistic expectations on you for us to follow you. Amen.



## Thursday of the Second Week of Lent

# The Rich Man and Lazarus

There was a rich man who was dressed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, covered with sores, who longed to satisfy his hunger with what fell from the rich man's table; even the dogs would come and lick his sores. The poor man died and was carried by the angels to Abraham. The rich man also died and was buried. In Hades, where he was being tormented, he...saw Abraham far away with Lazarus by his side. He called out, "Father Abraham...send him to my father's house—for I have five brothers—that he may warn them, so that they will not also come into this place of torment." Abraham replied, "They have Moses and the prophets; they should listen to them." He said, "No, father Abraham, but if someone from the dead goes to them, they will repent." He said to him, "If they do not listen to Moses and the prophets, neither will they be convinced even if someone rises from the dead." **Luke 16:19-24, 27-31**

**Reflection:** What will it take to change the hearts of unbelievers? Today we read the powerful story of the rich man who ignored the needs of Lazarus and ended up going to Hades to suffer. He wanted his family to learn from his mistakes. But at the end of this parable, Jesus tells us that when people ignore the well-known work of God, even if a person rises from the dead, they will not believe.

**Transformation Activity:** To walk in the ways of Jesus, we need to be willing to be kind to others and serve others with Christian dignity and respect. The rich man was mean and did nothing for Lazarus, but in heaven the beggar was rewarded. Are there people in our lives with simple needs whom we can help?

**Prayer:** Dear Jesus, please help us to serve those around us and be generous with those in need. Amen.

## Friday of the Second Week of Lent

# Humility: Part One

Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:29**

**Reflection:** Come to me, says the Lord. Jesus desires for us to have a personal relationship with him and to follow his ways. He wants to be our teacher so that we can learn from him. Jesus tells us that his heart is gentle and humble. Think of how easy it is to learn from someone who is gentle and humble and always has our best interests at heart.

**Transformation Activity:** How can we allow Jesus into our hearts and transform us from the inside out? How can we let go of pride and selfishness and become gentle and humble? What would the world look like if everyone was striving for these attributes?

Discuss as a family ways we can be more like Jesus and be gentle and humble. Could we lower our voice? Could we speak more kindly or become more of a humble leader?

**Prayer:** Dear Jesus, please help our family to grow in your ways and to come to you for rest. Amen.

## Saturday of the Second Week of Lent

# Humility: Part Two

Do nothing from selfish ambition or empty conceit, but in humility regard others as better than yourselves. **Philippians 2:3**

**Reflection:** Jesus is inviting us to focus on how we eliminate pride from our life. When we are humble, we are free from arrogance and being self-centered. Without humility, we cut ourselves off from interpersonal connections with others, or we become insincere or even a know-it-all. We are invited to be followers of Jesus and learn to lead with our heart and not our ego. Thinking of others as better than ourselves means to think of what will make them happy, not what we think will make ourselves feel more important.

**Transformation Activity:** Stand face-to-face with a family member. Talk to each other at the very same time, sharing what you would do with a million dollars. If both of you are talking at the same time, you are not going to understand what the other person thinks or feels. You will think what you have to say is the most important and miss out on how beautiful and unique the other person is, and you will miss out on seeing Jesus in them.

**Prayer:** Dear Jesus, help us to overcome our pride and conceit and to realize the value of other people. Amen.

Third Sunday of Lent

## Don't Worry, Jesus Has Got This

Jesus answered them, "Destroy this temple, and in three days I will raise it up." **John 2:19**

**Reflection:** Jesus sometimes spoke in ways that didn't always make sense at the time. The people he spoke to thought he was speaking of the actual Temple that took decades to build. But later, looking back on this incident, the Apostle John could see that he was speaking of the temple of his body. He was proclaiming that he is God, and he will be resurrected from the dead. He is saying that despite what people will do to him, he's got this. Jesus has us in the palm of his hand, and he wants us to trust in the Resurrection. When we die, we are invited to be with God in heaven, but first, we need to learn to trust in his plans for our lives. No matter what, Jesus has got this.

**Transformation Activity:** St. Paul wrote in his First Letter to the Corinthians: "...do you not know that your body is a temple of the Holy Spirit within you...?" (1 Corinthians 6:19).

Your body *is* the temple of the Holy Spirit! Pause for a minute, and focus on your breathing. What a gift to fill your lungs up with air! Now slowly let it out, then say, "Jesus, I trust in you. You've got this." Next, name out loud something that you want his help with.

**Prayer:** Jesus, I trust in you and your plans for my life. Take care of everything. Amen.

## Monday of the Third Week of Lent

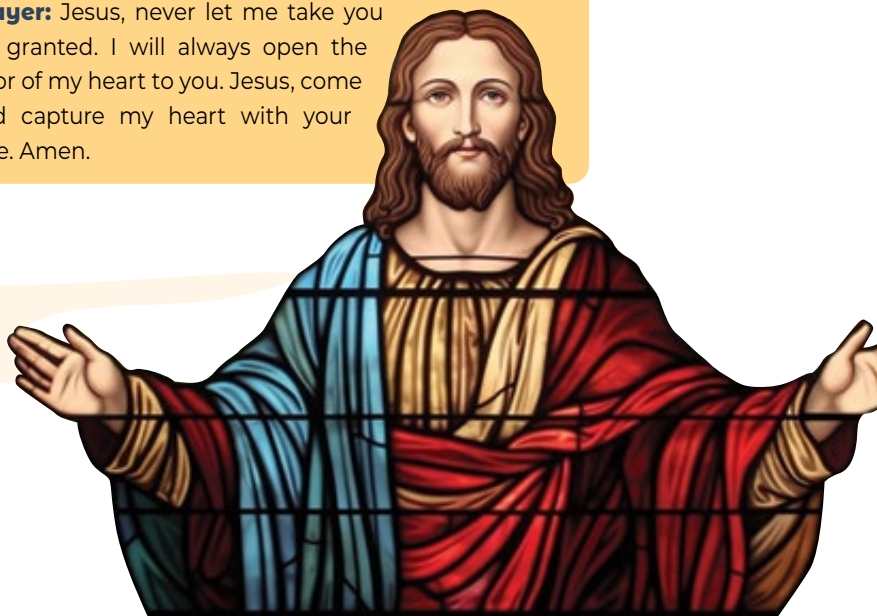
# Knowing About Jesus, Or Knowing Jesus

And [Jesus] said, “Truly I tell you, no prophet is accepted in his hometown.” **Luke 4:24**

