

## FAMILY GROUPS WEEK ONE CYCLE B

**Gospel:** Mark 1:12-15 One family member reads the Gospel aloud.

**Theme:** *Guardian angels help and protect us.*

**Opening Prayer:** Jesus, as we begin our Lenten journey, we want to become more like you - loving, kind, and forgiving. Amen.

**Making Connections:** Jesus went into the desert to pray and to prepare himself for his work. While he was there, Satan, who is always up to no good, tempted even Jesus. Angels came and took care of Jesus. After he finished his time of prayer, Jesus began teaching people to stop doing bad things, make good choices, and to live in a loving way.

### FAMILY SHARING TIME

*Use the questions below to guide your family discussion.*

#### Preschool children:

God sent Jesus to teach and help us to live as his people. Did you know that God also gave each one of us a guardian angel to take care of us? Would you like to give your guardian angel a name? Who else can you go to when you need help? Share.

#### Primary-grade children:

Many times we are tempted to do bad things. When Jesus was tempted, the angels took care of him. Who are some people who act like angels and take care of you? Discuss. Do you ever act like an angel and help someone else? Share.

#### Preteens:

Jesus calls us to repent, to turn away from sin. Is it easy to stop sinning? Why or why not? Who do you turn to or what do you do when you are faced with a temptation to sin? Discuss. What are some dangers you face at school or in other places? God gave each of us a guardian angel to protect and guide us.

**ACTIVITY Materials needed:** pencils, paper plates, colors, markers, and glitter

Each person draws and cuts an angel, using a paper plate. Draw a circle in the center of the plate. Cut along the lines, discarding the dark section. Decorate the angel and put the name given to the angel on the plate. Overlap the edges of the angel's skirt slightly and tape or staple into place.

**Suggestion of the Week:** Each night as a family, pray the *Angel of God* prayer and thank God for giving each person an angel.

#### Praying Together

*Holding their angels, everyone prays.*

**All:**

Angel of God, my guardian dear,  
To whom God's love commits me here,  
Ever this day be at my side,  
To light and guard, to rule and guide.  
Amen.

