

1st Sunday of Lent
February 21, 2021

FAITH @ HOME

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First Reading: Genesis 9:8-15
Responsorial Psalm: Psalms 25:4-5, 6-7, 8-9
Second Reading: 1 Peter 3:18-22
Gospel: Mark 1:12-15

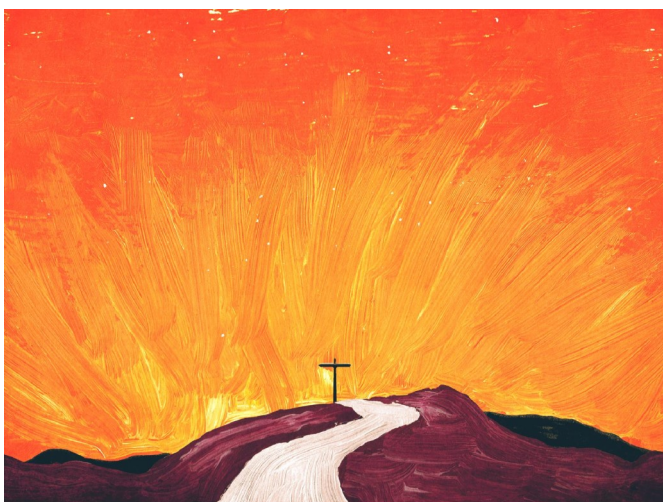
[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the reading. Don't have one? No worries you can find the text [here](#).

To see a children's video of the proclamation of the Gospel, [click here](#).

To listen to audio of the readings, [click here](#).



Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

2. PRAY

Light a candle, (maybe the candle used at your baptism or a family member's). Let it be a reminder of the promises made to reject temptation, sin, and live as a Child of God.

Children: Talk to Jesus (or draw a picture) about how you can show love to your family. Showing love to your family is one way to live as a Child of God.

Teens: Identify 1 or 2 things that are preventing you from growing closer to Jesus. Spend time talking to Jesus and ask him for help to remove these things that are keeping you from him.

Young adults and Adults: "Repent & Believe in the Gospel" is not just our challenge for Lent, it is the challenge for our entire life. Spend time talking to Jesus about what you can start this Lent to bring you closer to Him.

BONUS: [Listen to Matt Maher's song 40 Days](#)

3. TALK

Share with your family or a trusted friend how this Lent, with the help of God, you will strive to live as a child of God.

Are you giving up something as a form of sacrifice? Will you start a new daily practice to bring you closer to Jesus?

Once you have shared, close together in prayer asking God for the help, strength, and courage necessary to continue living as Children of God.