



All About Lent



In our lesson today
we will be learning
about Lent.

Lent begins on **Ash
Wednesday.**

This is the day after
Pancake Day (Shrove
Tuesday.) Lent 2021
begins on 17th
February.



The word Lent comes
from the Middle English
word 'lenten' or the Old
English 'lencten', both of
which mean the season
of spring.



For Christians, Lent is like a journey...

It is a journey to grow closer to God.





During Lent, Christians try to get to know God better.

We do this so we can know God's great love for each one of us.





Ash Wednesday

The journey begins on Ash Wednesday. It lasts until Easter Sunday.



Lots of people say that it a journey of 40 days. However, if you look at a calendar and count the days, there are more than 40 days between Ash Wednesday and Easter Sunday. There are 46 days! So Lent is actually 46 days long, however the we don't count the six Sundays in Lent because Sunday is a day when we celebrate Jesus' resurrection and we don't need to do the things we need to do on our journey on that day.



ASH WEDNESDAY

BEGINS THE SEASON OF LENT



On Ash Wednesday

We receive ashes on our foreheads.

This is a sign of God's love for us.

It reminds us that one day we will be with him forever in heaven.

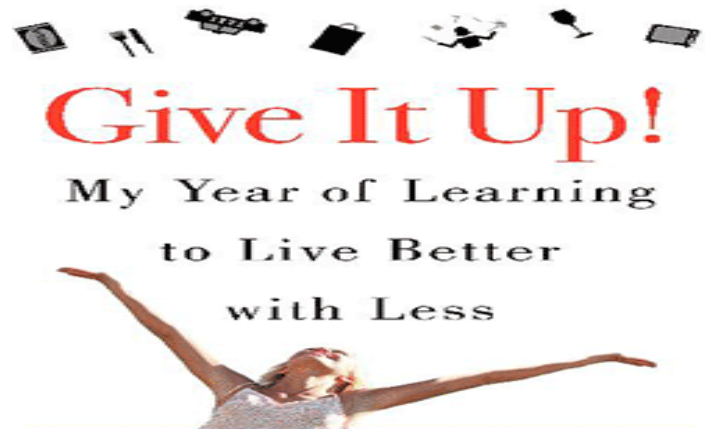


During the 6 weeks of Lent we can try to get to know God better by doing 3 things...



Praying

Giving something up
(We call this fasting)

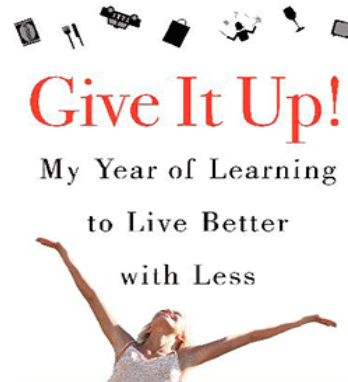


Being kind to others
(We call this almsgiving)



These are the special 3 ways
to learn to love God more ...

- Prayer
- Fasting
- Almsgiving



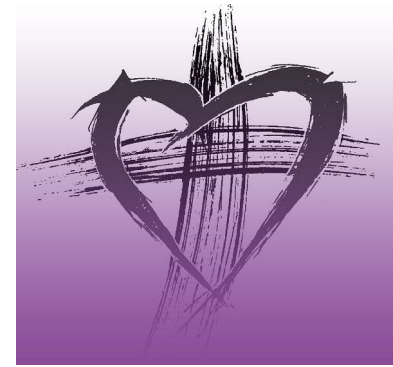
Talk to your grown up about
what these things mean to
you.

Sometimes we try to do these three things but we find it hard and we give up, but



God sees us trying
and will help us to start again

During Lent we use the colour purple. The priest wears purple garments and a purple cloth is placed on the altar.



Purple reminds us of Jesus's pain and suffering leading up to the crucifixion. It also reminds us that sometimes people still suffer today. Purple is also the colour of royalty. This reminds people that Jesus is King.



If I said “absence makes the heart grow fonder” do you know what it means? Talk to your grown up.

Absence makes
the heart grow
fonder. ♥

alleluia

“Absence makes the heart grow fonder” means we miss something or someone the longer we are without it or them



During the season of Lent, we do not sing the word Alleluia at Mass because it is considered an Easter word and by not using it for 40 days, we will come to appreciate more just how joyful this acclamation is.

It is a popular custom to “bury” the Alleluia as Lent begins so that it can be “dug up” once again on Easter Sunday

During Lent one of the things we should do is 'fasting'. This means giving up something. Giving up some treats or home comforts helps people understand how much Jesus sacrificed.

