

LENT

Fifth Week of Lent—2017

40
days



* Spend time reading and sharing the impact of Scripture with your family.

*For the readings of the day visit, www.usccb.org/bible/readings

Ephesians 5: 8-9

Brothers and sisters:
You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth.

Matthew 4:4

One does not live on bread alone, but on every word, that comes forth from the mouth of God.

John 8:12

I am the light of the world, says the Lord; whoever follows me will have the light of life.

Why is it 40 days?

(stjosephgv.nyc/season-of-lent-fast-facts)

Next to the number seven, the number 40 occurs most frequently in the Bible. It represents a period of testing or judgment. Lent's duration of 40 days reflects other times of trial, testing and hardship found in the Scriptures:

- The story of Noah tells of rain falling on the earth for 40 days and 40 nights.
- Both Moses and Elijah fasted for 40 days before beginning their missions.
- The Hebrews wandered for 40 years in the desert after leaving Egypt.
- It took the spies 40 days to search out the Promised Land and bring back fruit.
- Goliath taunted the Israelite army in the morning and evening for 40 days.
- Jonah warned the Ninevites they had 40 days until God would overthrow the city.
- Jesus fasted and prayed in the desert for 40 days before beginning his ministry.

In Church history, penitents usually guilty of public scandals like murder or adultery were temporarily expelled for the entire season in imitation of God's expulsion of Adam and Eve. They were sent away with the admonition "Remember, you are dust and to dust you shall return." They lived isolated from families, friends and parishioners for the 40 days of Lent. This temporary separation gave us the word quarantine, whose root is Latin for the number 40 and can still be heard in the Spanish word cuarenta.



What are you thankful for?

Make a booklet with ten pages to use with your children. Each evening before bedtime, talk about the day's events and think of something you are thankful for. It could be something that your child appreciates, thankfulness of someone who was kind to them or something positive that happened at home. Allow children to color or use other art supplies to decorate their books.



Family Activities

- * Decorate placemats for meals on wheels.
- * Organize a board game night at your local nursing home or senior center.
- * With spring approaching, organize a neighborhood clean-up day.
- * Bake cookies together and deliver them to a fire house or police station.