# Lent at Home

A short family prayer for every day of Lent and Holy Week · Ash Wednesday 10 February – Easter Sunday 28 March 2027

Lent is forty days of getting ready for Easter, walking with Jesus towards the cross and the empty tomb. These pages give your family one small moment of prayer for each day: five minutes at breakfast, after school or at bedtime, whichever suits your home.

### HOW IT WORKS

1. **Make a prayer place.** A purple cloth on a shelf or table, a cross, a Bible and an empty jar for your Lent giving.
2. **Read the day together.** Take turns to read the short line about the gospel. Grown-ups can read the gospel itself from a family Bible: the reference is printed each day.
3. **Say the prayer line together,** slowly, twice. Little ones can repeat it after you.
4. **Choose to do the one thing,** and tick the box when you have done it.

### THE PATH TO THE CROSS

On the First Sunday of Lent you make a small desert tray of sand or salt for your prayer place. Each Sunday, put one more stone on a path leading to your cross, so that the path is finished on Palm Sunday. The picture at the top of each page shows how far you have come, and children can colour in the stones.

### PRAY, GIVE, GO WITHOUT

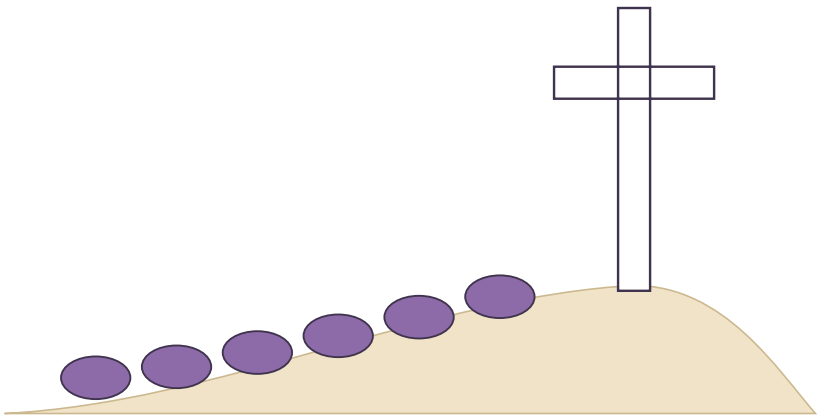
The three things Christians do in Lent are praying, giving to people in need, and going without something. On Ash Wednesday each family member chooses one of each. Ash Wednesday and Good Friday are days of fasting for adults; children are not asked to fast, and a simple meal and a small going-without are plenty.

### BEFORE LENT: BURYING THE ALLELUIA

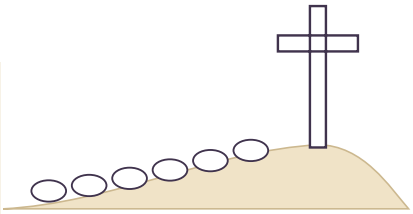
The Church does not sing Alleluia in Lent. On Shrove Tuesday, 9 February, after the pancakes, write ALLELUIA on a piece of paper, decorate it and hide it away. You will find it again on Easter morning.

### FOR PARISHES, SCHOOLS AND GROUPS

Free to print, copy and hand out to every family. There is nothing to sign up for. The whole season is at **verityeducation.co.uk/pray/lent**.



# Lent begins



**AT THE PRAYER PLACE**

*Set up your prayer place: a purple cloth, a cross and an empty Lent jar.*
Jesus, we begin these forty days with you. Help us to pray, to give and to go without, so that our hearts are ready for Easter. Amen.

**WED 10 FEB**
Ash Wednesday
*Mt 6:1-6, 16-18*

Jesus says: when you pray, give or go without, do it quietly for God, not to show off. ☐

**Pray:** Jesus, make our hearts new this Lent.

**Do:** Choose your three Lent promises together: one to pray, one to give, one to go without.

**THU 11 FEB**
After Ash Wednesday
*Lk 9:22-25*

Jesus says that following him means carrying our cross, every day. ☐

**Pray:** Jesus, help us to follow you when it is hard.

**Do:** Make a small cross from two sticks or lolly sticks for your prayer place.

**FRI 12 FEB**
After Ash Wednesday
*Mt 9:14-15*

People ask why Jesus' friends do not fast. Jesus says there is a time to feast and a time to fast. ☐

