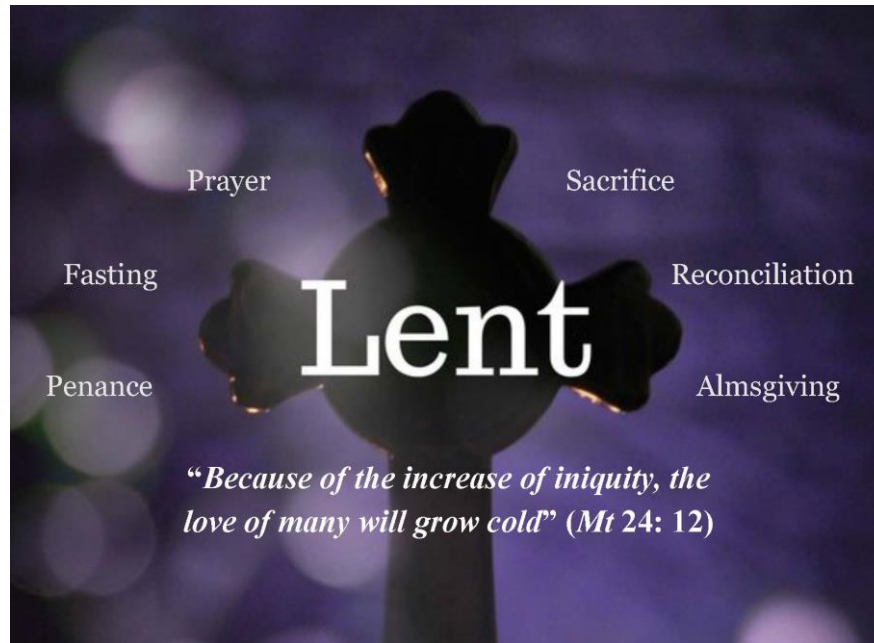




Lent.

a season of renewal

1. Reflect on how we try to live more like Christ during Lent.



Watch this video – Lent in 3 minutes!

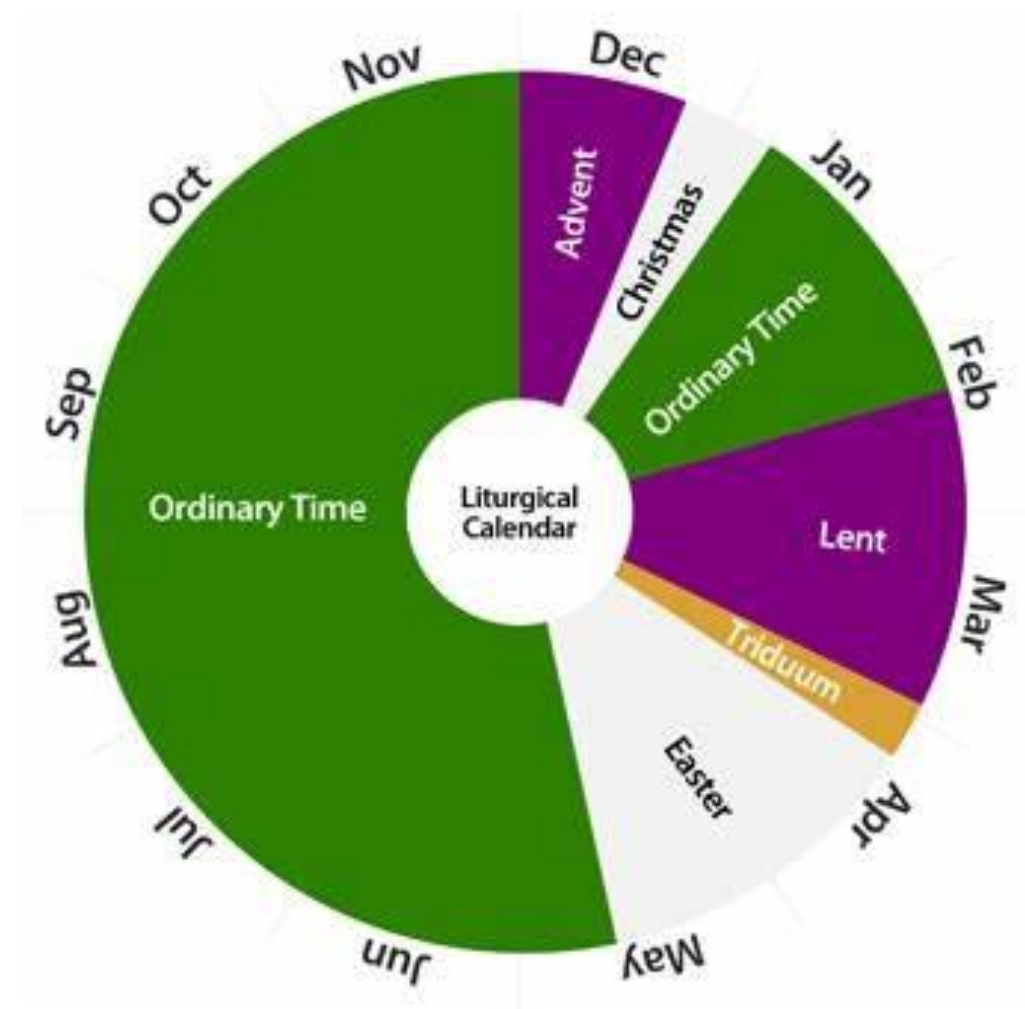
<https://bustedhalo.com/video/watch-lent-3-minutes>

