



inseparable

Encouraging the Church at Home

First Sunday of
Lent 2018

**“How good and how pleasant it
is...to dwell in unity.”
Psalm 133:1**

inseparable

Tonight we will gather as a family. We will put our phones and other distractions away and focus on our family while we are together. We may be together for 30 minutes or 2 hours, but we will make the most of the time we spend together, bonding our family and directing our family toward God.

(Fill in who will take care of each job for the night.)

_____ is in charge of opening prayer

_____ is in charge of reading scripture

_____ is in charge of leading the lesson

_____ is in charge of picking the activity

_____ is in charge of picking the snack

_____ is in charge of closing prayer

opening prayer

May the God of all patience and consolation grant to all the members of our family that we may live in perfect harmony with one another. With one heart, may we give glory to God our father and to Jesus Christ our brother. In the unity and love of the Holy spirit. Amen

scripture

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." Mark 1:12-15

lesson

"Repent and believe in the Gospel."

The Gospel, meaning the Good News, should cause us to repent. Repent in this case would mean to have a change of heart and change our lives. What we hear in the Good News, it should cause us to change the way we live our lives.

activity

(Option 1)

"Repent and Believe"

We are called to follow the life and teaching of Jesus, which sometimes means changing how we live our lives. But we don't have to change alone. Rather, through Jesus' help our hearts will change.

Activity Materials:

- ~ Tall Vase
- ~ Water (2 cups)
- ~ Food Coloring
- ~ Bleach
- ~ Stir Stick

Meaning:

Water represents our life.

Food coloring represents the various choices we make.

Bleach represents Jesus in our lives. When we allow Jesus to change our hearts, our lives also change.



Step 1: Pour water into vase.

This represents our life when we are born and baptized.

Step 2: Add bright colored food coloring. These colors represent our good choices.



activity

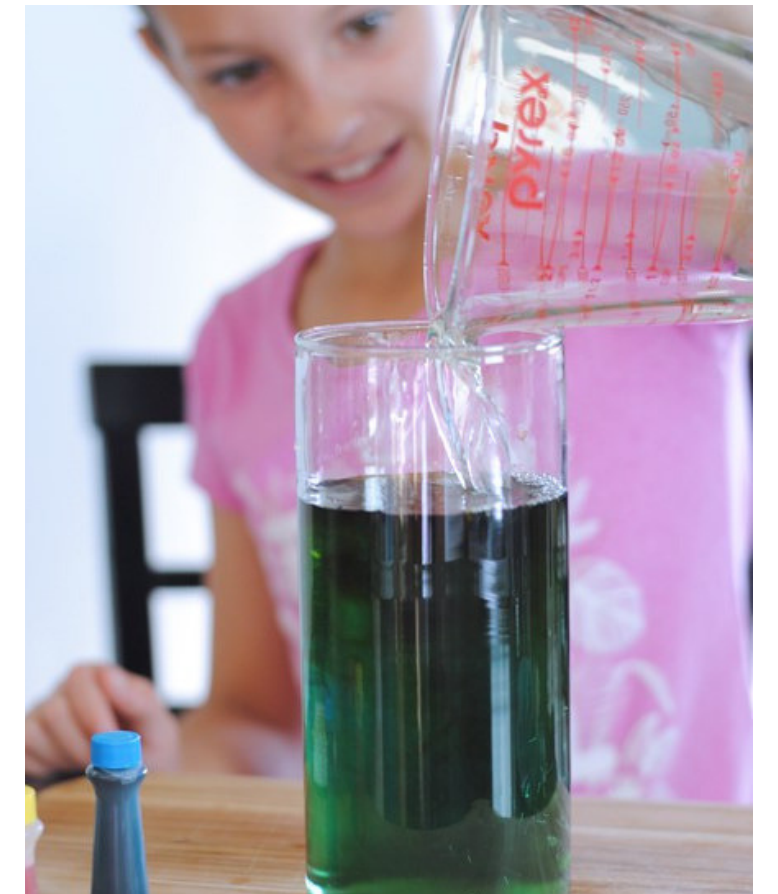
(Option 1 continued)



Step 3: Add blue or green food coloring any dark color. These colors represent our bad choices, or sin.

Step 4: Start to add bleach.

The colors will start to fade. Our life is changed when we add Jesus.



Step 5: Add rest of the bleach. The colors will disappear. And the water appears as it did when we started. Our lives are completely changed when we allow Jesus into our lives.

We can make choices, good or bad. If we include Jesus in our lives, Jesus will purify our hearts and our lives, make us clean, and make us good.

But we have to make the choice to repent and believe!

activity

other options

Activities done in Inseparable do not necessarily need to be faith based activities. Inseparable is all about creating a strong Catholic community within the family. So pick an activity that your family enjoys doing together and spend some time doing just that! (Here are a few suggestions if you're struggling!)

Go Sledding!

Watch a favorite family movie!

Enjoy with popcorn and the Inseparable treat!

Play a board game!

Make a Lenten craft such as:

Decorated Crosses

Watercolor Sunsets with Cross Silhouettes

Let us know which activities really inspired community building within your family!!

treat

Tie Dye Sugar Cookies

Ingredients

- **Your favorite sugar cookies recipe, or 17.5 oz bag of Betty Crocker Sugar Cookie Mix**
- **Food Coloring**



Instructions

- **Mix the cookie mix according to package or recipe directions.**
- **Separate dough into 4 or 5 bowls (or how ever many different color you want).**
- **Add 8-10 drops of different food coloring to each bowl and mix until color is well blended.**
- **Take a nickle sized amount of each color dough and roll it all into a ball.**
- **Using the snake method, roll dough between your hands to make a snake-shaped long piece of dough. Lay it on the counter and roll into a spiral; place onto cookie sheet sprayed with cooking spray or lined with parchment paper.**
- **Bake at 375 degrees F. 8-10 minutes until done.**
- **Cool for 2 minutes on the pan before removing cookies to a baking rack to cool.**

Or pick a different treat your family enjoys!

closing prayer

Lord, we want to thank You for this precious family of ours. For the talents and good things that You have given each of us. Please keep us united, and our bond strong as the days pass. Please guide us, protect us and equip us to do Your will each and every day. Thank You for all that You are, and all that You have given us. Our hearts are forever grateful!

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