



LENT

Sunday, March 11



Family Focus in Lent

• Go to confession

If your family hasn't been to confession this year, calendar it for Lent. If you do celebrate the sacrament of Reconciliation regularly, try to increase your frequency during Lent. Check out [Celebrating Reconciliation with Kids: 9 Ways to Get Into the Habit](#) for help.

- **Easter Story Cookies**
[click here for recipe and instructions](#)

Lenten Practices for Daily Life:

Almsgiving

We can become more like Jesus during Lent by being generous. Not only with your money, but your time and talents. Perhaps give up money spent on a takeaway or another usual treat. Invite a new person from school, work or church to a meal with your family. Give a word of encouragement to the doubting or thanks to those who serve behind the scenes tirelessly.

A meditation based on Ephesians 2:4-10

This is not from you; it is the gift of God.

Paul is emphatic: we have been saved by grace, not by our own efforts. If we could have saved ourselves, Jesus would not have had to die for our sins.

So how are we supposed to understand the interplay between God's grace and our efforts? First, it's essential for us to believe, as Paul writes, that we are saved by grace, through faith (Ephesians 2:8). Second, we need to recall Paul saying, just two verses later, that God calls us to do "good works that God has prepared in advance" (2:10).

Paul isn't referring to individual acts of kindness or service here and there. He is speaking about a way of life. He is telling us that we, who were saved by grace, must respond to God's gracious gift. And the best and only response we can have to this gracious gift from God is to try to be just as gracious as he is by doing charitable works of service for people in need.

Paul goes so far as to say that our charitable works are "prepared in advance" by God (Ephesians 2:10). In other words, we may think that our desire to reach out to some one in distress arose in our minds by itself when it actually came from the Holy Spirit.

God has put a desire for charitable works on everyone's heart. But all too often people believe they are too busy to help. Or they believe their help won't make much of a difference. The sad result is that there are still many people who are not getting the help they need.

Don't let that happen! Resolve today to give back to the Lord through works of service. Lent is the perfect time to visit the sick or the elderly, to give to the poor, and to reach out to the wounded. It's also the perfect time to get your children or grandchildren to join you.

Today's other Readings:

2 Chronicles 36:14-16, 19-23

Psalms 137:1-6

John 3:14-21

Let us Pray...

"Lord, you have saved me. Now I want to serve you."