



# Our KandLe Family Lenten Promises

## Let's do Lent together in 2021

### What is this?

Bishop Denis is inviting families ahead of the Lenten season, (beginning on Ash Wednesday, February 17), to sit down together and share ideas on how you might together and /or individually take on *acts of prayer, fasting and charity* of your choosing before completing the 'Our KandLe Family Lenten Promises' sheet. *If you live alone, remember you are part of your parish and the KandLe diocesan family – join your Lenten promises to those of the rest of your faith family.*

### Why acts of prayer, fasting and charity in Lent?

The season of Lent gives us a chance to think about our life as followers of Jesus and to prepare ourselves to be ready to renew our baptism at Easter. It can be a time of reflection and taking stock, a time of turning back to God and reminding ourselves of what it means to live as a follower of Jesus, as a Christian in the world. The Lenten good works of prayer, fasting and charity are there to help give us this focus.



**Prayer** The COVID-19 pandemic has seen so many people turning to God in prayer - a reminder to us of what we instinctively know to be true - that God loves us and cares for us, and is with us always. This Lent could be a great time for families to begin or renew praying together. We can be aware of God and talk to God in prayer in so many ways. Saying a prayer before your main meal together, blessing yourselves when you leave your home, praying a

decade of the rosary, reading and thinking about a passage from the bible, joining in a time of prayer in your local church via technology, saying a night time prayer, visiting your parish church for a short time of prayer?



*Lord, teach us to pray*

*What appeals to you in these suggestions? What other suggestions do family members have?*

**Fasting** Many people see Lent as a time of fasting from something. We might give up sweets or cigarettes or alcohol, or meat on a Friday; we might fast from words that are hurtful to



ourselves and others or we might fast from habits that keep us from living well. We can always take it one step further and take up a positive action! We might, for example, decide on concrete actions that will help the environment such as conserving water, recycling properly and turning off lights. The fasting we do can help us create a space in our lives for God, who feeds all our hungers. *Are there habits that we have that are causing pain or hurt in our families that we could try to give up this Lent? What suggestions do family members have for fasting?*

**Charity** Linked to our fasting, whatever form it may take, is a concern for those who have no choice but to fast because of poverty and injustice. That concern connects us directly back to our baptismal commitment of making Christ present in our world through our actions. There is a great tradition in Ireland of supporting Trócaire in Lent and learning more about its work. *How*



*might your family support Trócaire this Lent? Do you have suggestions for other ways of giving money or assistance/acts of kindness to those in need locally, especially needs arising from COVID-19 this Lent?*



# Our KandLe Family Lenten Promises

As members of the KandLe family I/we promise to undertake the following, together or as individuals, this Lent:

Prayer

Fasting

Charity

Signed by: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**A KandLe Family Prayer for Lent:** Creator God,  
be with us as we make our Lenten journey together  
as part of the KandLe diocesan family.

Give us the strength to do what we have promised  
and the love to help one another along the way.

When Easter comes, may our Lenten promises  
have brought us closer to you and to your Son, Jesus. Amen.

