



## OUR FAMILY LENTEN JOURNEY 2022

**Great Lent begins on March 7th!** Lent is the perfect time to give your family's spiritual life a boost (or a *jump-start*)! During our Lenten journey to Our Lord's Passion, Death, and Resurrection during Holy Week and Pascha, the Church calls us to increase our fasting, prayer, and charity. These activities don't just take place in the church building—they are meant to be part of our home life as Orthodox Christians.

### READ THE SCRIPTURES AS A FAMILY

**Your Goal:** Read from the Bible together once per week. Feel free to sit comfortably in your living room, at your dining room table, etc. You may wish to have copies of the Bible for each member of the family, but only one copy is necessary. Take turns reading. When children are old enough to read, encourage them to read at least a few verses.

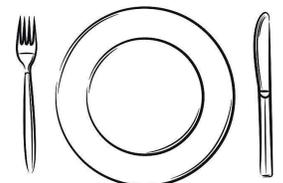
During the weekdays of Lent, the Scripture readings in church are from the Old Testament. We have selected some Old Testament stories that are both connected to Pascha and are important for children to learn. We will learn about Moses and the Israelites crossing the Red Sea; the Three Youths in the Furnace; and Jonah in the whale.

| WEEK             | READING                    |
|------------------|----------------------------|
| March 6-12       | Exodus Chapter 13:17-14:18 |
| March 13-19      | Exodus Chapter 14:19-15:18 |
| March 20-26      | Daniel 3:1-15              |
| March 27-April 2 | Daniel 3:16-30             |
| April 3-9        | Jonah Chapter 1            |
| April 10-16      | Jonah Chapters 2&3         |

### PRAY BEFORE MEALS AS A FAMILY

If you do not ordinarily pray before meals, start this Lent! Use the following prayer:

**"Christ our God, bless the food and drink of Your servants, for You are holy, always, now and ever and forever. Amen."**



# PRAY AS A FAMILY

**These prayers are ones used especially during Lent.** Offer them together at least once per week. Stand together as a family facing a place of prayer with an icon, candle, etc. You may read them together, or take turns reading the prayers. *(For additional prayers, use the "Come to Me" Prayerbook or another Orthodox prayerbook.)*

## The Usual Beginning Prayers

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to You, our God, glory to You!

O Heavenly King, the Comforter, the Spirit of Truth, who are in all places and fill all things. Treasury of blessings, and giver of Life, come and dwell within us, and cleanse us from every blemish, and save our souls, O blessed One.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us! *(three times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

O most Holy Trinity, have mercy on us; O Lord, cleanse us of our sins; O Master, forgive our transgressions; O Holy One, come to us and heal our infirmities for Your Name's sake.

Lord, have mercy. *(three times)*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

Our Father Who art in heaven, hallowed be Thy Name. Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and forever. Amen.

## St. Ephrem's Lenten Prayer

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power and vain talking.

But give to me, Your servant, the spirit of purity, humility, patience and love.

Yes, Lord and King, grant me to see my own sins and not judge my brother. For blessed are You forever and ever. Amen.

## A Prayer to the Mother of God

Beneath your tender mercy we take refuge, O Virgin Birthgiver of God. Despise not our prayers in distress, but deliver us from peril, you who alone are pure and blessed!

*[ If you wish to include prayers for specific people:*

## Praying for Others—the Living

Remember, O Lord, *(names)*; save and have mercy on them. Amen.

## Praying for Others—the Departed

Remember, O Lord, Your departed servants *(names)*; have mercy on them and grant them rest in Your kingdom. Amen. ]

## Concluding Prayer

Having suffered the passion for us, Jesus Christ, Son of God, have mercy on us!

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## JOIN US ONLINE ON MARCH 31ST

The SPF50 Team is hosting an **online Get-Together** on Thursday, March 31, 2022 from 6:30-7:30 PM for anyone participating in, or wanting to participate in, the SPF50 ministry. Please join others around the Diocese to offer your support, encouragement and stories as we all try to make prayer and Scripture reading a part of our family life. The link to register for the online Get-Together is:

<https://bit.ly/spf50gettogether>

Registration is quick and easy: just your name and email.

**We are looking forward to seeing you on Thursday, March 31, 2022 at 6:30pm!**