

# SEAS Family of Faith Activity



## March/April FF Lent Prayer Challenge

### 40 Prayers to say over Lent to help prepare for Easter

**Directions:**

- Grow closer to Jesus by trying to pray more during Lent. See how many of the prayers you can say before Holy Week.  
- Prayers can be said in any order, can be repeated, and can be said as a family or separately.
- Place a ✓ in the box of the prayers said below —OR— just count (about) how many/which prayers were said that week.
- Have a parent email/submit the (approximate) # of prayers said each Wed. to be entered into the raffle.

◆ CLICK ON THE PRAYERS BELOW TO VIEW THE WORDS TO EACH PRAYER					
1. <a href="#">Our Father</a>	2. <a href="#">Hail Mary</a>	3. <a href="#">Grace before Meals</a>	4. <a href="#">Act of Contrition</a>	5. <a href="#">Glory Be</a>	6. <a href="#">Nicene Creed</a>
7. <a href="#">Guardian Angel Prayer</a>	8. <a href="#">Prayer to St. Michael</a>	9. <a href="#">Serenity Prayer</a>	10. <a href="#">Grace After Meals</a>	11. <a href="#">Prayer to the Holy Spirit</a>	12. <a href="#">Come, Holy Spirit</a>
13. <a href="#">Hail Holy Queen</a>	14. <a href="#">St. Jude (Hopeless Causes Prayer)</a>	15. <a href="#">St. Francis Prayer</a>	16. <a href="#">Memorare</a>	17. <a href="#">Anima Christi</a>	18. <a href="#">Apostle's Creed</a>
19. <a href="#">Prayer for Healing</a>	20. <a href="#">Morning Adoration</a>	21. <a href="#">Simple Morning Offering</a>	22. <a href="#">Start of Day Prayer</a>	23. <a href="#">Morning Appreciation</a>	24. <a href="#">Love like Him</a>
25. <a href="#">Fatima Prayer</a>	26. <a href="#">St. Elizabeth Ann Seton Prayer</a>	27. <a href="#">Holy Family Prayer</a>	28. <a href="#">St. Loyola Prayer</a>	29. <a href="#">SEAS Parish Lenten Prayer: How to Fast/Feast</a>	30. <a href="#">Prayer during Lent</a>
31. <a href="#">Prayer for Peace</a>	32. <a href="#">Prayer for Ukraine</a>	33. <a href="#">Prayer for the Sick</a>	34. <a href="#">Prayer for Love (God &amp; Neighbor)</a>	35. <a href="#">Prayer for Surrender</a>	36. <a href="#">Prayer for Kindness</a>
37. <a href="#">Seeking God's Presence</a>	38. <a href="#">Grow Spirituality</a>	39. <a href="#">To be a Blessing</a>	40. <a href="#">Seeking God's Presence</a>	How many different prayers can you say over Lent this year?	

# SEAS Family of Faith Activity



ST. ELIZABETH  
ANN SETON  
— CATHOLIC PARISH —

March/April

Family Activity # 2

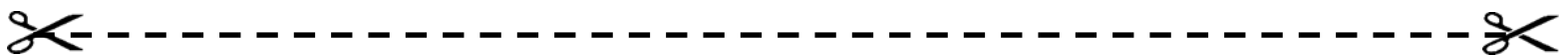
Grades K-11

## 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 ...				
<b>1.</b> ...insects you would be willing to eat to survive	<b>2.</b> ...things you hope is invented in the future	<b>3.</b> ...things that best describe you	<b>4.</b> ...vacations you would like to go on in the U.S.	<b>5.</b> ...animals you'd never want to own as pets
<b>6.</b> ...jobs you think would be the worst jobs in the world	<b>7.</b> ...talents/abilities you have	<b>8.</b> ... you would choose to only eat for the rest of your life	<b>9.</b> ...countries you would never want to live in	<b>10.</b> ... things that scare you the most
<b>11.</b> ... animals you wouldn't want to ever have to fight	<b>12.</b> ...pieces of advice that leads to a happy life	<b>13.</b> ...jobs you would choose if in the circus	<b>14.</b> ...famous people you think are beautiful/handsome	<b>15.</b> ... crazy or funny faces you can make
<b>16.</b> ... worst excuses to get out of eating dinner	<b>17.</b> ...best memories you have of your grandparents	<b>18.</b> ... things you love about your children / spouse	<b>19.</b> ...favorite holidays (other than Christmas)	<b>20.</b> ...things you worry about at school / work
<b>21.</b> ...things you would ask your pets if they could talk	<b>22.</b> ...events in history you wish you had seen	<b>23.</b> ... that really demonstrates the beauty of God in life	<b>24.</b> ...things you would change about parents / spouse	<b>25.</b> ...overused excuses for being late
<b>26.</b> .....things you would ask God if you could	<b>27.</b> ...of the best tasting healthy snacks	<b>28.</b> ...things your happiest when doing them	<b>29.</b> ... places you would go if running from the law	<b>30.</b> ...that you feel grateful to have today



### 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](mailto:jannoye@seasgb.org) notifying the activity was completed and the child/children's' name(s).

(1 being lowest / 4 being highest)

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

1    2    3    4

**Student Name:** \_\_\_\_\_

(Please Print)

**Grade Level:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_