



First Sunday of Lent

“During that time he ate nothing and at the end he was hungry.” Luke 4:2

Doughnut challenge

Set a family challenge of attempting to eat a doughnut without licking your lips at all! Afterwards talk about how difficult this temptation was to resist and use this as a way in to discussing temptation together.

When might we be tempted to make choices that are wrong? To do things that hurt others, to damage the earth or not to help other people in need? How can we overcome these temptations?

Prayer for family fast day

Loving God,
We thank and praise you
for all the gifts you have given us.
But in a world of plenty
too many people go hungry.

We pray that you may work through us,
so our small acts of love
may make a big difference
and everyone may have enough to eat.