

Family Activities for Lent

Use these simple activities at home during Lent to pray together, talk about CRS Rice Bowl Stories of Hope and choose small ways to care for others. Families can do one activity or try several—whatever works best for your time, space and routine.

Family Prayer Cards for Lent

Every person is loved by God

Before you begin

Every person is precious and loved by God. Read or watch a CRS Rice Bowl Story of Hope, then use these prayer cards to help your family pray for people around the world during Lent.

- Optional: Read a CRS Rice Bowl Story of Hope or watch a video from Ethiopia, Honduras or Lebanon.
- Find one of the countries on a map or globe.
- Talk together: How can our family show love and respect for others this Lent?
- Gather crayons, markers or colored pencils and scissors.

Do the activity

1. Decorate the prayer cards.
2. Cut them out.
3. Choose one card to keep where your family will see it each day, such as the dinner table, prayer space or refrigerator.
4. Share the extra cards with family members, friends or neighbors.
5. Each time you see the card, say a short prayer for families around the world.



Prayer Cards

Color the cards, cut them out and place one somewhere your family will see it often. Share extras with people you love or use them as simple prayer reminders during Lent.

CRS Rice Bowl Prayer

*God of mercy,
Open our eyes to people who
hunger for food and stability.
Bless our prayers, fasting and almsgiving,
and teach us to live with grateful hearts and
generous hands.
Help us to share what we have,
so our gifts uplift people today
and create a loving world tomorrow.
Amen*

CRS Rice Bowl Prayer

*God of mercy,
Open our eyes to people who
hunger for food and stability.
Bless our prayers, fasting and almsgiving,
and teach us to live with grateful hearts and
generous hands.
Help us to share what we have,
so our gifts uplift people today
and create a loving world tomorrow.
Amen*

CRS Rice Bowl Prayer

*God of mercy,
Open our eyes to people who
hunger for food and stability.
Bless our prayers, fasting and almsgiving,
and teach us to live with grateful hearts and
generous hands.
Help us to share what we have,
so our gifts uplift people today
and create a loving world tomorrow.
Amen*

CRS Rice Bowl Prayer

*God of mercy,
Open our eyes to people who
hunger for food and stability.
Bless our prayers, fasting and almsgiving,
and teach us to live with grateful hearts and
generous hands.
Help us to share what we have,
so our gifts uplift people today
and create a loving world tomorrow.
Amen*

Strawberry Thank-You Notes to God

Give thanks for our gifts and dreams

Before you begin

Willian and Digna's story reminds us that work can help families use their gifts, care for one another and dream about the future. Use these strawberries to thank God for the gifts, people and hopes in your own family.

- Optional: Read Willian and Digna's Story of Hope or watch the Honduras video.
- Find Honduras on a map or globe.
- Talk together: What is one gift, person or hope our family wants to thank God for?
- Gather crayons, markers or colored pencils and scissors.
- Optional: Use red and green paper to make your own strawberries.

Make Your Strawberry Thank-You Notes

Cut out the strawberries. On each one, write or draw something your family wants to thank God for. Place the strawberries somewhere you will see them during Lent. Then pray together: God, thank you for our blessings. Help us share your love with families around the world. Amen.



Strawberry Thank-You Template

 Thank you, God, for	 Thank you, God, for
 Thank you, God, for	 Thank you, God, for

Our Family Lenten Plan

Lent is a chance for your family to slow down, grow closer to God and care for others in simple, meaningful ways. You don't have to do something big. Use this plan to choose small practices your family can try together—one way to pray, one way to make room for God and one way to share with people in need.

Optional story connection: Before you fill out your plan, read one CRS Rice Bowl Story of Hope or watch a short video from Ethiopia, Honduras or Lebanon. As you listen, notice how families around the world pray, work, hope and care for one another.

Pray Who can we pray for this week?	Fast What can we give up or do less of to make room for God and others?	Give How can we share with people who need support?
Our family will: _____ _____ _____ _____	Our family will: _____ _____ _____ _____	Our family will: _____ _____ _____ _____
This Lent, our family asks God to help us ... _____ _____		

See, Pray and Act as a Family

Sometimes families hear about hard things happening in their community or around the world and wonder, “What can we do?” This reflection gives your family a gentle way to pause, talk together, bring your concerns to God and choose one loving action you can take during Lent.

Optional story connection: To begin, choose one CRS Rice Bowl Story of Hope or video from Ethiopia, Honduras or Lebanon. Talk about what your family noticed, what you want to pray for and one small action you can take in response.

See What do we notice about families in our community or around the world?	Pray What do we want to ask God to help with?	Act What is one loving action our family can take this week?
We notice: 	We pray: 	We will:
Our family’s Lenten response This week, we will:		