

Lenten Activities and Customs

This Lent why not take time to tap the treasures of the Church's liturgy for your children? How many Catholics use only part of the Church's spiritual riches! We are called to restore things in Christ, so this Lent make time for God. Ordinarily we assign only minutes a day to Him. Yet we need Him so badly in every area of life. Use this section of Catholic Culture's site as a springboard of ideas that you can employ to impress upon your children the great mysteries which we are celebrating in the Lenten season.

- [The NOW Cross](#)
- [Family Chart](#)
- [Sacrifice Beans](#)
- [Lenten Alms Jar](#)
- [Lenten Scrapbook](#)
- [Examination of Conscience](#)
- [Lent and the Pretzel](#)
- [Food for Lent: Whole Wheat Bread](#)



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