**Reflection:** The point that Jesus is making is that the people of Nazareth—who had seen him quietly grow up in their town—could not believe that he, of all people, would be the Messiah. We might say that they knew Jesus, but they didn’t *know* him. They discounted his miracles and did not believe that he was divine. Do we do the same thing? Maybe we have grown up hearing about Jesus, but we don’t really *know* him. We haven’t let the divine Jesus into our hearts yet, and we only know things *about* him. Let us remember that this Jesus whom we hear about is a real person, both human and divine. He is standing at the door of our hearts and waiting to be invited in.

**Transformation Activity:** What are some of the signs Jesus performed in the Gospels that tell us who he is? Why did Jesus perform so many miracles? What was the message of Jesus in these signs?

**Prayer:** Jesus, never let me take you for granted. I will always open the door of my heart to you. Jesus, come and capture my heart with your love. Amen.



Tuesday of the Third Week of Lent

## Forgive and Forgive Some More!

Then Peter came up and said to him, “Lord, if my brother or sister sins against me, how often should I forgive? As many as seven times?”

Jesus said to him, “Not seven times, but, I tell you, seventy-seven times.”

**Matthew 18:21-22**

**Reflection:** Jesus goes out of his way to tell us how important it is to forgive and that there should be no limit to our forgiveness. We need to learn to forgive others who hurt us and be willing to do this over and over again. When we offer our forgiveness to others, we are showing them the light and love of Jesus Christ. Harboring a hurt from or a resentment toward another person actually pains us more than it does them. This is why Jesus emphasizes in the Lord’s Prayer that we should ask God for his forgiveness and for forgiveness of another as well. The two go hand in hand.

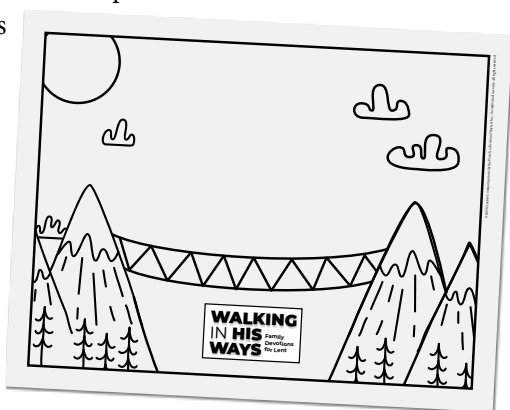
**Transformation Activity:** Pause and think of a person who has hurt you. Maybe it was your brother or sister, a family member or a friend. The person says, “I’m sorry.” Imagine Jesus resting his hand on your shoulder and saying to you, “Now forgive them.” Think of how happy you would make Jesus by forgiving them and starting to rebuild a bridge with them, if possible. But even if a new connection is not possible, the forgiveness still has a healing effect.

### See the Children’s

**Coloring Sheet:** Download,

print and color the bridge between two mountains, and draw two people on the bridge walking toward each other. Think of Jesus as the bridge of healing and forgiveness.

our website



**Let us pray:** Dear Jesus, help me to forgive others for their faults, and forgive me of my sins. Amen.

## Wednesday of the Third Week of Lent

# Be on the Winning Team!

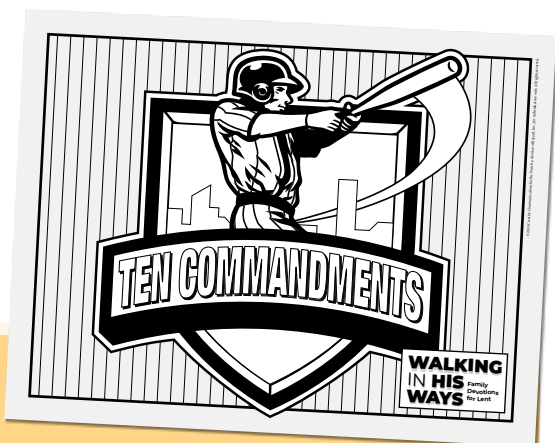
Therefore, whoever breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. **Matthew 5:19**

**Reflection:** Jesus wants us to be holy and to share that holiness with others. When playing in a baseball game, you can see how important it is to do your best and hopefully get a home run. When we live out our faith, we are asked to follow God's commandments and to teach others to follow them as well. When we follow God's ways, all of heaven is happy with us. Picture everyone in heaven as the fans in the stands cheering us on. As the Letter to the Hebrews reads, "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside...the sin which clings so closely, and let us run with perseverance the race that is set before us..." (Hebrews 12:1).

**Transformation Activity:** Read all Ten Commandments given to us from God in the Bible. See Exodus 20:2-17 and Deuteronomy 5:6-21.

### See the Children's Coloring Sheet:

Color the ballplayer and remember that Ten Commandments help us to follow God every day. They are the rules of life in the Kingdom of God!



**Prayer:** Dear Jesus, forgive me for not always following your Commandments. Thank you for making me a part of your winning team by going to the cross for me. Help me to keep the Ten Commandments, and show me the ways I can help others live these out in their own lives. Amen.

