

Create a Lenten Prayer Station at Home



How do you create the space to journey through Lent in a meaningful way as a family?

Create a Lenten Prayer Station!

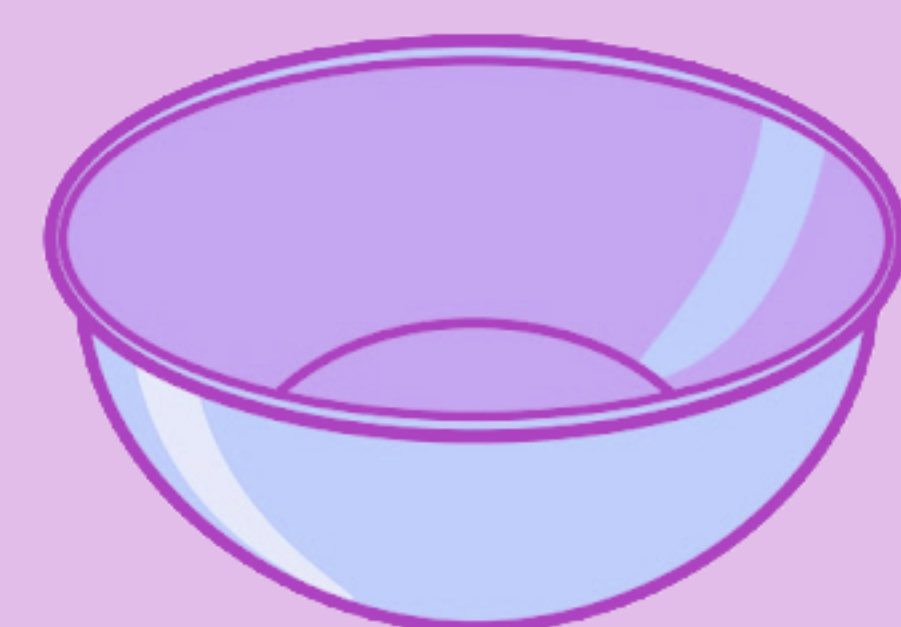
Here are some ideas for what you can place at your station:



Candle: Always a symbol of God's presence with us.



Purple Cloth: The color purple during lent symbolizes a time of waiting.



Empty Bowl: Write down something you want to fast from and place the paper in the bowl.



Cross: Take time to look at the cross together and talk about the Crucifixion and the Resurrection.



Scripture: The Good Shepherd of Psalm 23 is a wonderful image to meditate on with young children.

