

March 3, 2024

Third Sunday of Lent



# Building Faith@HOME

[1st Reading: Ex 20:1-17](#)

[Responsorial Psalm: 19:8, 9, 10, 11](#)

[Second Reading: 1 Cor 1:22-25](#)

[Gospel: Jn 2:13-25](#)

In today's first reading, we are reminded of the Ten Commandments. The Gospel invites us to reflect upon our worship of God. For Jesus and his Jewish contemporaries, the Temple was an important, holy place where they gathered to worship God, to pray and keeping the sabbath day holy by recognizing the need and desire to be in right relationship with God. Each week as we celebrate mass together at church, we do what Scriptures call us to do:

First: We confess our sins and ask for forgiveness in the Penitential Act because we acknowledge our failure to obey the ten commandments; Then we listen to the Word of God and express our expectations in the General Intercessions asking God to help us in answer to our prayers; Next: We invite the Holy Spirit to come down upon bread and wine, so that as we receive that bread and wine, really changed into the Body and Blood of Christ, we can be filled with the life of God himself, Father, Son and Holy Spirit. Finally, we are sent to share with the world through our actions and through the proclamation of the Gospel, the Good News of Jesus as our Savior.

Jesus cleansed the Temple because sinful activities interfered with worship. Today's gospel provides an image to help us "spring clean" our lives. How are we keeping the Sabbath? How are we reverently loving God? How are we respecting others? What vices can we remove? Do I need to cleanse my heart of attitudes or actions that are coming between me and God?

### Family Table Talk

**Children:** Share one way in which you "honor your father and mother."

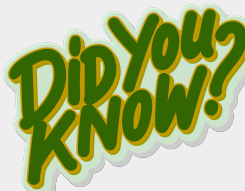
**Youth:** Jesus was angry – as we all get at times. When is your anger a good thing? When is it not?

**Adults:** As you hear the Commandments proclaimed today, which one of them really strikes you?



[bit.ly/Ten-Commandments-Lent](http://bit.ly/Ten-Commandments-Lent)

Display the 10 Commandments in your home on two historic-looking stone tablets. Made with brown paper bag, markers, colored pencils and scissors. After creating your 10 Commandment tablets for the family, choose one commandment each day to focus on. What are the false God's in your lives (what takes priority over honoring God?) Who is your neighbor (how can your family show love to those around us)?



The account of the Money Changers in the Temple occurs in all four Gospels? Check it out!

- Matthew 21:12-13
- Mark 11:15-19
- Luke 19:45-48
- John 2:13-22



### Catholic Kids Media Lent Week 3 Cycle B



[bit.ly/Lent-3B](http://bit.ly/Lent-3B)



- Pray** - Pray for those who live alone
- Fast** - Fast from negative thoughts.
- Give** - Give a smile to others, it will brighten their day



## LENT

#### Links for More Ideas, Activities & Resources FYI

- [teachingcatholickids.com](http://teachingcatholickids.com) - *Doing the Stations of the Cross with your kids* (Family Faith Builder)
- [Youtube.com](http://Youtube.com) *Ten Commandments with Hand Motions* (Children's Faith Builder)
- [catholicblogger1.blogspot.com](http://catholicblogger1.blogspot.com) - *Ten Commandments Game* - (Children & Family Faith Builder)
- [YouTube.com](http://YouTube.com) - *Where Jesus Walked* (Family Faith Builder) *This is a full length movie, more for older children and families.*
- [CatholicNewsAgency.com](http://CatholicNewsAgency.com) - *Jesus' cleansing of the Temple, Pope Francis sees a lesson about the liturgy* (Adult Faith Builder)





March 3, 2024

2024 - A Year of Prayer

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him,

"Lord, teach us to pray..." ' - Luke 11:1

# Prayer@HOME

Cut & Pray!



## Act of Contrition

My God, I am sorry for my  
 Sins with all my heart.  
 In choosing to wrong and  
 failing to do good,  
 I have sinned against you  
 whom I should love above all things.  
 I firmly intend with your help,  
 to do penance, to sin no more,  
 and to avoid whatever leads me to sin.  
 Our Savior Jesus Christ,  
 suffered and died for us.  
 In His name, my God,  
 have mercy.

Amen



[bit.ly/Act-of-Contrition-Meditation](https://bit.ly/Act-of-Contrition-Meditation)

## Scripture Verse of the Week From Sunday's Mass



The law of the LORD is perfect,  
 refreshing the soul;  
 The decree of the LORD is  
 trustworthy,  
 giving wisdom to the simple.  
 Psalms 19:7-11

### Put into practice

Use this Examination of Conscience  
 based on the Ten Commandments.  
 Prepare to celebrate the Sacrament of  
 Penance.



[bit.ly/Ten-Commandments-Penance](https://bit.ly/Ten-Commandments-Penance)

## The Scrutinies

On the 3rd, 4th, and 5th Sundays of Lent,  
 the rites called the **Scrutinies** are celebrated with  
 catechumens (those to be baptized on Holy Saturday). At  
 this time, the catechumens are referred to as the Elect.  
 The scrutinies are not just for those in the process of  
 initiation, but more importantly, it is an opportunity for the  
 all members of the parish to "scrutinize" their own lives.  
 When we celebrate the Scrutinies at Mass, we are not  
 scrutinizing the Elect. Rather, they are scrutinizing their  
 own lives before God and we are called to do the same  
 along with them. The goal is to be strengthened to  
 overcome the power of sin.

## Building Prayer and Family Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.



Lent is an opportunity to grow closer to God and to others. Take  
 some time to use these Lent discussion cards as a family and have  
 some meaningful conversations during the season. Keep the cards  
 in a place where you and your family can have comfortable  
 interactions.

Enjoy the conversation!

Use the QR code or link to download and print  
 the conversation cards.

[bit.ly/ConversationCardsforLent](https://bit.ly/ConversationCardsforLent)