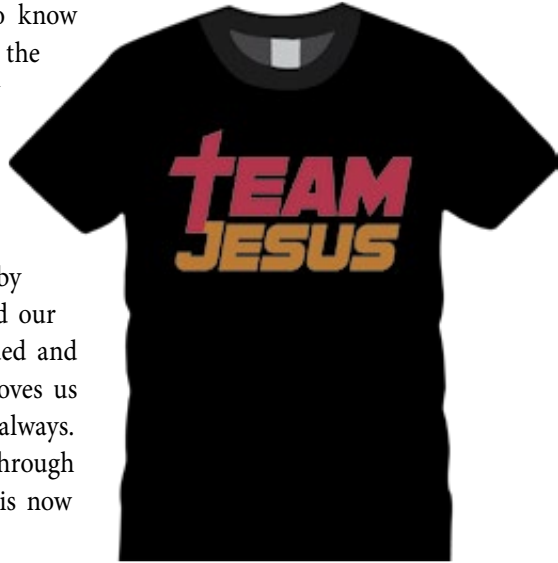
Download the coloring sheet at our website

## Thursday of the Third Week of Lent

# Be On Team Jesus

Whoever is not with me is against me, and whoever does not gather with me scatters. **Luke 11:23**

**Reflection:** Jesus wants us to know that, as the Second Person of the Trinity, he acts with the authority of God to do good and to fight evil. The devil doesn't want us to be set free from sin and live life to the fullest. The devil wants us to be distracted by the temptations of the world and our own sinful flesh and to be divided and separated from God. But Jesus loves us and desires for us to be with him always. Jesus makes us part of his team through faith in him. Everything we do is now because of him.



**Transformation Activity:** Jesus does not want us to be neutral in matters of our faith. For example, imagine inviting a friend over, and all that person did was make a big mess in your house. But you just sat back and did nothing and watched the entire thing happen. Your parents would remind you that while you didn't make the mess, you made matters worse by staying silent when something should have been said. Jesus wants us to be on his team and do our part to say no to sin and yes to the Kingdom of God.

**Prayer:** Dear Jesus, please help us to turn to you and seek your help in all matters, especially when we encounter evil. May we trust in your divine plan for our lives and seek to always walk in your ways. Amen.

## Friday of the Third Week of Lent

# All You Need Is Love

One of the scribes...asked him, "Which commandment is the first of all?" Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." **Mark 12:28-31**

**Reflection:** Jesus wants us to know that God loves us, and, in return, we are invited to love the Lord as well. Jesus is asking us to love God with our entire selves. Jesus wants us to respond to the goodness of God by honoring the Lord in our deeds and with our words that stream forth from our hearts. When we truly love God, we will naturally love others. When we love our neighbor as ourselves, we can learn to serve and be selfless. Imagine what kind of world it would be if we all strived to love like this.

**Transformation Activity:** Make these commandments a priority in your life. Focus on loving God first and then your neighbor. Discuss as a family setting aside a day to do something to show your love of God and neighbor. If you don't have a day to specifically practice this, discuss as a family how you can show greater love.

**Prayer:** Dear Jesus, please help me to love you with all my heart, mind and soul. Teach me how to better love my neighbor. Give me the grace to stop mean behaviors such as gossip, slander and hurtful actions. Help me to be kind and loving towards all. Amen.





## Saturday of the Third Week of Lent

# God, Be Merciful to Me

But the tax collector, standing far off, would not even lift up his eyes to heaven but was beating his breast and saying, “God, be merciful to me, a sinner!” **Luke 18:13**

**Reflection:** Have you ever met a show-off? Or maybe someone who is showboating—wanting all the attention on themselves and no one else? This can also be true with how we pray. Jesus wants us to remember that he loves all of us, and he died for all of us so we’d be welcomed into the Kingdom of God. Jesus wants us to pray and live a life that is sincere and honors his Kingdom. When we pray and ask God to have mercy on us, we are showing true humility, seeing God and ourselves as we truly are. We are seeking God’s compassion and love even though we didn’t earn it, but rather it was Jesus’ free gift to us! Jesus reminds us that people can change and even “sinners” can change. We need to focus on being an example rather than judging others.

**Transformation Action:** Have you heard of the saying “You can’t judge a book by its cover”? How often do we judge others by their looks? Jesus judges us by our hearts—the faith we have inside of us—and the kinds of lives we live that reflect that. Now, let us remember that there is sure hope for everyone who believes in him to go to heaven. Have your family pray at dinner tonight for someone who seems far away from God, and ask God to give them the grace of conversion. Also, say a prayer that God has mercy on you and continues to change your heart to be like his.

**Prayer:** Lord Jesus Christ, Son of the living God, have mercy on me, a sinner. Help me to grow in your grace and love so that I can live a holy life. Amen.

## Fourth Sunday of Lent

# God So Loved the World

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. **John 3:16**

**Reflection:** This is one of the most important Scripture passages we can find in the Gospel of John. Jesus came to earth to live, die and rise from the dead for our salvation and eternal life. Jesus' death and resurrection only make sense when we understand them in the context of love. God is love. God loves us. God sent his Son out of love to save us from the darkness and sin that surrounds us. We are invited to live a life in his love and share that love with others. God's love gives our lives meaning. That love extends into eternity because God wants us to be with him forever in heaven.

### **Transformation Activity:**

Pause and reread today's Bible verse for a second time. Invite the children to write this Scripture out (if age appropriate), and share it with a family member or a neighbor, or just post it on the refrigerator. When we keep this verse close to our heart, we can recall our ultimate goal—to live in heaven forever with Jesus.

**Bonus activity:** There are only two more weeks of Lent. Let's keep working on different ways to walk with Jesus. Download, print and color the circle with pie wedges listing these numbered challenges. This is a roll-the-dice challenge. Each family member gets a turn to roll the die, and whatever number comes up, that person must try the challenge that day or the next:

1. Let others lead, and you follow.
2. Do a surprise act of kindness.
3. Say a special prayer for someone who needs to know Jesus.
4. Focus on being meek and gentle.
5. Fast from anything sweet.
6. Roll again, or choose a challenge from 1-5.

