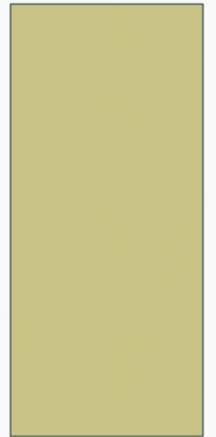


FAMILY FAITH FORMATION – 2025/2026

SAINT PATRICK'S & SAINT LUKE'S



THE PURPOSE OF FAMILY FAITH FORMATION

- To help you learn more about God so that you can deepen your own personal relationship with Him.
- To give you the confidence to speak about your Catholic faith with others.
- To help you as you guide your children in their own personal relationship with God.
- To provide you with an opportunity to spend more time with your immediate family and also with our parish family.
- To provide you with a short time for prayer and an opportunity to use the Sacrament of Reconciliation.

THE PURPOSE OF FAMILY FAITH FORMATION

- The Catechism of the Catholic Church is divided into 4 sections. They are:
 - The Creed – What we believe
 - The Sacraments – How we are sanctified
 - The Commandments – How we are to live
 - Prayer – How we relate and interact with God
- This year we will be studying Prayer

LENT

- Lent begins on Ash Wednesday.
- This year that date fell on Feb 18th.
- Lent is a 40 day period (more or less) which we use to prepare ourselves for the celebration of Easter and Our Lord's Resurrection from the dead.

LENT

- Let's begin by reading from Saint Luke's Gospel which concerns our Lord's Temptation in the desert.

LENT

- 40 days is a symbolic number and is normally a time of preparation or testing.
- During the flood, it rained 40 days and 40 nights.
- Moses prayed 40 days on Mount Sinai.

LENT

- Likewise, we see that Jesus prepared for His public ministry with a fast of 40 days.
- This time of 40 days is the inspiration for the 40 day season of Lent.

LENT

- At the end of this time, Satan appears to tempt Jesus.
- Temptation: The Holy Spirit makes us *discern* between trials, which are necessary for the growth of the inner man, and temptation, which leads to sin and death. We must also discern between being tempted and consenting to temptation. Finally, discernment unmasks the lie of temptation, whose object appears to be good, a "delight to the eyes" and desirable, when in reality its fruit is death.

LENT

- God does not want to impose the good, but wants free beings. . . . There is a certain usefulness to temptation. No one but God knows what our soul has received from him, not even we ourselves. But temptation reveals it in order to teach us to know ourselves, and in this way we discover our evil inclinations and are obliged to give thanks for the goods that temptation has revealed to us (CCC 2847)

LENT

- Note that temptations are not sins.
- It is only when one consents to the temptation, that is, when one chooses the apparent good over the real good, that a sin occurs.
- Recall a sin is an offense against God.

LENT

- Note how Satan tempts Jesus.
- First, with food for the body.
- Second, with power and glory.
- Third, with pride.

LENT

- Lent offers us three ways to combat temptations and our own human weaknesses:

Prayer

Fasting

Almsgiving

LENT

- Prayer ...
- This year we have been talking about prayer.
- God calls everyone to a personal and loving relationship. He loves you.

LENT

- Jesus says,
- “No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you (Jn 15:15).”

LENT

- We spend time with those we love.
- This Lent, get to know God.
- Spend time with Him.
- Make time for Him.

LENT

- Go to daily Mass.
- Go to Adoration.
- Say the Rosary.
- Read from the Bible and Word Among Us.
- Go to Stations of the Cross.

LENT

- Fasting and Penance.
- Our souls hunger and thirst for the living God (Ps 42:1-2).

LENT

- Suffering can be of two kinds:
 - Involuntary (God allows this)
 - Voluntary (we choose it)

LENT

- We need to see suffering as the sacrifice of one present and known good for one future (and often unknown) good.
- When we experience involuntary suffering and united our will to the will of God who allows it, we will gain a good which God will bestow on us.

LENT

- Voluntary suffering for some spiritual good is also pleasing to God and for several reasons:

LENT

- First, it focuses on the hereafter rather than the here and now.
- Second, it helps us overcome spiritual weakness in the form of bad habits.
- Third, it helps us resist temptations.
- Forth, it is a form of prayer by which we can remit punishment due to sin and intercede for ourselves and others.

LENT

- Almsgiving is donating some of what we have to aid those in need.
- The aid can be for either spiritual or material needs.

LENT

- Note the Lenten rules for fasting and abstinence:
- Those 18 to 59 must fast on Ash Wednesday and Good Friday
- Those 14 and older must abstain from meat on Ash Wednesday and all Fridays in Lent.

LENT

- Almsgiving helps to free us from becoming overly attached to our material things.
- We cannot take what we own with us, and when we are dying, they mean very little to those who seek to live with God.

LENT

- Ashes are a sign of penance.
- In humility, we acknowledge our failure to love God and neighbor as we should.
- Ashes symbolize our desire to be forgiven and renewed.

LENT

- Confession is the ordinary way in which we receive forgiveness for our sins.
- Go regularly (every month to six weeks is a good habit).
- Definitely go sometime during Lent.

LENT

- Jesus came to save us from our sins.
- In Lent, we ask pardon for our failures and we seek to prepare ourselves for the great feast of Easter in which the Lord Jesus rose from the dead and vanquished sin, Satan and death.

HOMework

- Parents at Home:
- Watch the videos on Lent
- Discuss with your children the Lenten practices of prayer, fasting (penance) and almsgiving.

HOMEWORK

- Parents at Home:
 - See that your children complete their homework assignments.
 - Take your children to Ash Wednesday Mass.
 - Take your children to Stations of the Cross.
 - Have your children make some Lenten resolutions.

FAMILY PRAYER

