

WEEK 1: Jesus Calls Us to Love (Forgiveness)

Gospel: *Mark 1:12–15* - Jesus goes into the desert.

Reflection:

Jesus chooses the quiet of the desert to pray and listen to the Father. Lent invites us to step away from noise and distraction. Forgiveness begins when we allow God into the hidden places of our hearts, where healing is needed most.

Family Mission:

- ✓ Quietly name one person you find difficult to forgive.
- ✓ Pray each day for the grace to see them with God's eyes.

Prayer:

Jesus, enter the quiet places of my heart. Heal what is wounded and teach me to forgive with love. Amen.

WEEK 2: Listen to Jesus (The Transfiguration)

Gospel: *Mark 9:2–10* - "This is my beloved Son. Listen to Him."

Reflection:

The disciples glimpse the glory of Jesus and hear God's voice calling them to listen. Listening takes time and trust. When we listen with open hearts, Jesus slowly shapes our choices and lights our path.

Family Mission:

- ✓ Spend five minutes in silence together during the week.
- ✓ Each person reflects quietly on one loving action Jesus may be inviting them to take.

Prayer:

Jesus, help me recognise Your voice and follow where You lead. Let Your light guide my life. Amen.

WEEK 3: Jesus Cleans the Temple (Respect for God)

Gospel: *John 2:13–25*

Reflection:

Jesus reminds us that what belongs to God should be treated with care. Our hearts are God's dwelling place. Lent calls us to clear away habits and attitudes that crowd out love, prayer, and respect.

Family Mission:

- ✓ Tidy a space at home as a sign of making room for God.
- ✓ Pause together to ask Jesus to renew your hearts.

Prayer:

Jesus, help me honour You in my heart, my home, and the way I treat others. Amen.

WEEK 4: God Loves the World (Hope)

Gospel: *John 3:14–21* — "God loved the world so much..."

Reflection:

God's love reaches far beyond what we can see or imagine. Every person matters to God. Hope grows when we remember that love is stronger than fear, division, or hardship.

Family Mission:

- ✓ Share something practical with someone in need.
- ✓ Pray for children and families facing difficulty across the world.

Prayer:

Jesus, thank You for loving every person without limit. Help me become a sign of hope for others. Amen.

WEEK 5: A Seed Must Die to Grow (Sacrifice)

Gospel: *John 12:20–33*

Reflection:

Jesus teaches that life grows through self-giving. Small sacrifices, offered with love, help new life take root in us and in the world. Lent shapes generous hearts ready to serve.

Family Mission:

- ✓ Choose one simple sacrifice to share as a family this week.
- ✓ Offer it for those who struggle or go without.

Prayer:

Jesus, teach me to give generously and to grow through love. Amen.

PALM SUNDAY: Jesus, Our King of Peace

Gospel: *Mark 11:1–10*

Reflection:

Jesus enters Jerusalem in humility, not force. His way is the way of peace, compassion, and trust in God. Welcoming Jesus means choosing peace in our words, actions, and homes.

Family Mission:

- ✓ Create or draw a palm cross as a sign of welcome.
- ✓ Pray together for peace in your family, parish, and world.

Prayer:

King Jesus, reign in our hearts. Make our home a place of peace and love. Amen.

Holy Week Reflections

A Family Resource

HOLY THURSDAY – Jesus Shows Us How to Love

Focus: Jesus washes the feet of His disciples.

Reflection:

Jesus kneels before His friends and serves them with tenderness. Love is shown not in words but in humble actions. Holy Thursday teaches us that following Jesus means serving others quietly and generously, especially those who are often unnoticed.

Family Mission:

✓ Gently wash one another's hands at home as a sign of service.

✓ Pray for parents, carers, teachers, nurses, priests, and all who serve others daily.

Prayer:

Jesus, You chose to serve rather than be served. Teach us to love through kindness and humility. Amen.

GOOD FRIDAY – Jesus Gives His Life for Us

Focus: Jesus dies on the Cross.

Reflection:

Jesus carries the pain of the world and offers His life out of love. The Cross reminds us that no suffering is wasted when placed in God's hands. Even in silence and sorrow, God is at work.

Family Mission:

✓ Pause for silent prayer at 3pm, the hour of Jesus' death.

✓ Make the Sign of the Cross slowly and prayerfully.

Prayer:

Jesus, thank You for loving us to the end. Stay close to all who suffer today. Amen.

HOLY SATURDAY – Waiting in Hope

Focus: Trusting God in the silence.

Reflection:

Holy Saturday is a day of waiting. The tomb is closed, yet hope is alive. God works quietly, even when nothing seems to be happening. Waiting with trust prepares our hearts for new life.

Family Mission:

✓ Light a candle as a sign of hope.

✓ Pray especially for children who lack safety, shelter, or peace.

Prayer:

God of hope, help us to trust You in times of waiting and uncertainty. Amen.

EASTER SUNDAY – Jesus Is Alive!

Gospel: Mark 16:1–7

Focus: Jesus is risen. New life has begun for the whole world.

Reflection:

The tomb is empty. Jesus is alive. Fear gives way to joy, and death gives way to life. Easter reminds us that God's love is stronger than darkness. New beginnings are possible for every person and every nation.

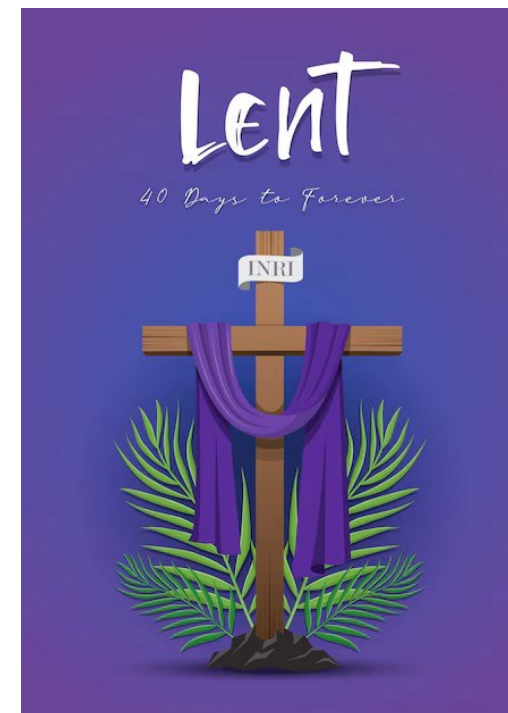
Family Mission:

✓ Bake bread or share a joyful meal together.

✓ Invite or remember someone who may feel lonely today.

Prayer:

Risen Jesus, thank You for the gift of new life. Send us out as missionaries of hope and joy. Amen.



Lent is a journey we walk with Jesus, step by step, towards new life. Each Sunday invites families to pause, listen, and grow closer to God through prayer, reflection, and simple actions at home. Jesus meets us where we are and gently shapes our hearts with forgiveness, hope, sacrifice, and peace.

These weekly moments help faith take root in everyday life, especially for children. Small actions, shared prayer, and quiet listening can bring real change. This booklet offers a simple path to follow Jesus together, preparing our hearts for the joy of Easter and the mission we share as His people.

Lenten Sundays with Jesus