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**Prayer:** Dear Jesus, please help our family to live in your love, to share your love with others and to be a witness of you every day. Amen.

## Monday of the Fourth Week of Lent

# Faith and the Entire Family

Jesus said to him, “Go; your son will live.” The man believed the word that Jesus spoke to him and started on his way. As he was going down, his slaves met him and told him that his child was alive. So he asked them the hour when he began to recover, and they said to him, “Yesterday at one in the afternoon the fever left him.” The father realized that this was the hour when Jesus had said to him, “Your son will live.” So he himself believed, along with his whole household.

**John 4:50-53**



**Reflection:** Jesus heals a Roman official's son, and this impacted the entire household. Have you spent much time thinking about your example of faith right in your own home? For parents, being the spiritual leaders of our family is an important role. How do you build up your Christian faith in your home, especially during difficult times like sickness and when the family is facing stress?

**Transformation Activity:** Learn one story of inspiration, and share that story with your children. First start with reading John 4:46 and discuss how this Roman official went to Jesus to heal his beloved son. Then tell your inspirational story to the family, and ask for their reaction.

**Prayer:** Dear Jesus, help us to better live out our faith and talk about how important it is to serve as examples to one another. May our difficult moments, such as sickness or distress, be an opportunity to bring all of us closer to each other and to you. Amen.

## Tuesday of the Fourth Week of Lent

# Do You Want to Be Healed?

When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?”... Jesus said to him, “Stand up, take your mat and walk.” At once the man was made well, and he took up his mat and began to walk. **John 5:6, 8-9**

**Reflection:** Oftentimes, we forget to go to Jesus and seek the healing we need. Whether it is to overcome the pains we feel in our heart from the past or the physical sickness we may be currently enduring, Jesus wants to make us well, but sometimes, he allows the suffering in our lives to bring us closer to him. He wants us to learn to rely on him in all our circumstances. Later in this passage, it says: Jesus found him in the Temple and said to him, “See, you have been made well! Do not sin any more, so that nothing worse happens to you” (John 5:14). Jesus reminds us that what is worse than illnesses or struggles is to sin and be separated from Christ. While Jesus may not always cure us physically, he will always forgive and cure us of the disease of sin if we only ask.

**Transformation Activity:** Think back to times when you have been sick. Maybe now that seems like a distant memory. Thank Jesus today for healing you and giving you healthy days. Picture the Lord saying to you, “Be healed.” We need to reflect on how often Jesus has healed us and thank him for his loving kindness. Have the family share with one another their experiences of being sick and recovering and how easy it can be to forget to thank God.

**Prayer:** Jesus, thank you for this beautiful reminder that you are the source of all healing and grace. Please heal me when I am sick, strengthen me when I am weak and console me when I am sorrowful. Amen.

## Wednesday of the Fourth Week of Lent

# Jesus Is a Just Judge

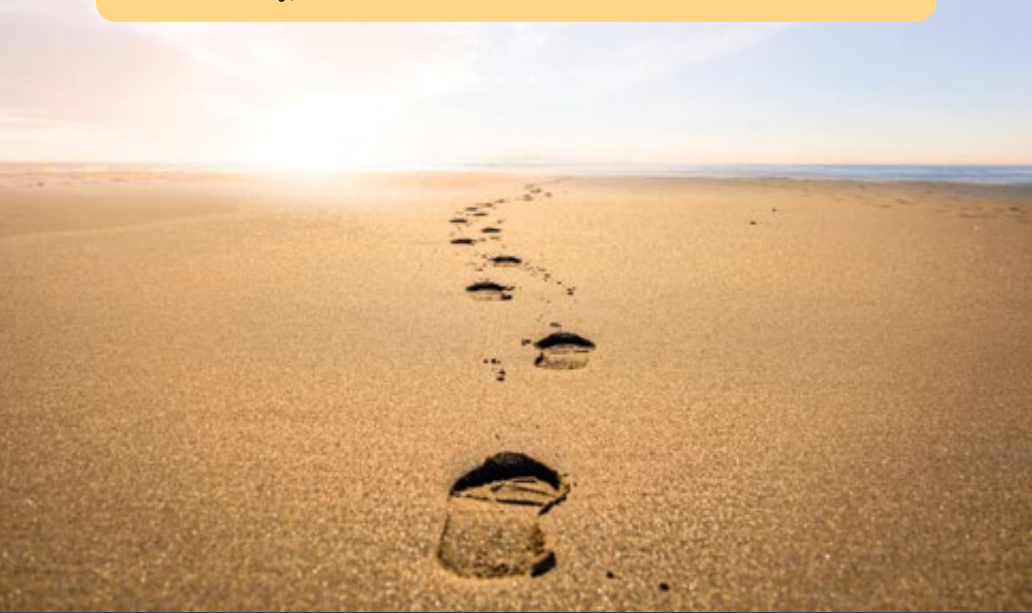
I can do nothing on my own. As I hear, I judge, and my judgment is just because I seek to do not my own will but the will of him who sent me.

**John 5:30**

**Reflection:** Jesus is *perfectly just* because he is fully God and fully man. He walked this earth and experienced everything we do in our human condition, except sinning. He died for us, and he will be the one who judges our soul when we die. This isn't a scary thing but rather a great consolation to us, for Jesus tells us not to be afraid. Jesus says, "Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life and does not come under judgment but has passed from death to life" (John 5:24). Jesus wants us to trust in his ways.

**Transformation Activity:** Keep coloring in the footsteps page, and share out loud how your family can better walk in the ways of Jesus. Consider new ways to pray, fast or give alms.

**Prayer:** Dear Jesus, give us the grace we need to follow in your footsteps. You are the way, the truth and the life. Amen.



