

CELEBRATE “LITTLE EASTER”

March 1, 2020



Lent is the 40 days between Ash Wednesday and Easter. If you count the days on your calendar, you will find more than 40 because Lent excludes Sundays. Christians consider every Sunday a celebration of the Resurrection, so Sundays in Lent are known as “little Easters.”

On Sundays in Lent we can pause our fasting to celebrate Christ’s sacrifice for us. Some people enjoy a family picnic—indoors or out, take someone who needs a friend to a park or a movie, or go Easter caroling in their neighborhood.

Today, plan a family night with dinner. Involve everyone in preparing and blessing the food. Make it a game night or a movie night, and let the youngest child pick the games or the movie.

GO DEEPER: If you choose a movie night, consider using this [film review process](#) to explore the message of the film through the eyes of faith.