



# FAITH AT HOME

Making Faith Come Alive for Your Family  
During the Lenten Season



## Make the faith come alive for your family during Lent.

- Pray an [Our Father](#) each day.
- Have you returned to Mass during COVID-19? If not, consider watching this [Story of Hope](#) to hear the experiences of those around the diocese.
- Your family can make a [spiritual communion](#) when attending a virtual Mass.
- Lent begins on Ash Wednesday, Feb. 17<sup>th</sup> and goes through Wednesday, March 31<sup>st</sup>.
- During Lent, the Church asks us to surrender ourselves to [prayer](#) and to the reading of Scripture, to [fasting](#) and to [giving alms](#).
- Bishop O'Connell's [Lenten message](#).



## Any Plans for Lent?



### Young Adults | [Learn More >](#)

Young people between the ages 18 and 39 are part of the young adult community and experience a variety of life stages.



### Newly Married | [Learn More >](#)

Two people coming together to form something completely new - a brand new family where one didn't exist before.



### Families with Young Children | [Learn More >](#)

Becoming parents for the first time-- a tremendous blessing but also a tremendous challenge. This is for parents with children who are between 0-5 years old.



### Families School-Aged Children | [Learn More >](#)

Catholic families with school-aged children (6-12 years old) a diverse group, but all have the same basic goal - to form loving, caring relationships and provide a solid foundation for children so they can reach their full human potential.



### Families with Adolescents | [Learn More >](#)

Parents of teenagers (13-18 years old) who are dealing with so many pressures to raise purpose-driven, faith-filled kids.



### Single/Married Adults | [Learn More >](#)

Single adults or those who are married with no kids at home. Many parents have launched children and are entering into the "empty-nest" stage.



### Golden Years | [Learn More >](#)

Singles or couples in their golden years who've embraced their vocational calling and are now called to adjust to such changes as retirement, financial challenges, health issues, losing independence, and end-of-life issues.



## LENT 2021 Sunday Mass Readings

To prepare for Mass, read the Sunday Gospel before you attend. Following Mass, discuss the question posted below with your family.

[February 21, 2021](#) What will you do this Lent to be happier? Trust Jesus? **"When the...bow appears in the clouds, I will recall the covenant I have made between me and you..."** Genesis 9:16

[February 28, 2021](#) How do you listen to God's beloved Son? Could it be just being in a quiet place and repeating **"here I am (Lord)"** Genesis 22:1

[March 7, 2021](#) Jesus was angry - as we all get at times. When is your anger a good thing? When is it not? **"His disciples recalled the worlds of scripture, Zeal for your house will consume me."** John 2:17

[March 14, 2021](#)

Who is one person in your life that has loved you the most? Mom? Dad? Friend? **"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."** John 3:16

[March 21, 2021](#)

Name one area in your life that you need to let go of, to die to, in order to rise with new life. **"Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit."** John 12:24

The Diocese of Trenton is here to support you and your family.

Resources for families can be found on our webpage: [dioceseoftrenton.org/faith-at-home](http://dioceseoftrenton.org/faith-at-home)

