



A few weeks ago, when Lent had just started we talked about this Lenten path.

A little review of Lent: Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Sundays in Lent are not counted because they each represent a "mini-Easter." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time when Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of ourselves for others.

We discussed all kinds of ideas that we could do during Lent. A lot of those things included helping others and doing small things while we are going about our days. Some of our ideas were: Helping our parent's more (such as doing a new chore, helping with big chores, etc.), saying 1 nice thing to someone different each day, saying 3 positive things at the end of the day, going out of the way to help people, praying each morning and night, giving up chocolate, giving away things we don't use/play with anymore, and many more!

But now our days are a bit different! We are all staying at home and don't have the same opportunities that we had before. Some of our Lenten ideas can still be done while others are a bit more challenging!

I encourage you to go through the Lenten path as a family and discuss what you have done each day as well as brainstorm new ideas to honor Lent or ways that you can adapt the ideas we already have. We are a little over halfway through- it is the perfect time to review and renew our Lenten paths!

I am missing you all and hoping you are all well!

Megan