## Thursday of the Fourth Week of Lent

# Let Your Light Shine

You sent messengers to John, and he testified to the truth.... He was a burning and shining lamp, and you were willing to rejoice for a while in his light. But I have a testimony greater than John's. The works that the Father has given me to complete, the very works that I am doing, testify on my behalf that the Father has sent me. **John 5:33, 35-36**

**Reflection:** John the Baptist was a shining light who gave testimony to Jesus and explained why we should believe in him as our Savior. We read that the Jewish people were willing to rejoice in his light but that an even greater testimony was right before their eyes: the miracles of Jesus. These works are a testimony to us today and show how the Light of Christ is meant to cast out the darkness in our life. We can trust Jesus, knowing he was sent by the Father to save us.

**Transformation Activity:** Go into a dark room for a minute or two. Reflect on what it is like to be in the dark, especially if you are in a room with no windows. Next, turn on the light and reflect on the amazing gift of light. Discuss what it felt like being in darkness and next being in the light. Thank God for the light of Christ!

**Prayer:** Dear Jesus, help us to walk in your ways and follow your light so that our lives can be transformed. Amen.



## Friday of the Fourth Week of Lent

# Discerning the Will of God

The Jesus answered them, “My teaching is not mine but his who sent me. Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own. Those who speak on their own seek their own glory, but the one who seeks the glory of him who sent him is true, and there is nothing unjust in him.”

**John 7:16-18**

**Reflection:** Jesus told us that he would return to God the Father and that he came here to set us free from our sins. He doesn't speak on his own behalf but on behalf of God the Father. Think of your own family: Have you heard a child speak on behalf of a parent? They say things such as “My dad said...” or “My mom said...”. They know that their parents hold the authority. We are like that as children of God. We follow Jesus, who in turn leads us to his Father. Our goal is to surrender to Jesus and allow him to help us to discern and discover the will of God.

**Transformation Activity:** *Discern* is a big word and a big concept. It means to figure out what God wants of us. We do this through prayer, reflection on holy Scripture and seeking the advice of people who are solid in their faith. Jesus desires for us to bring our big decisions to him. What is your family discerning right now? We are not alone as we walk this earth and learn to walk in the ways of Jesus. Write a list of things your family members may be discerning, such as choosing a school, making a move, looking for a new job or deciding on trying out for a choir or a sport. Ask Jesus to lead you.

**Prayer:** Dear Jesus, lead us closer to you, and help us to walk in your ways. Fill us with your Holy Spirit, and give us the wisdom to discern your will—and then to do it. Amen.

## Saturday of the Fourth Week of Lent

# Who Is He?

As the Scripture has said, “Out of the believer’s heart shall flow rivers of living water.”... When they heard these words, some in the crowd said, “This is really the prophet.” Others said, “This is the Messiah.”

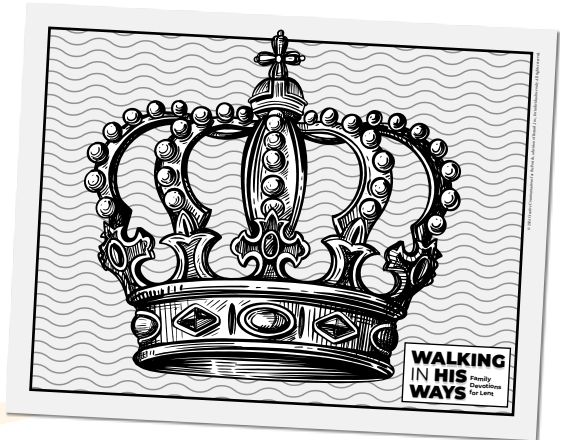
**John 7:38, 40-41**

**Reflection:** Jesus was like no one who has ever walked this earth. He made promises that no person could have possibly fulfilled no matter how great they were. Jesus is the only Son of God. We can read about what he was going to be like in the Old Testament and see how that is fulfilled in the New Testament. Oftentimes, people were confused and didn’t understand that he was more than a prophet or a great teacher. He was the prophet that the Jewish people were waiting for since the time of Moses. Jesus is God’s only Son, the Second Person in the Holy Trinity, the Messiah. And the Holy Spirit is the “rivers of living water” bestowed on us when we are baptized.

### See the Children’s Coloring Sheet:

Color the crown, and imagine placing it on the head of Jesus. He is our King, our Lord, our Savior. He saved us through suffering a very horrible death so that we could follow him to heaven when we die. He is the offering that was needed

to reunite us with God the Father. Thank you, Jesus, for dying for us and proving that you are God by rising from the dead. our website



**Prayer:** Dear Jesus, help us to follow your ways and proclaim you as the Messiah of our life. Teach us to listen to you and not to be distracted by the voices of this world. Amen.





## Monday of the Fifth Week of Lent

# Pick Up Your Cross

Then he said to them all, "If any wish to come after me, let them deny themselves and take up their cross daily and follow me." **Luke 9:23**

**Reflection:** As we journey closer to Good Friday and Easter Sunday, we need to recall once again the importance of picking up our crosses and following Jesus. We tend to avoid crosses and trials, even small ones, not realizing that they are a part of being a disciple of Jesus, who invites us to follow him. Accepting our daily crosses helps us to be humble and loving, especially when we offer these daily crosses to him in secret and don't complain. It is inevitable that we will have daily trials, but this is permitted by God as medicine for our souls.

**Transformation Activity:** What are the difficulties in our lives? Is it our jobs? Do we struggle with learning? Do we need to be more like Jesus in our attitudes? Jesus invites us to offer up our daily trials like he did when he carried his cross on the way to Calvary. Our crosses are nothing compared to the agony that Jesus endured, yet he stands by our side to help us with our burdens. Have each person in the family discuss a cross they are carrying and how they could better offer that cross in love to God.