**Pray:** Jesus, help us to keep our Lent promises.

**Do:** Have a simple meal tonight and put the money saved in the Lent jar.

**SAT 13 FEB**
After Ash Wednesday
*Lk 5:27-32*

Jesus calls Levi the tax collector, and eats with people others look down on. ☐

**Pray:** Jesus, help us to welcome everyone.

**Do:** Invite someone who is often left out to play or sit with you.

**OUR LENT PROMISES**

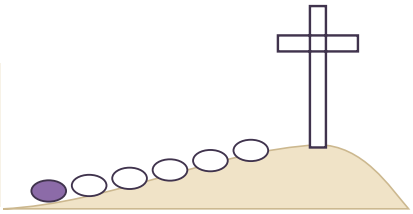
Write your promises here, or on a card for the prayer place. Keep them small enough to keep for forty days. Sundays are little feast days: you can have a rest from going without.

**We will pray:** _____

**We will give:** _____

**We will go without:** _____

# Into the desert



**AT THE PRAYER PLACE**

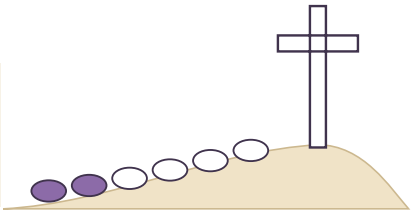
*Put the first stone on the path to your cross.* Jesus, you went into the desert for forty days. Stay close to us as we keep our Lent promises. Amen.

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| **SUN 14 FEB**<br>First Sunday of Lent<br>*Mk 1:12-15* | The Spirit leads Jesus into the desert for forty days, and angels look after him.<br>**Pray:** Jesus, be with us in our desert days.<br>**Do:** Make a 'desert' tray (sand or salt, a few stones) for your prayer place. | ☐ |
| **MON 15 FEB**<br>Lent, week 1<br>*Mt 25:31-46* | Jesus says: whatever you did for the hungry, the stranger and the sick, you did for me.<br>**Pray:** Jesus, help us to see you in others.<br>**Do:** Choose one way to help someone in need this week. | ☐ |
| **TUE 16 FEB**<br>Lent, week 1<br>*Mt 6:7-15* | Jesus teaches his friends the Our Father.<br>**Pray:** Our Father, who art in heaven...<br>**Do:** Say the Our Father slowly together, stopping after each line. | ☐ |
| **WED 17 FEB**<br>Lent, week 1<br>*Lk 11:29-32* | Jesus reminds people that the city of Nineveh turned back to God when Jonah spoke.<br>**Pray:** God, help us to turn back to you.<br>**Do:** Read or tell the story of Jonah together. | ☐ |
| **THU 18 FEB**<br>Lent, week 1<br>*Mt 7:7-12* | Jesus says: ask, and it will be given; knock, and the door will be opened.<br>**Pray:** Father, we ask, we seek, we knock.<br>**Do:** Each write one prayer request and put it beside your Lent cross. | ☐ |
| **FRI 19 FEB**<br>Lent, week 1<br>*Mt 5:20-26* | Jesus says: before you give God a gift, go and make peace with your brother or sister.<br>**Pray:** Jesus, help us to make peace.<br>**Do:** Say sorry to someone, or make up after an argument. | ☐ |
| **SAT 20 FEB**<br>Lent, week 1<br>*Mt 5:43-48* | Jesus says: love your enemies and pray for those who are unkind to you.<br>**Pray:** Jesus, help us to love even when it is hard.<br>**Do:** Pray quietly for someone you find difficult. | ☐ |

# Listen to him

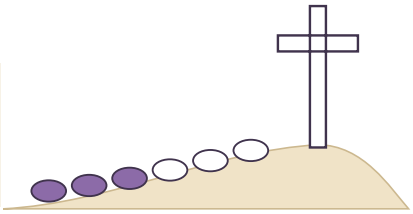
**AT THE PRAYER PLACE**

*Put a second stone on the path.* Jesus, you shone with God's light on the mountain. Help us to be quiet and listen to you this week. Amen.



