

On the fifth Sunday of Lent, we remember St. Mary of Egypt, a powerful example of repentance and God's mercy. As a young woman, she led a sinful life, but when she attempted to enter a church in Jerusalem, an invisible force held her back. She realized that her sins were keeping her from God. Praying before an icon of the Theotokos, she sought assistance and was finally able to enter. From that moment on, she left her old life behind and dedicated the rest of her years to the desert, praying and deepening her relationship with God

*Sunday of St. Mary of Egypt*



## WHY IS IT IMPORTANT?

St. Mary teaches us that no sin is too great for God's forgiveness. No matter our mistakes, if we turn to God with a sincere heart, He will always welcome us back. Lent is a time for repentance—asking for God's forgiveness and working to improve ourselves.

## DO YOU KNOW HOW WE CAN APPLY THIS TODAY?

We can follow St. Mary's example by being honest about our mistakes, seeking God's help, and making changes in our lives to grow closer to Him.



# For Children

- Take a moment this week to offer a special prayer of repentance: "Lord Jesus Christ, have mercy on me and guide me in following You."
- Consider a negative habit (such as complaining, failing to listen, or acting unkindly) and strive to replace it with a positive one.



# FOR PARENTS

- Talk about God's forgiveness with your child and encourage them to make a small change for spiritual growth.
- Prepare as a family for Holy Week by attending confession or reading a story about repentance.