**Prayer:** Jesus, help us to walk in your ways and pick up our cross daily. Amen.



## Tuesday of the Fifth Week of Lent

# Jesus Will Be Betrayed

Let these words sink into your ears: The Son of Man is going to be betrayed into human hands. **Luke 9:44**

**Reflection:** Jesus tells his disciples, his closest friends, on the way to Jerusalem that he will be betrayed. We ought to know better than to betray a friend or a loved one. But Jesus, the friend of sinners, the Savior of the world, the King of Kings, was betrayed by one of his own disciples—Judas. When we break someone's trust or confidence, we not only hurt their feelings, but it can have a major impact in their life. With these words, Jesus wanted his disciples to know that this was coming, even though they did not understand what he was saying. It was a prediction and a way for him to tell part of the story of how he was going to die—before it happened. Afterward, when the disciples remembered his saying this, it increased their faith in all he did say.

Our gossip, slander and unkindness to others are also a betrayal of Jesus, even if we fail to see them that way. Let us repair our friendship with Jesus by being kind and loving to others. God loves us—even in our betrayals—and wants to heal us of those faults.

**Transformation Activity:** Pause and reflect on this concept of betrayal. Discuss how to prevent this from happening in your own family. Discuss this Scripture passage and ways that we can build up each other's trust and family unity. It is important that we stick together in good times and bad. As we seek to walk in the ways of Jesus, let us follow him by showing kindness in our words, deeds and actions towards others, especially those within our family.

**Prayer:** Jesus, help us to walk in your ways and not to betray or deny you. Amen.

## Wednesday of the Fifth Week of Lent

# Freedom!

Then Jesus said to the Jews who had believed in him, “If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.” **John 8:31-32**

**Reflection:** Jesus offers us freedom through truth and obedience. Sometimes we don't see obedience as freedom but as more of a burden that prevents us from doing what we feel like doing. But obedience to a loving God—who has only our best interests at heart—is true freedom. He offers us freedom from sin that always leads to slavery and sorrow. Sin binds us to the devil and leads us down a path that hurts our hearts, the hearts of others and the heart of God. Now is a great opportunity to ditch sin and encounter the loving heart of Jesus as we walk in the ways of Christ. The first step is to be steeped in the Word of God. The truth of the Gospel will not only bring us hope, wisdom and counsel; it will help us to know the voice of the Lord. Jesus reminds us that the closer we come to him, the closer we come to God the Father.

**Transformation Activity:** Place a Bible in your home where the family will be reminded to read it. If you don't have one, get one as part of your Easter celebration.

**Prayer:** Dear Jesus, please set us free from sin and help us to better walk in your ways. Amen.



## Thursday of the Fifth Week of Lent

# Keep My Word

Very truly, I tell you, whoever keeps my word will never see death.

**John 8:51**

**Reflection:** It is very important that we work on being people of our word. As we walk in the ways of Jesus, we are invited to keep his words and follow the Commandments. This can begin with knowing the Word of God and striving to live out our faith. Faith is not just for when we are at church; it needs to be the foundation for how we live our lives. Jesus has promised that keeping his Word will bring us to eternal life. We will see physical death, but that will be a passing from this world into eternal life.

**Transformation Activity:** How can we keep our faith and be true to it? When we pause and reflect on our Christian witness, we can see areas we need to improve on. Walking in the ways of Jesus is taking one step at a time, drawing closer to the Lord. The Lord wants to be with each one of us in heaven, forever. This is very important to know that we are invited to the eternal celebration. The question is, how can we better respond? Discuss this as a family.

**Prayer:** Dear Jesus, help us to always know that you are with us and guiding us to heaven. Death has no hold over us, and our eternal life began when we accepted your Word. Amen.



## Friday of the Fifth Week of Lent

# Jesus Is God's Son

If I am not doing the works of my Father, then do not believe me. But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the Father is in me and I am in the Father.

**John 10:37-38**



**Reflection:** Jesus did amazing miracles like raising Lazarus from the dead and feeding 5,000 people from five loaves and two fish. These miracles pointed to the divinity of Jesus and were a witness that he is the only Son of God and is one with the Father. We have a triune God who is the Father, the Son and the Holy Spirit united in one God. Jesus performed these miracles because he greatly desired for the people of his day to realize that he was Emmanuel—“God with us.” If we can take steps forward in trusting in the Lord, we will see him working in our life.

**Transformation Activity:** What is one area in which you can grow in greater trust in the Lord? Is there an aspect of the faith that is hard for you to trust? What is holding you back from trusting in Jesus? Take one step forward and declare to your family an area in which you want to trust in Jesus more. Let us support each other in our faith.

**Prayer:** Dear Jesus, please increase our faith so that we can continue to walk in your ways. Help us not just to look for the miracles and works that you perform but rather to seek a relationship with you. Amen.

## Saturday of the Fifth Week of Lent

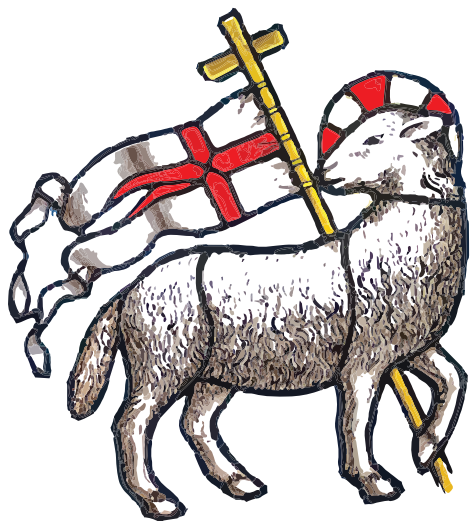
# Born to Save Us

So the chief priests and the Pharisees called a meeting of the council and said, "What are we to do? This man is performing many signs. If we let him go on like this, everyone will believe in him, and the Romans will come and destroy both our holy place and our nation." **John 11:47-48**

**Reflection:** It is incredible that even after witnessing Jesus raise Lazarus from the dead, the reaction of some of the Jewish leaders was that Jesus' miracles would cause an uprising and a brutal repression by the Romans. Instead of embracing Jesus as the Messiah and the Son of God, many Pharisees plotted his death. In their view, it was better for Jesus to die than have the whole nation perish: "You do not understand that it is better for you to have one man die for the people than to have the whole nation destroyed" (John 11:50). Yet, now we know that Jesus was establishing a spiritual Kingdom, not a political one.

