

# Family Nights



A Family Enrichment Resource  
of the Archdiocese of Baltimore  
Division of Evangelization and Catechesis

## *Lent: A Time of Hope*

### **Opening Prayer**

Lord, as we gather for Family Night, help us to be a family with hope. We have often forgotten to appreciate the good in one another. Empower us to be positive and help us also seek and see the goodness in one another. Bless us, dear Jesus, through this whole week. We place our faith in you.

### **Think about This**

From the Bible, read 1 Corinthians 13:13. Hope is one of the three powerful virtues. Christians hope in Christ. Hope means “to want and expect.” It is a feeling that what is wanted will happen. Lent is our greatest season of hope because it awaits the great mystery of Jesus resurrection on Easter morning.

### **Activity Ideas**

#### *Young Families*

Prayer Treasure Chest – Materials: shoe box or other box with a lid, old magazines, scissors, glue, stickers, colorful paper. Cut out pictures that remind you of hope and love, and glue them on the box. Have each member write (or help little ones write) three prayers on separate slips of paper. Place the prayers in the Treasure Chest and draw out a prayer to read before dinner or at the beginning of Family night. Add new prayers and prayer intentions often.

#### *Middle Years Families*

Rice Bowl of Hope – Materials: bowl, paper, and pen. Or use Operation Rice Bowl box and activity ideas from Catholic Relief Services <http://orb.crs.org> One way of sharing hope with others is by giving alms. Plan to conserve one meal a week and use the money for the Rice Bowl. At the end of Lent, give the money to your local poor or to Catholic Relief Services.

### *Adult Families*

Read John 17:20-26 and Philippians 3:7-17. Share your thoughts, especially about the connections between faith and hope. Decide on a concrete action that will bring hope to someone in your family or community.

### **Snack Time**

Make some popcorn and discuss how the kernels change and become transformed. Share ideas on how we can be compared to popcorn in our own lives.

### **Entertainment**

"Who Am I – Bible version" -- Each person take a turn and choose a person from the Bible. In ten questions or less, the family tries to guess the Bible personality. Only yes and no answers permitted.

### **Sharing**

- Each share a story about a hope he or she had and how things worked out.
- Someone share a funny story about him or herself.
- Share a time you felt especially cared for by another family member.

### **Closing Prayer**

Each person writes a prayer of hope for a family member or for the community or world. Read your prayers to close the evening. Save your prayers in a "Prayer Treasure Chest."

Contact Lauri Przybysz, Coordinator for Marriage and Family Enrichment, Division of Evangelization and Catechesis, Archdiocese of Baltimore, [lprzybysz@archbalt.org](mailto:lprzybysz@archbalt.org), 410-547-5420.