

Ways to Involve Children during Great Lent

1. Prayer | Молитва

–If you are not already doing so, begin a time of **family prayers** in the evening, morning, or both.

–During evening prayers, **pray the Prayer of St. Ephrem**. Young children, especially, seem to intuitively understand that the entire body should be involved in prayer and enjoy the prostrations.

2. Almsgiving | Милостиня

–**Set up a family change jar**. Watch it grow throughout Lent and then decide as a family how best to donate it.

–**Collect and donate food to a local food bank or volunteer together at a local charity**.

3. Fasting | Піст

–There are many different views about how and at what age fasting is appropriate for children. **Speak to your spiritual father about this matter first**.

–**Children can fast from certain excesses** such as candy, ice cream, soda, etc.

–**Speak to your children about why you are fasting**. Read passages in the Scriptures and from the Church Fathers about the importance of fasting.

–**Try new recipes** (vegan or vegetarian) from a Lenten cookbook and **cook meals together as a family**.

4. Repentance | Покаяння

–**Talk about repentance and forgiveness**, and how they apply to your child's life.

–**Bring your child with you to vespers and other services during Lent**. These services are extremely powerful to children. The prostrations and the repetition of asking others to forgive them can make a deep and lasting impression.

–**Discuss confession as a family**. For children of age, encourage them to go to confession and be an example yourself.