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| **SUN 21 FEB**<br>Second Sunday of Lent<br>*Mk 9:2-10* | On a mountain, Jesus shines with light, and a voice says: this is my Son, listen to him.<br>**Pray:** Jesus, help us to listen to you.<br>**Do:** Have five minutes of family quiet to listen to God. | ☐ |
| **MON 22 FEB**<br>The Chair of St Peter<br>*Mt 16:13-19* | Jesus asks: who do you say I am? Peter answers: you are the Christ.<br>**Pray:** Jesus, you are the Son of the living God.<br>**Do:** Pray for the Pope and for our bishop by name. | ☐ |
| **TUE 23 FEB**<br>Lent, week 2<br>*Mt 23:1-12* | Jesus says: the greatest among you must be your servant.<br>**Pray:** Jesus, teach us to serve.<br>**Do:** Serve the family: set the table, pour drinks, clear up. | ☐ |
| **WED 24 FEB**<br>Lent, week 2<br>*Mt 20:17-28* | Jesus says he came not to be served but to serve.<br>**Pray:** Jesus, help us to put others first.<br>**Do:** Let someone else go first today, all day. | ☐ |
| **THU 25 FEB**<br>Lent, week 2<br>*Lk 16:19-31* | Jesus tells of a rich man who never noticed poor Lazarus at his gate.<br>**Pray:** God, open our eyes to people in need.<br>**Do:** Notice someone who needs help today, and help them. | ☐ |
| **FRI 26 FEB**<br>Lent, week 2<br>*Mt 21:33-43, 45-46* | Jesus tells of tenants who will not give the vineyard owner his share.<br>**Pray:** God, everything we have comes from you.<br>**Do:** Count your blessings: list ten good things you have been given. | ☐ |
| **SAT 27 FEB**<br>Lent, week 2<br>*Lk 15:1-3, 11-32* | A son comes home after wasting everything, and his father runs to hug him.<br>**Pray:** Father, thank you for always welcoming us home.<br>**Do:** Give a long hug to everyone at home. | ☐ |

# A house of prayer

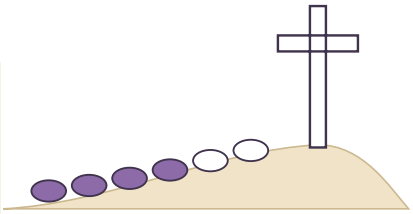


**AT THE PRAYER PLACE**

*Put a third stone on the path.* Jesus, make our home a house of prayer, where everyone is welcome and loved. Amen.

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| **SUN 28 FEB**<br>Third Sunday of Lent<br>*Jn 2:13-25* | Jesus clears the Temple of traders: my Father's house is a house of prayer.<br>**Pray:** Jesus, make our hearts a house of prayer.<br>**Do:** Tidy and refresh your home prayer corner. | ☐ |
| **MON 1 MAR**<br>Lent, week 3<br>*Lk 4:24-30* | In his home town, people will not listen to Jesus.<br>**Pray:** Jesus, help us to listen even when it surprises us.<br>**Do:** St David's Day: do the little things, as St David said. | ☐ |
| **TUE 2 MAR**<br>Lent, week 3<br>*Mt 18:21-35* | Peter asks how often to forgive. Jesus says: seventy times seven.<br>**Pray:** Father, forgive us as we forgive others.<br>**Do:** Let go of one grudge: write it down, pray, and tear it up. | ☐ |
| **WED 3 MAR**<br>Lent, week 3<br>*Mt 5:17-19* | Jesus says he has come not to throw away God's law but to fulfil it.<br>**Pray:** God, help us to keep your commandments.<br>**Do:** Talk about one family rule and why it helps everyone. | ☐ |
| **THU 4 MAR**<br>Lent, week 3<br>*Lk 11:14-23* | Jesus heals a man who could not speak, and says: whoever is not with me is against me.<br>**Pray:** Jesus, we choose to be with you.<br>**Do:** Pray for someone who finds it hard to speak or be heard. | ☐ |
| **FRI 5 MAR**<br>Lent, week 3<br>*Mk 12:28-34* | Jesus says the greatest commandments are to love God and to love our neighbour.<br>**Pray:** Lord, help us to love you and love our neighbour.<br>**Do:** Do something kind for a neighbour. | ☐ |
| **SAT 6 MAR**<br>Lent, week 3<br>*Lk 18:9-14* | Two men pray in the Temple: one boasting, one saying: God, be merciful to me.<br>**Pray:** God, be merciful to me, a sinner.<br>**Do:** Make a quiet 'sorry' prayer before bed. | ☐ |

# God so loved the world

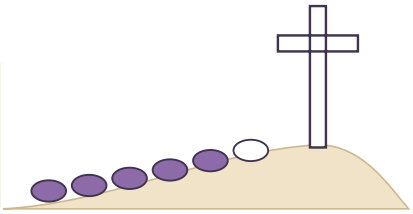


**AT THE PRAYER PLACE**

*Put a fourth stone on the path. We are more than halfway: this Sunday the Church says rejoice!* God our Father, you loved the world so much that you gave us Jesus. Help us to love like you. Amen.