### Transformation Activity:

Discuss with the family why Jesus came to dwell among us. Why was Jesus the perfect sacrifice to rescue us from the consequences of the sin of Adam and Eve? Jesus was born to save us by dying in our place and opening for us the gates of everlasting life. So with that, let us fold our hands and give thanks to God for the love that Jesus demonstrated toward us by giving his all in his passion and death.



**Prayer:** Dear Jesus, please help us to grow closer to you, to see you as the perfect sacrifice for our sins, the Lamb of God. Amen.

## Palm Sunday

# Greeting the King

...they brought the donkey and the colt and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting, "Hosanna to the Son of David!

Blessed is the one who comes in the name of the Lord!  
Hosanna in the highest heaven!" **Matthew 21:7-9**

**Reflection:** A conquering king would ride into a city in a chariot or on a horse. Jesus intentionally rode in on a donkey to signify that his Kingdom was not of this world, even though many of the cheering crowds did not understand this. The triumphant entry of Jesus into Jerusalem was to bring a Kingdom of peace that would save the people from sin and death, not save them from the Romans. The promise of our Palm Sunday celebration should be about the liberation from sin and Jesus leading us to the promised land of eternal life.

**Transformation Activity:** Have you ever seen a palm branch? This is the traditional branch used to show honor to Jesus. You can get one typically at church on this day, and we encourage you to place it on a prayer table during Holy Week. This will serve as a reminder of Jesus entering your home as King, Savior and Friend.

**Prayer:** Dear Lord, help me to celebrate your victory over sin and death and to prepare myself for your glorious entry into my heart. Amen.





## Monday of Holy Week

# Cleanse Our Hearts and Homes

Then Jesus entered the temple and drove out all who were selling and buying in the temple, and he overturned the tables of the money changers and the seats of those who sold doves. He said to them, "It is written,

'My house shall be called a house of prayer,'  
but you are making it a den of robbers."

The blind and the lame came to him in the temple, and he cured them.

**Matthew 21:12-14**

**Reflection:** In this Gospel reading, Jesus cleansed the Temple. He drove out the money changers and the merchants who were using the people's need for a sacrificial lamb as a means to make money for themselves. And they were occupying the space where people were supposed to pray. By cleansing the Temple in this way, Jesus was restoring the Temple to the way things ought to be. This applies to our own life as well; sometimes, Jesus needs to cleanse us of things that are blocking the love and friendship of God.

**Transformation Activity:** Jesus wants to cleanse our hearts of those things that distract us from him. Maybe it is spending too much time on screens, playing computer games for long periods or checking our phones again and again while at church. Think back to your Ash Wednesday desire to walk in the ways of Jesus and reflect: Have you made progress in spending quality time with God? It's never too late to start again and clear out your heart for our Lord. Discuss with your family one distraction that you think God is asking you to cleanse from your heart.

**Prayer:** Dear Jesus, cleanse my heart of things that need to go and the areas that hold me back from loving you. Amen.

## Tuesday of Holy Week

# How Will People Remember You?

Now while Jesus was at Bethany...a woman came to him with an alabaster jar of very costly ointment, and she poured it on his head as he sat at the table.... [Jesus said,] "By pouring this ointment on my body she has prepared me for burial. Truly I tell you, wherever this good news is proclaimed in the whole world, what she has done will be told in remembrance of her." **Matthew 26:6-7, 12-13**

**Reflection:** Jesus was at a friend's house when a woman came and poured expensive ointment on his head. Some of the disciples were indignant and thought that the oil was being wasted—that the oil could have been sold and the money given to the poor. But instead, Jesus pointed out that she had done a beautiful thing for him with this oil in preparing his body for burial. Jesus stated that this woman would always be remembered for what she did. This makes us ponder: How will we be remembered?

**Transformation Activity:** As we prepare for Easter, let us think of how this woman must have felt pouring oil over the head of Jesus. The disciples were giving her strange looks and even were upset with her. She didn't care; she did what she felt in her heart was the right thing to do. Share a time when you did the right thing and maybe other people thought you were a fool. Maybe it was standing up to peer pressure, defending someone who had a hard time fitting in or just honoring God when people are doing the opposite.

**Prayer:** Dear Jesus, help me to always do your will and be willing to look foolish because of you. Jesus, thank you for dying for us. Amen.

## Wednesday of Holy Week

# What Is Jesus Worth?

Jesus was troubled and declared, “Very truly, I tell you, one of you will betray me.” The disciples looked at one another, uncertain of whom he was speaking. One of his disciples...reclining close to his heart...asked him, “Lord, who is it?” Jesus answered, “It is the one to whom I will give this piece of bread when I have dipped it in the dish.” ...[He] gave it to Judas...

**John 13:21-23, 25-26**

**Reflection:** Jesus died a horrible death for our sins, and he suffered in other ways as well. One of those sufferings was being betrayed by his friend, Judas. What was the Son of God worth? Judas handed Jesus over for thirty pieces of silver. Jesus, the King of Kings, the Miracle Worker, the Heart Healer, was only worth some measly silver coins to Judas. Think of how much this must have hurt Jesus’ heart, as he knew that Judas handed him over for money.