Contrast the seasons.
How do they change?



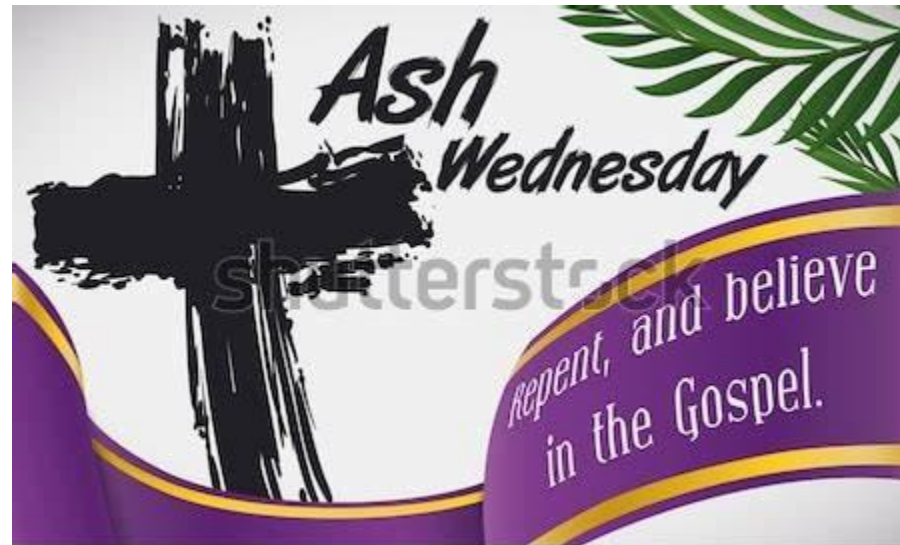
Just like the seasons of the year change, Christians use Lent as a time to grow and be more like Christ.

The liturgical seasons change too.

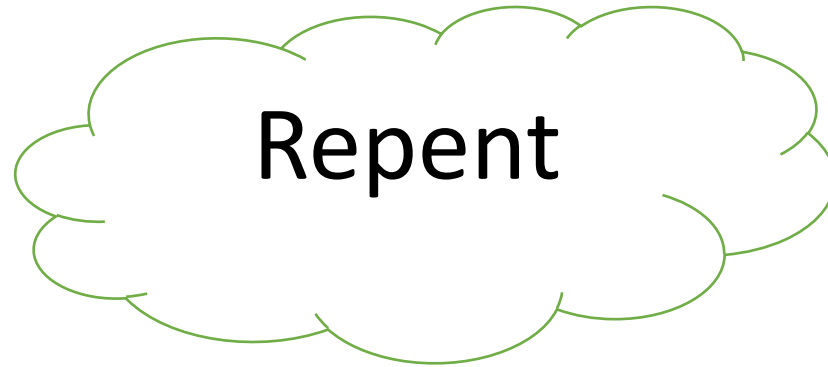


We listen - Recall the words used on Ash Wednesday

“Repent and believe in the Gospel”



We respond - Use a Thesaurus to investigate alternatives to 'repent'



Respond

TASK:

Design a poster page about Lent

'LENT – A time to repent, a time to pray.'

Suggestions:

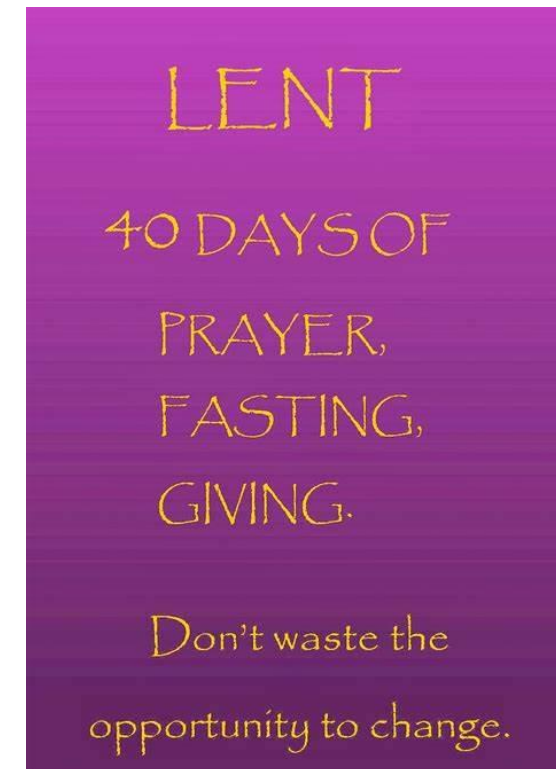
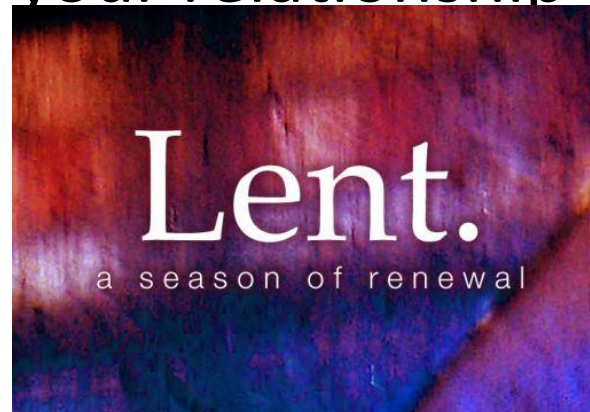
Use the video from the start to help too.

Repent- examples of strengthening your relationship with others

Prayer- examples of strengthening your relationship with God

Be more like Christ – How?

(more examples on the next page)



LENT

☼ Plant a tree, a bush, or a prairie
 ☼ Make someone laugh ☼ Say,
 "I'm sorry" Mean it ☼ Try not to
 waste anything for one whole day
 ☼ Join neighbors in a clean-up
 project ☼ Share with someone
 how you pray ☼ Ask God to do
 what is best for the public person
 you dislike most ☼ Send a crocus

to someone from whom you are estranged ☼ Cement a friendship ☼ Be patient
 with others ☼ Call someone who is lonely ☼ Help without being asked
 ☼ Resist trying to be the center of attention ☼ Be a shoulder to cry on ☼ Go to a
 lecture, hear a concert, see a play ☼ Read *Half the Sky* during Lent ☼ Refuse to
 gossip ☼ Refuse to whine ☼ Readily forgive anyone who hurts you ☼ Surprise
 yourself ☼ Advocate on behalf of social issues such as affordable housing ☼ If
 you love someone, say so ☼ Make sure your financial investments are socially
 responsible ☼ Thank God for the gift of life ☼ Pray for a friend ☼ Pray for an
 enemy ☼ Visit a church you pass regularly ☼ Visit a shut-in ☼ Give away all
 your "extras" ☼ Listen to understand others' points of view ☼ Find out what a
 dollar will buy in Peru or Zambia ☼ Recognize the truth about yourself—no matter

how good it is ☼ Be a peacemaker
 at work ☼ Talk with a person a
 generation older or younger
 ☼ Affirm a colleagues' work
 ☼ Refuse to judge or categorize
 others ☼ Be a sign of hope for
 someone who is depressed
 ☼ Spend some silent time alone
 ☼ Imagine peace ☼ Examine
 your conscience ☼ Love a little more

Color in the flowers as
 you do any of these
 activities during the
 40 days of Lent.

40 Days of Awakening

PRAY

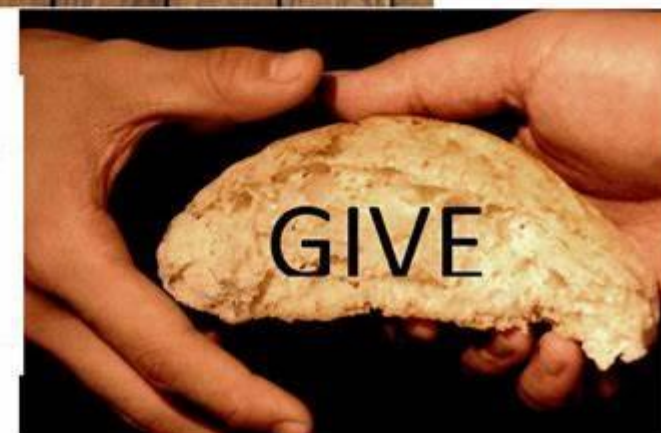
LENT

REPENT

CONFESS



40
DAYS



Go forth

God of goodness and mercy,

Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you. Guide me as I humbly seek to repent and return to your love.

May humility guide my efforts to be reconciled with you and live forever in your abundant grace.

Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day.

Amen.