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| **SUN 7 MAR**<br>Fourth Sunday of Lent<br>*Jn 3:14-21* | God loved the world so much that he gave his only Son.<br>**Pray:** Thank you, God, for loving the world so much.<br>**Do:** Mothering Sunday: make a card or posy for mum, a grandmother, or someone who mothers you. | ☐ |
| **MON 8 MAR**<br>Lent, week 4<br>*Jn 4:43-54* | An official begs Jesus to heal his son, and trusts Jesus' word that he will live.<br>**Pray:** Jesus, we trust your word.<br>**Do:** Pray for someone who is ill. | ☐ |
| **TUE 9 MAR**<br>Lent, week 4<br>*Jn 5:1-16* | Jesus heals a man who has waited by the pool for thirty-eight years.<br>**Pray:** Jesus, you never forget us.<br>**Do:** Pray for people who have been waiting a long time. | ☐ |
| **WED 10 MAR**<br>Lent, week 4<br>*Jn 5:17-30* | Jesus says he does what he sees his Father doing.<br>**Pray:** Jesus, help us to do what God wants.<br>**Do:** Copy a kind thing you saw someone else do. | ☐ |
| **THU 11 MAR**<br>Lent, week 4<br>*Jn 5:31-47* | Jesus says that his works show who he is.<br>**Pray:** Jesus, let our actions show your love.<br>**Do:** Do a kind job without telling anyone. | ☐ |
| **FRI 12 MAR**<br>Lent, week 4<br>*Jn 7:1-2, 10, 25-30* | Jesus goes quietly to the festival, and people argue about who he is.<br>**Pray:** Jesus, we know you come from God.<br>**Do:** Have a quiet family evening and pray together. | ☐ |
| **SAT 13 MAR**<br>Lent, week 4<br>*Jn 7:40-53* | Some say Jesus is a prophet, others are not sure. Nicodemus speaks up for him.<br>**Pray:** Jesus, help us to speak up for what is right.<br>**Do:** Talk about a time someone stood up for you. | ☐ |

# The grain of wheat



**AT THE PRAYER PLACE**

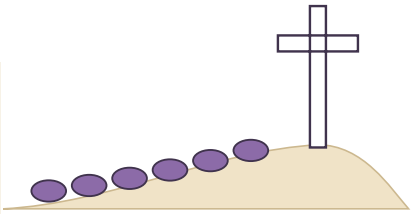
*Put a fifth stone on the path.* Jesus, like a seed in the ground, you gave your life so that we could live. Help us to grow in love. Amen.

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| **SUN 14 MAR**<br>Fifth Sunday of Lent<br>*Jn 12:20-33* | Jesus says: a grain of wheat must fall into the ground to grow and bear fruit.<br>**Pray:** Jesus, help us to grow in love.<br>**Do:** Plant a seed in a pot and watch it through to Easter. | ☐ |
| **MON 15 MAR**<br>Lent, week 5<br>*Jn 8:1-11* | People want to punish a woman. Jesus says: let the one without sin throw the first stone.<br>**Pray:** Jesus, help us to forgive and not to judge.<br>**Do:** Say something kind about someone instead of complaining. | ☐ |
| **TUE 16 MAR**<br>Lent, week 5<br>*Jn 8:21-30* | Jesus says: when you lift up the Son of Man, you will know who I am.<br>**Pray:** Jesus, we look to your cross.<br>**Do:** Pray in front of a cross for a minute. | ☐ |
| **WED 17 MAR**<br>Lent, week 5<br>*Jn 8:31-42* | Jesus says: the truth will set you free.<br>**Pray:** Jesus, help us always to tell the truth.<br>**Do:** St Patrick's Day: say St Patrick's 'Christ be with me' prayer together. | ☐ |
| **THU 18 MAR**<br>Lent, week 5<br>*Jn 8:51-59* | Jesus says: before Abraham was, I am.<br>**Pray:** Jesus, you are with us always.<br>**Do:** Look at the stars tonight and thank God who made them. | ☐ |
| **FRI 19 MAR**<br>St Joseph<br>*Mt 1:16, 18-21, 24a* | Joseph trusts the angel's message and takes care of Mary and Jesus.<br>**Pray:** St Joseph, guard our family.<br>**Do:** Thank the people who look after your family: write them a note. | ☐ |
| **SAT 20 MAR**<br>Lent, week 5<br>*Jn 11:45-56* | People wonder whether Jesus will come to Jerusalem for the Passover.<br>**Pray:** Jesus, help us to be ready for Holy Week.<br>**Do:** Make palm crosses or a 'Hosanna' banner for tomorrow. | ☐ |

# Holy Week

**AT THE PRAYER PLACE**

*Put the last stone on the path, and lay your palm cross beside the cross.* Jesus, we walk with you through this holy week, to the cross and to the empty tomb. Keep us close to you. Amen.