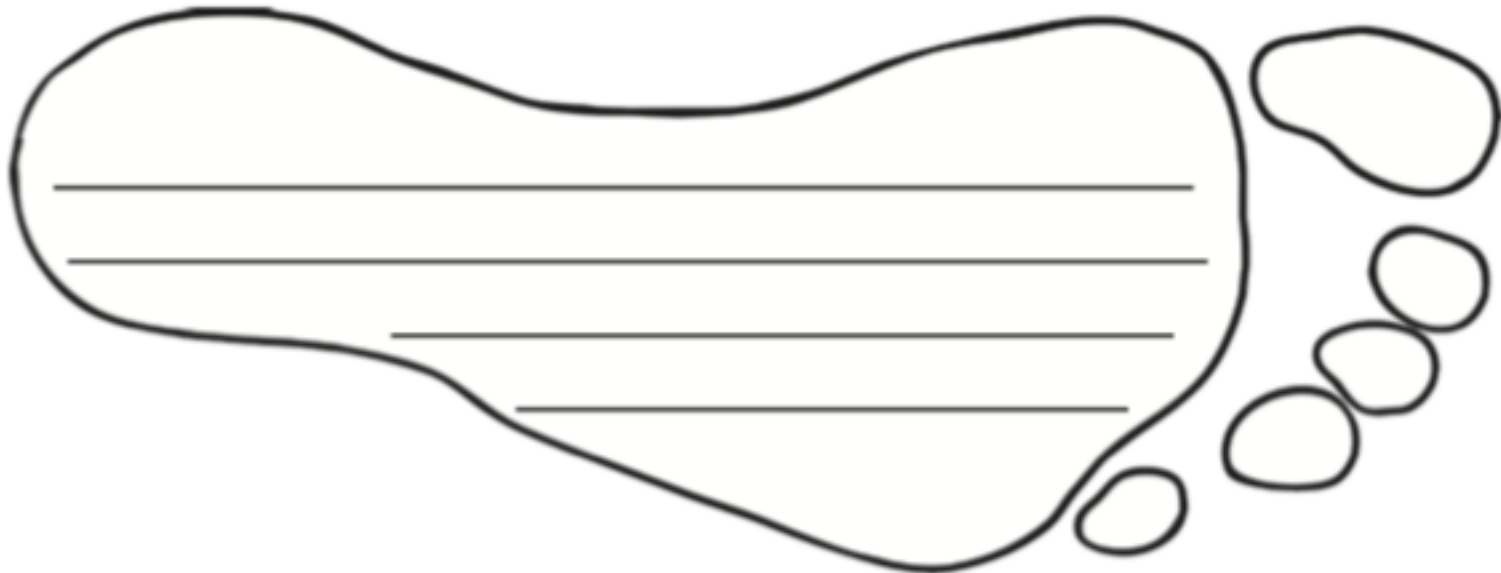


Today your task is to think about one thing you can give up during Lent. Now I don't mean sweets or crisps. I mean cutting back on doing something so that you can spend time doing something for someone else instead.

For example: giving up some screen time so you can read a story to a little brother or sister or lay the table for dinner each evening.

When you have thought about what you will do, write this down as a promise.

Because this is a promise made as part of journey I would like you to write your promise on a footprint.

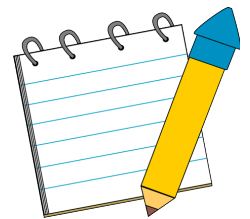


Your second task is to write a letter to God to explain that you know Lent is a journey where you have to do three things – pray, fast and almsgiving. As part of your letter I want you to explain what YOU are going to do to for each of these

For example, you might write a paragraph about praying more by saying that you will set aside some time each day to say special prayers or how you are going to use one of the ideas on the next page as a focus for your prayers. For fasting you will talk about your Lent promise and for almsgiving, think about how you will help others, maybe by completing small acts of kindness.

Remember to use correct punctuation and add lots of details.

**GIVE
A LITTLE
LOVE**



Some other ideas to try at home



Prayer Chain

Alternatively, make a Prayer Chain: List 40 intentions or people on 40 slips of paper. Link them together into a chain. Rip one off each morning of Lent and pray for that need.

Act of Love and Prayer Jars

Why don't you create an Act of Love jar that has different things you can do each day such as share a toy with your sibling or be extra nice to someone at school or do an extra chore. The Prayer Jar has a special intention for each day. Each evening chose an act and prayer intention for the next day.





God bless
YOU ALL