

# Lent



## Activities

As followers of Jesus, we look to live out our faith every day, but during Lent we seek to renew or deepen our faith. And catechists are called to provide opportunities for that renewal and deepening. The activities provided on this page offer ideas for how you can help the children and families you serve understand and embrace the season of Lent.

[Values Lenten Countdown for Children](#)

[Mi Calendario Cuaresma / My Lenten Calendar](#)

- [40 Ideas for 40 Days](#)
- [A Lenten Lesson Inspired by “Meredith’s Gift”](#)
- [Catechetical Activities for Lent](#)
- [Lent at Home](#)
- [Lenten Activities for Children](#)
- [Lenten Family Calendar](#)
- [Lent Frequently Asked Questions: With Joe Paprocki](#)

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