**SUN 21 MAR**
Palm Sunday
*Mk 11:1-10 · Mk 14:1 – 15:47*

Jesus rides into Jerusalem on a donkey, and the crowds wave branches and shout Hosanna.

**Pray:** Hosanna! Blessed is he who comes in the name of the Lord.

**Do:** Put your palm cross somewhere you'll see it all week. ☐

**MON 22 MAR**
Holy Week
*Jn 12:1-11*

Mary pours perfume on Jesus' feet, and the whole house is filled with the smell.

**Pray:** Jesus, we give you our best.

**Do:** Give someone a gift of your time today. ☐

**TUE 23 MAR**
Holy Week
*Jn 13:21-33, 36-38*

At supper, Jesus says one of his friends will betray him. Peter says he will never let him down.

**Pray:** Jesus, keep us faithful to you.

**Do:** Talk about what it means to be a good friend. ☐

**WED 24 MAR**
Holy Week
*Mt 26:14-25*

Judas agrees to hand Jesus over, and the friends get the Passover meal ready.

**Pray:** Jesus, we are sorry for the times we let you down.

**Do:** Get ready for the Easter Triduum: plan what your family will do each day. ☐

**THU 25 MAR**
Holy Thursday
*Jn 13:1-15*

At the Last Supper, Jesus washes his friends' feet and tells them to do the same.

**Pray:** Jesus, teach us to serve one another.

**Do:** Wash each other's hands before supper, and say a special grace. ☐

**FRI 26 MAR**
Good Friday
*Jn 18:1 – 19:42*

Jesus dies on the cross, and his mother Mary and his friend John stay close to him.

**Pray:** We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.

**Do:** Keep a quiet time at 3 o'clock, and pray in front of a cross. ☐

**SAT 27 MAR**
Holy Saturday
*(no Mass by day; Easter Vigil: Mk 16:1-7)*

The day of waiting. Jesus lies in the tomb, and his friends wait and wonder.

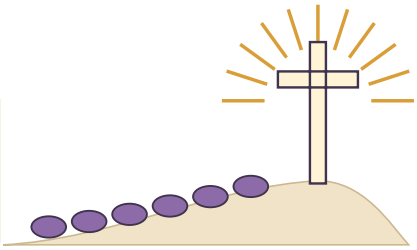
**Pray:** Jesus, we wait for you.

**Do:** Decorate eggs and get the Easter garden ready, keeping the tomb closed. ☐

**MAKING AN EASTER GARDEN**

On a tray or plate: soil or moss, three small crosses on a hill, and a tomb made from a flowerpot on its side, with a round stone for a door. Keep the stone closed until Easter morning.

# He is risen!



AT THE PRAYER PLACE

*Cover the cross with flowers and put a candle beside it.* Jesus, you are risen! Fill our home with your Easter joy. Alleluia! Amen.

SUN 28 MAR
Easter Sunday
*Jn 20:1-9*

Mary Magdalene finds the stone rolled away, and Peter and John run to the empty tomb. ☐

**Pray:** Alleluia! Jesus is risen!

**Do:** Open the Easter garden tomb, sing Alleluia, and share Easter breakfast.

EASTER MORNING

Before breakfast, open the tomb in your Easter garden. Find the Alleluia you buried on Shrove Tuesday and put it up where everyone can see it. Light a candle at your prayer place and sing Alleluia together, as loudly as you like.

**All:** Jesus, you are risen and alive! Thank you for loving us so much. Alleluia, alleluia! Amen.

Open the Lent jar and count it together, then choose a charity to send it to.

Easter is not one day but fifty: keep celebrating until Pentecost, Sunday 16 May.

LOOKING BACK ON LENT

Over Easter breakfast, take turns to answer:

**The Lent promise I kept best was** _____

**The day I liked most was** _____

**This Easter I want to keep on** _____