

We learnt last week that Lent is a Christian tradition to mark the time Jesus fasted in the desert for 40 days and nights avoiding temptation. Christians believe they will learn and grow from giving something up and avoiding temptation too.

HE IS RISEN

HOLY WEEK

During Lent, try to do something helpful and kind each day.

THE 40 DAYS OF LENT

Say this prayer each morning and evening in Lent:
Dear Lord Jesus, you gave your life for me.
Please help me to be generous with my time and possessions today.

Colour each day as it comes.
Use purple for the days of Lent and pink for Sundays.
The 40 days of Lent do not include Sundays.

1 Ash Wednesday

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4 1st Sunday of Lent

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16 2nd Sunday of Lent

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28 3rd Sunday of Lent

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38 Holy Thursday

39 Good Friday

40 Holy Saturday

Easter Sunday

Palm Sunday

Christians associate Lent with "giving things up", and it's traditionally a period of prayer and fasting for 40 days in preparation of Jesus's Resurrection. More recently over the last 10 years many Christians have been inspired to do Lent generously by completing 40 acts of kindness, encouraging people to do something kind for others too. Lent is one of the most important times of the year for many Christians around the world and is held at a similar level of importance to Advent – the build up to Christmas.

Have a go at answering these questions about Lent.

Thinking about Lent

Lent is a Christian tradition to mark the time Jesus fasted in the desert for 40 days and 40 nights, managing to avoid temptation. This was a real test for him. Christians believe that they will learn and grow from testing themselves too. Think about these questions, discuss them and write down your ideas.

Can you think why some people use Lent to positively do something good rather than give something up?

Why would doing without something you want make you stronger?

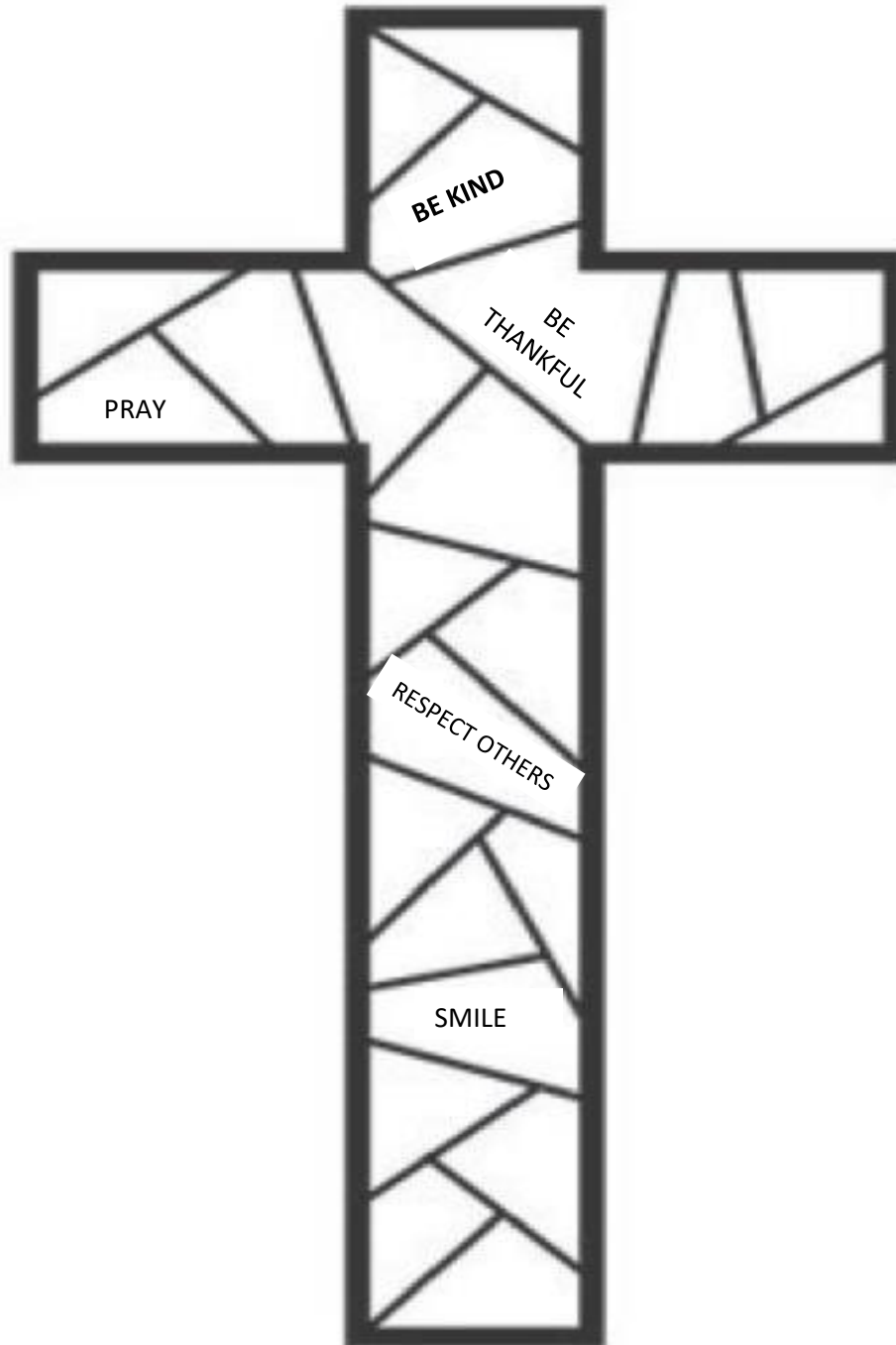
Why would non-Christians also give something up for Lent?

Easter is the end of Lent...what Easter traditions give us clues that Lent is ended?

Would you consider giving something up or doing good for a length of time? What would it be and why would or wouldn't you do it?

Why do you think that Pancake Day and Mardi Gras are the day before Lent starts? These are both a time for celebration and eating rich and sweet foods.

You could do more research about Mardi Gras celebrations and also what happens on Ash Wednesday, the first day of Lent. You might also want to find out about fasting in other religions and whether there are common themes.



Activity for you to do.

Now we have thought more about Lent, what giving up and avoiding temptations means to Christians and non -Christians I'd like you to have a go at making your own stained glass Lent Cross with Acts of kindness and positive thoughts.

I've not filled in or coloured all of my Lent Cross but this gives you an idea of how to create and to fill in your cross with positive thoughts and acts of kindness which you can do throughout Lent.

I have included a blank template below if you need one.

