
PREPARING FOR LENT: A 10-MINUTE PRAYERFUL INTRODUCTION

Introduce students to CRS Rice Bowl at the beginning of Lent with this short activity.

SETUP:

Pass out CRS Rice Bowls and give students time to assemble them. They should keep the enclosed **Lenten calendars** handy for this activity.

LEADER

During Lent, Catholics do three things to grow closer to God: Pray, fast and give alms. These are the three pillars of Lenten spirituality. The CRS Rice Bowl and Lenten calendar will be our guides this Lent as we reflect on our responsibility to care for, accompany and help our human family in need—particularly people who experience hunger and malnutrition.

In Christ we are all family. How can we not take care of each other? During the 40 days of Lent, we are called to pay attention to the needs of our sisters and brothers, to feel compassion and to take action to accompany them. God asks us to live by serving others—seeing Jesus in each sister and brother—regardless of who they are or what they believe.

READER 1

The first pillar of Lent is prayer. We pray to grow in our relationship with God and ask God for guidance on how to live according to his will. In our prayers, we thank God for the gifts we have been given. We also pray for those who experience need of any kind: Physical, spiritual or emotional. During Lent, we make an extra effort by praying each day to become the person God calls us to be.

Invite students to find the Lenten prayer on the side of their CRS Rice Bowls and read it aloud together. Encourage them to read the daily reflections on their Lenten calendars at home with their families.

READER 2

The second pillar of Lent is fasting. Fasting means we give something up to be more sensitive and better understand and support our sisters and brothers suffering from hunger around the world. Enlightened by the Holy Spirit, we recognize that their well-being is important and connected to our own.

Invite students to try the meatless recipes on their Lenten calendars at home with their families. Explain to students that they can help others by putting the money their family saves by fasting and eating simple meals into their CRS Rice Bowls.

READER 3

The third pillar of Lent is almsgiving. When we give to those in need, we honor Jesus' call to care for our neighbors by serving and sharing with them the gifts we have received. This Lent, we will visit three countries to learn how families are transforming their lives with support from our Lenten sacrifices through CRS Rice Bowl.

Invite students to look at the stories and pictures on their Lenten calendars. Encourage them to read these stories at home with their families.

LEADER

We pray that the prayers, recipes and stories from CRS Rice Bowl will help us recognize the face of Christ in our sisters and brothers around the world and, in doing so, that we may grow closer to God during this season of Lent. As we begin our 40-day journey, we ask God to walk with us and open our hearts to our one human family.

Amen