

1st Sunday of Lent  
February 18th 2024

# FATH @ HOME

ACCOMPANYING JESUS THIS LENT

## 1st Sunday of Lent

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

[Full readings here](#)

## 1. HEAR

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

As an alternative to reading the Gospel, you can watch a short video [HERE](#).

The children can also watch a video proclamation of the Gospel by clicking [HERE](#).

The first reading tells the Story of Noah and you can click [HERE](#) to watch a video of a song about that story, which small children can listen to as well."

## 2. PRAY

Gather the family around a prayer space in your home. Ask an adult person to lead this prayer time. In today's 1st reading, we hear God's promise to Noah that he will never destroy the earth with a flood again. Think about how important God's promises are to us in our own life. In silence, open your heart to hear the voice of God. What is his promise to you?

During this past year, can you call to mind any covenant that you may have made to God. Do you feel God is calling you in any way to a deeper covenantal relationship with him? Allow some time for reflection.

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

Invite anyone who feels comfortable, to share with the rest their personal reflection on the previous question.

To close this time of prayer, recite the Our Father.



## 3. TALK

Gather the family and ask them to share the following questions-

1. In the 1st reading, God promises Noah he will never destroy the earth's living creatures again. Does God always keep his promises? Why is that so important to us? Do you always keep your promises? Allow time for sharing.
2. In today's Gospel we read about Jesus' 40 days in the desert in preparation for His ministry to share the gospel message - Jesus is the fulfillment of God's promise to bring God's kingdom on earth as it is in heaven. What does Jesus mean when he proclaims that God's kingdom is here now, on earth, as it is in heaven? Allow time for sharing.
3. During this Lenten season, what promise will you make to God to in order to become a good follower or disciple of Jesus? Allow time for sharing.

If you have small children, ask them to draw a picture of what their promise to God might look like.