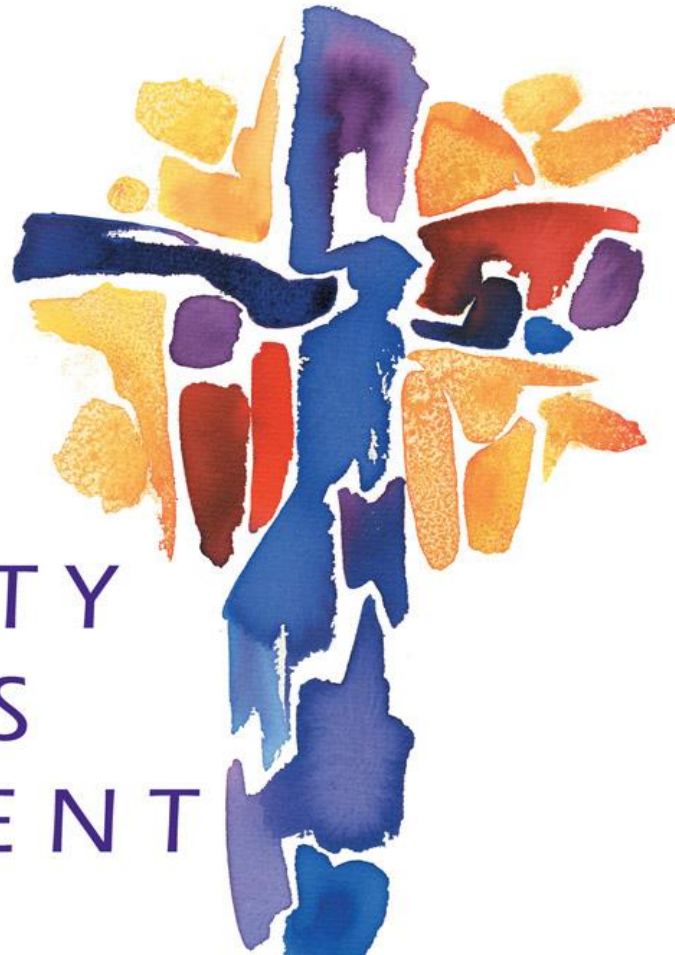


# The Holy Season of Lent

THE  
FORTY  
DAYS  
of LENT



RETURN  
to the  
LORD  
YOUR  
GOD

# Facts About Lent

The  
Season  
of  
Lent



- Lent begins on **Ash Wednesday** and ends on **Holy Thursday**.
- **Lent lasts for 40 days.**
- During Lent many people decide to give up something like cakes and sweets, or give up a bad habit. **What could you give up to make you a better person?**
- **Lent is also a time of PRAYER and reflection...so pray more.**
- Lent happens in Spring Time- which has great significance for Easter at the end of LENT.

# Why Does Lent Last 40 Days?



**Let us read the story of Jesus going away to be alone in the wilderness to understand why. Jesus went into the desert (a quiet place) to fast and pray for 40 days and nights. He gave up eating food and the comfort of a bed to sleep in. He spent this time to strengthen his faith and to build his self-control to set an example for all of us. Could you give up some things you love?**

**The devil came and tempted Jesus and tried to distract him from praying and tried to make Him break his promise to fast and pray -Jesus resisted his temptations and remained strong. Jesus said NO to all the temptations! Could you try to be as strong as Jesus this year?**

# What should we do in Lent?

## Discuss & Explain each

*Fast*



*Give*



*Prepare*



*Pray*





# What Can You Give Up During Lent This year?

- Lent is a time when we can make a **personal sacrifice** to remember when Jesus was in the desert with nothing to eat and no comforts.
- It's a time **to build our self-control and build up ourselves spiritually.** Explain how you would do this to a partner in class.
- **If you were to give something up this Lent what would it be? Explain why?** It could be unhealthy foods or drinks, a bad habit, attitude or practice.
- **How would this help you to be more like Jesus?**



# Why not try something new this Lent?

- Instead of **giving up** why not **give** more: **time to study your times tables**, effort in your school work, **kindness**, help, **compassion**, tolerance, **charity**
- This Lent try and **go on or join** something for Lent! Something like: Singing in the cChoir at mass!
- Today....why not decide to **choose one thing** that you will do to help others (friends, family, teachers or neighbours) over **Lent** and maybe your class can make a **Lenten Promise Tree/Chart...for you to place your promises on.**



# EACH ASH WEDNESDAY WE GO TO MASS TO BEGIN LENT



The ashes remind us that one day, when God calls us to Heaven, our bodies will return to ash. The ash also reminds us that our hearts are stained by sin. The beginning of Lent helps us think about our actions. During Lent we pray, "God, if I am doing anything to make You sad, please show me and help me to change."

## Ash Wednesday Prayer

Dear Heavenly Father,

Bless us as we enter into these 40 Days of Lent.

Help us to become closer to Jesus through our prayer, sacrifices, and giving.

May we remember Jesus' great love for us as He suffered and died, so that our sins may be forgiven.

Prepare our hearts to rejoice in Christ's resurrection this Easter.

In His Name, we pray.  
Amen.

