



# Family Lent Time Together

*Ten minutes with each other  
and with God*

# An easy way to share together what your week was like

- Gather as a family, perhaps at the kitchen table or in the living room
- Light a candle and invite everyone to recall what the week has been like
- Invite everyone to imagine they are playing it back like a video and picturing moments that happened

# Remembering moments

- *Let's remember the good moments this week*
- *Think back to when someone was nice to you*
- *Or when someone was patient with you*
- *And when you were able to be your best self*

*Kind*

*Helpful*

*Patient*

*Happy*

*Generous*

*Open*



Who would like  
to share these  
moments?

ALL LISTEN

# Thank God for each moment

*We are grateful for every moment*

*As we look back we realise that God was with us in it all*

*We say our own thank you to God aloud or in silence*

# Remembering moments

- Let's remember the moments this week where you did not feel close to others
- Think back to when you were out of sorts
- And when you were not your best self

Sad

Unhelpful

Impatient

Grumpy

Selfish

Closed



Who would like  
to share these  
moments?

ALL LISTEN

# *We notice these moments*

*We open ourselves up to God and ask for his help*

*As we look back we realise that God was with us in it all*

*We say sorry to God aloud or in silence*





# *Looking ahead*

*A new week with each other and with God*

# We share what is coming up for us this week?

*We invite God into this new week*

*We ask God to help us  
to be kind,  
helpful,  
patient,  
happy,  
generous and open*

*We think of what might be difficult this week*

*We ask God to give us courage,  
to not be afraid,  
to give us energy  
and to help us to be aware  
He is with us*



*We end by inviting God*

*To walk with us as a family*

*As we journey together in the coming week.*

*We end our prayer by saying Glory Be to the Father.*