**Transformation Activity:** What do we do when we feel sad and worried? If we want to be more like Jesus, we need to pray during the difficult times of life. After Jesus knew that Judas would betray him, he went to the garden to pray. He asked his disciples to stay awake and pray with him as well. But they were too tired and fell asleep when they should have been praying for strength and courage, and praying for the consolation of Jesus. Can you sit quietly and pray with Jesus for a few minutes? Shut your eyes, and tell Jesus, “I love you.”



**Prayer:** Dear Jesus, please come and comfort me when I am feeling sad. I wish I could have been there when Judas betrayed you to comfort your heart. Give me the strength and courage to always stay loyal to you. Amen.

## Holy Thursday

# The Washing of the Feet

After he had washed their feet, had put on his robe, and had reclined again, he said to them, “Do you know what I have done to you? ...So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.” **John 13:12-14**

**Reflection:** On this holy night, we begin the Triduum. This marks the three days before Easter. In the next three days, we will remember the passion, death and burial of Jesus Christ. During this night, we remember that he washed the feet of his disciples and, through this solemn act, called all of us to serve others. Then during the Last Supper, Jesus emphasized that we should love one another as he has loved us. He demonstrated his ultimate love for us by dying for our sins. We can demonstrate our own love for others in a smaller way by sacrificing our selfishness and looking out for their good.

**Transformation Activity:** Let us wash each other’s feet in our family. Have a parent of the family wash the feet of each family member. Get a simple bowl from the kitchen, fill it with a little water and use a rag and dish towel to wash feet. After dad or mom washes feet, pause and say a family prayer. How can we as a family serve others better?



**Prayer:** Dear Jesus, thank you for showing us the path to heaven through love, service and worship. May we welcome your Kingdom into our hearts. Amen.

## Good Friday

# It Is Finished

After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit. **John 19:28-30**

**Reflection:** Today is Good Friday. It is the day when we recall that Jesus was crucified and died for our sins. It is a day of meditation and a time when we seek to grow closer to Jesus. This day should feel different than other days, as we want to honor Jesus in a very special way. For many, this is a day when we go to church and look to the cross and recall that Jesus died for us.

We are sad on this day thinking about how the Son of God was treated. Yet, this was the path that Jesus chose to take to set us free from sin. He is the true paschal Lamb who fulfilled all the Old Testament prophecies of the Suffering Servant (see Isaiah 53) who releases us from the prison of death. Jesus didn't sin, but he was treated as if he was a most-wanted criminal. He died for each of our sins and those of the whole world.

**Transformation Activity:** Place a cross up in a place where you can see it, and light a candle during the hours of 12 to 3 p.m. (or a similar time that works for your family). These are the hours the Bible records when Jesus suffered his crucifixion on Good Friday. What can you offer up today to unite your sufferings with those of Jesus? Let us also pray the Lord's Prayer as a sign of how much we love Jesus.

**See the Children's Coloring Sheet:** Download the coloring sheet with the tomb and the stone door at our website. Have the children color the tomb and the door. Then cut out the door, and gently tape it over the entrance of the tomb. Do it in such a way that on Easter morning you can remove the stone.

**Prayer:** Dear Jesus, help me to better love you and offer up my life to you. Thank you for dying for our sins. Amen.

## Holy Saturday

# A Day of Waiting

Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because...the tomb was nearby, they laid Jesus there. **John 19:41-42**



**Reflection:** We wait, we watch, we anticipate Jesus rising from the dead. While Jesus' body was physically in the tomb, the spirit of Jesus descended into hell to declare victory over the devil. Traditionally this night is when the Easter Vigil is celebrated. We prepare our hearts for Easter—a time of new life, when the earth wakes up to the good news that Jesus is risen from the dead, just as he said.

**Transformation Activity:** Take a nature walk. Today is a great day to look for the signs of spring and notice the small flowers and little buds starting to appear on the tree branches. Do you see that God is telling us a beautiful story through nature?

**Prayer:** Dear Jesus, help us to better love you and embrace your ways! Help us to see you with our eyes, love you with our heart and serve others with our hands and feet. Amen.

## Easter

# He Is Risen!

But he said to them, “Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here.”

**Mark 16:6**

**Reflection:** Jesus Christ is risen today! Hallelujah! This is a day that changed history and impacted our lives centuries later. Jesus died out of love for each of us as the ransom for sin. We are invited to follow him and be with him forever in heaven—a place of peace, joy and eternal bliss. As we have walked in the footsteps of Jesus this Lent, we have encountered his ways and seen his power, his greatness and his glory. Jesus brings life to the dead, and all are invited to enter the Kingdom of God; they need only to turn to him for forgiveness and a new beginning.

**Transformation Activity:** Now is time to celebrate Jesus and what he did for each of us. First, set aside some time to worship Jesus by going to church and spending time with the Lord today. Second, plan a special family celebration, such as an Easter breakfast, brunch or dinner. Spend time together, and share your gratitude for Jesus and all he has done to set us free from sin and death. When we place Jesus first in our life, he will help to set our priorities on him and open our hearts to an eternity with him.

**P.S.** Don't forget to move the stone away from the tomb entrance on your coloring sheets from Good Friday! Jesus is risen and no longer in the tomb!

**Prayer:** Dear Jesus, thank you for sending your angel to share with the women at the tomb that they should not be alarmed but rather be rejoicing in your Resurrection. May we live out our faith in your Resurrection and be a living example of hope to those around us. Amen.

# WALKING IN HIS WAYS

Family  
Devotions  
for Lent

Picture your own journey following in Jesus' footsteps all the way to Calvary. *Walking in His Ways* is a path of blessing for families this Lent, as popular author Emily Jaminet shares tips for how family members can travel this holy road with Jesus. Make this Lent six weeks of spiritual transformation. Families will "live Lent" by focusing on major aspects of our Lord's life and learning from him. The Scripture verses, reflections, conversations and activities will help each person better live out his or her faith by walking in the ways of Christ with prayer, fasting from wants and desires and giving alms. Special downloadable coloring pages and challenges round out the experience.



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