

SEAS Family & Faith Activity

March/April FF Lent "Acts of Faith" Challenge



40 "Acts of Faith" to do to help prepare for Easter

Directions:

- Try to grow closer to Jesus during Lent by completing the below Lenten challenges before Holy Week.
 - Challenges can be done in any order, can be repeated, and can be done as a family or separately.
- Place a ✓ in the box if you completed that activity and count how many activities that were completed during that week.
- Have a parent email/verify the # of completed activities each Wed. to be entered into the raffle.

THIRD CHECKPOINT
Holy Week Begins!!!
Wed. (April 13)

FIRST CHECKPOINT
Second Week of Lent Complete
Wed. March 16

SECOND CHECKPOINT
Fourth Wed. of Lent complete
Wed. March 23

How many boxes Completed? ____

How many boxes completed? ____

How many boxes Completed? ____

Ash Wed.
Attend Mass @ 6:30

Palm Sunday

Easter Sunday!!!
Jesus Rises (April 17)

Holy Thursday
The Last Supper (April 14)

Good Friday
Jesus Dies on the Cross (April 15)

Holy Saturday
(Easter Vigil offered in the evening)

Attend Mass on Palm Sunday

Share one way you feel blessed

Pray the *Glory Be*

Share a time you forgave someone

Do an extra chore this evening

Hug a parent and say I love you for no reason

Silently pray to yourself

Go through closets to donate any extra clothes

Look up/say the Saint Michael prayer

Clean your room without complaining

Say one way God has blessed your day

Read a book with a parent or sibling this evening

Donate extra canned food (donations can be dropped off at church)

Share something nice you did for someone today

Send a nice email to a Sister or Priest mclercx@seasgb.org

Send a "thinking of you" text to grandparent or relative

Read the beatitudes

Try to say please and thank you the entire night

Share something you would ask or say to Jesus

Attend Mass or watch Mass online

Say the Grace Prayer before eating

Find/read a popular verse from the book of Psalms

Tell a sibling or relative you love them

Download a Daily prayer app or the *Hallow App*

Pray the Hail Mary

Listen to Christian music (91.5 / 90.5) or a Pandora station

No internet for the evening (except for school or work)

No phones for the night

Mail a nice card to a grandparent or relative

Look up and/or read a children's bible story this evening

Pray the *Our Father*

Help make or clean up supper

Share something you're grateful for today

Each person pick someone to pray for at supper

Do not eat meat on Fri.

Do an extra chore this evening

SEAS Family of Faith Activity



ST. ELIZABETH
ANN SETON
— CATHOLIC PARISH —

March/April

Family Activity # 1

Grades K-11

Share Three Things...Game

Directions:

- As a family, share three things for each of the various topics within the boxes below
- This can be played either as a game, in which a “host” holds the sheet and each player selects a number within each row
- The host then reads the topic from the box selected by the player
- When finished, have a parent verify it was completed either by email or returning the activity slip

Share Three Things...

1. ... that make you laugh	2. ...words that best describe you	3. ... that you specifically feel grateful to have today	4. ... that make you happy	5. ... you like doing outside
6. ... fun things you would never want to give up	7. ...you would ask God if you could ask Him	8. ...places you would go, if running from the law	9. ... that are qualities of a good friend	10. ... you hope will happen to you in the future
11. ... that you would definitely do if you won a million \$	12. ... that makes people happy at home	13. ... rules at school (or work) that don't make any sense to you	14. ...make/define someone as a coward	15. ... that people do that can really bug you
16. ... you would wish for if you found a magic lamp	17. ...you would bring on a deserted island	18. ... that defines someone as being brave	19. ... that really demonstrates the beauty of God in life	20. ... you like to do on weekends
21. ... Crazy, or funny, faces you can make	22. ... chores you would get rid of if you were able to	23. ... that make you feel shy	24. ... you would want to learn how to do, if you could learn overnight	25. ...pets to own but CAN'T choose a cat or dog
26. ... countries you would choose to live (other than U.S.)	27. ... first names you would choose, if you got to pick	28. ... that demonstrates the beauty of God in life	29. ... animals you would not ever want to fight	30. ... you would like to get for your birthday



March/April - Family Activity

Return either the whole sheet or bottom portion to your Weekly FF teacher, drop off in the brown box outside the church entrance, or have a parent send an email to jannoye@seasgb.org notifying the activity was completed and the child/children's' name(s).

How would you rate the faith/family activity for potential use with other families in the future?

(1 being lowest / 4 being highest)
1 2 3 4

Student Name: _____ **Grade Level:** _____
(Please Print)

Parent Signature: _____