

Formation Family Meeting # 3 February 2026

Family Follow-Up Activities

Lent is Getting your heart and mind ready for Easter.

Lent:

Lent a 40-day period (Ash Wednesday to Easter) for getting our hearts and minds ready for Easter. We focus on Jesus's love and sacrifice by:

1-Praying: *Talking to God more often, maybe reading a Bible story.*

2-Fasting: *Choosing something small to give up, like candy, video games, or complaining, to remember Jesus gave up so much for us.*

3-Almsgiving: *Doing kind things for people, like helping with chores, sharing toys, or giving money to help others.*

Watch this video on 10 things you might not know about Lent. <https://www.youtube.com/watch?v=Z6rfiAztUCc>

Please do at least one activity in each section.

Ash Wednesday - attend a service on February 18th – (St Bernard's parish will be distributing ashes at 8:00 am Mass, 12:00 pm service, 3:30 pm service and 7:00 pm Mass. Please check the bulletin or website for any updates.)

"Remember that you are dust and to dust you shall return."

1-Read Genesis 2:4–9 – God created man from the dust of the earth. Then **Read Genesis 3:19**- When we mark our foreheads with ashes at the beginning of Lent, we are indicating that we are turning back to God.

OR

"Repent and believe in the Gospel."

2-Read Jonah 3:6–9 - Wearing ashes on our foreheads is a tradition of repentance that comes from the Old Testament. When Jonah preached repentance to Nineveh, the king covered himself in sackcloth and ashes and ordered the people to do the same. Ashes and scratchy clothes were a way for people to be humble before God and show that they were willing to make a big change in their lives. We are marked with ashes for the same reason: to show that we are willing to change. The physical symbol—ashes—is for our benefit. God knows what is in our hearts; the ashes remind us to turn our hearts toward God.

AND

Lent is for praying, fasting, and almsgiving:

1-As part of praying(color green) , fasting(color red), and almsgiving(color purple or yellow) for lent color in one cross each day on the **40 Crosses Lenten Calendar Activity :**

<https://www.stbernardchurch.org/images/stories/documents/Rel%20Ed/40%20Crosses%20Lent%20Coloring%20Calendar%202026.pdf>

2-Do the daily activities each day from the **Lenten Countdown Activity Calendar:**

<https://www.stbernardchurch.org/images/stories/documents/Rel%20Ed/Lenten%20Countdown%20Activity%20Calendar.pdf>

Bonus optional activity: Have your family make a "Lent in a Bag" project

<https://www.stbernardchurch.org/images/stories/documents/Rel%20Ed/Lent%20in%20a%20Bag%20instructions.pdf>

When you are done, please use this link to submit your follow up activities!

<https://stbernardrc.ccbchurch.com/goto/forms/115/responses/new>