



## **Lent Learning Activity, “Lenten Family Feud – The Three Practices of Lent”**

### **Activity Objective**

To explore the meaning of and to provide examples for the Three Practices of Lent

This activity works best for the following options:

- ✓ All Ages Opening Learning Experience

### **Supplies and Preparation**

- Flip chart with stand
- Write out the responses to each “feud” question on a flip chart sheet (one set of answers per sheet) and cover each answer with a piece of paper that can be easily removed so that you can show the answers one at a time beginning with the last answer

### **Activity Plan**

1. Divide participants up into teams or table groups of 6-8 participants of mixed ages.
2. Give each team a piece of blank paper and a marker.
3. Explain to the participants that you are going to play a version of the famous game show, “Family Feud”.
4. Explain that you have three questions about the three practices of Lent that you will be sharing and their job as a team is to come up with the answers in ranked order beginning with the first. Tell them that they will get 10 points for each answer they get right, despite their order.
5. After you have given them time to write their answers to the question, get them to shout out what they think is the number one answer, number two, and so on, then reveal the correct responses and tally each team’s points from that round/question.

Question number one:

## **Almsgiving**

**“Feud” Question #1: What are five acts of justice and service that almost anyone can do?**

**Answers (These are the author’s best guesses!)**

- 1. Donating food to a local food bank**
- 2. Donating good clothes or bedding to a shelter**
- 3. Instead of buying junk food giving money to Operation Rice Bowl**
- 4. Writing a letter to stand up for a just cause**
- 5. Serving someone on your street who needs help**

**Before moving on to the next category, share this information about almsgiving:**

*Lent is a time for repentance and action. We are called to serve those in need and use our wealth, gifts, time, and talents to create a world that mirrors the vision that Jesus proclaimed. Lent is a good time to cultivate a spirit of gratitude for what we have. Our most precious commodities—health, friendship, love, the beauty of creation—are pure gifts from God. Without these our material possessions are worthless. Gratitude for what we have prompts us to do something for those in need, not out of guilt, but out of compassion. Compassion and generosity towards others involve giving not only from our surplus, but also from our substance.*

(Excerpt from: *Celebrating Lent in Your Home* by Kathryn Schneider and Robert Hamma, Catholic Update 0293. St. Anthony Messenger Press.)

Question number two:

## **Praying**

**“Feud” Question #2: Which saints do you think Catholics most often pray with or seek intercession from?**

**Answers (These are the author’s best guesses!)**

- 1. Mary Mother of God**
- 2. St. Anthony**
- 3. St. Jude**
- 4. St. Christopher**
- 5. St. Joseph**

Before moving on to the next category, share this information about praying:

*All of the synoptic Gospels (Matthew, Mark, and Luke) tell us that Jesus was led by the Holy Spirit into the desert where he fasted and prayed for 40 days. As disciples, we seek to follow St. Paul's call to "pray always." Lent is a time when we concentrate our prayer on the double meaning of the season: conversion from our sinful ways and renewal of our baptismal promises.*

Question number three:

Fasting

**"Feud" Question #3: What are the top six things Catholics "fast" from during Lent?**

**Answers (These are the author's best guesses!)**

- 1. Chocolate**
- 2. Caffeine**
- 3. Potato Chips**
- 4. TV**
- 5. Meat**
- 6. Video Games**

Before concluding this activity, share this information about fasting:  
*Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat.*

*But why do we fast? Not because our bodies and appetites are something evil that must be punished, rather to allow our physical hunger to remind us of our spiritual hunger, our need for God. Our Lenten fasting is modeled on Jesus' 40-day fast in the desert, Just as he fasted in preparation for his baptism in the Jordan and his public ministry, we fast to remind ourselves of our baptismal commitment and need for renewal.*