



# FEAST

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**Welcome Words –**

**This day the Lord has made.**

**Let us rejoice and be glad in it.**



What are we talking about today?



# Shrove Tuesday



Shrove is an old English word meaning to forgive sins.

It is the day when all the food was eaten up before the fast of Lent begins.



What is Lent?

Shrove Tuesday marks the start of Lent.

Lent lasts for 40 days and nights as this reminds Christians of how long Jesus was in the wilderness for.

Lent is a period of fasting, which is why all the food was eaten up on Shrove Tuesday.





## Why is Lent important?

It was an important time and place for Jesus, as it was a place of preparation – this means ‘getting ready’ for something important. Jesus was getting ready for his work of healing and teaching. It was important that he was somewhere on his own, so that he could focus on God, with no distractions. He had a busy and important time ahead. Christians today use Lent as a time to focus especially upon God.



## Why is Lent important?

Jesus was tested in the desert. Jesus was tempted by: food, power and wealth, testing God. But Jesus did not give into temptation, he stuck by God, and this is a reminder to Christians today that when things get hard, or they are tempted to forget God, they can trust in God who never leaves them.





## Why is Lent important?

Sometimes people give things up for Lent – it's another way of trying to keep life simple and focus on God. What could you give up for Lent?

A different way of looking at it is to take something up for Lent. It may be a good time to 'turn over a new leaf', we can all have the chance to show a new side to us! What could you do?

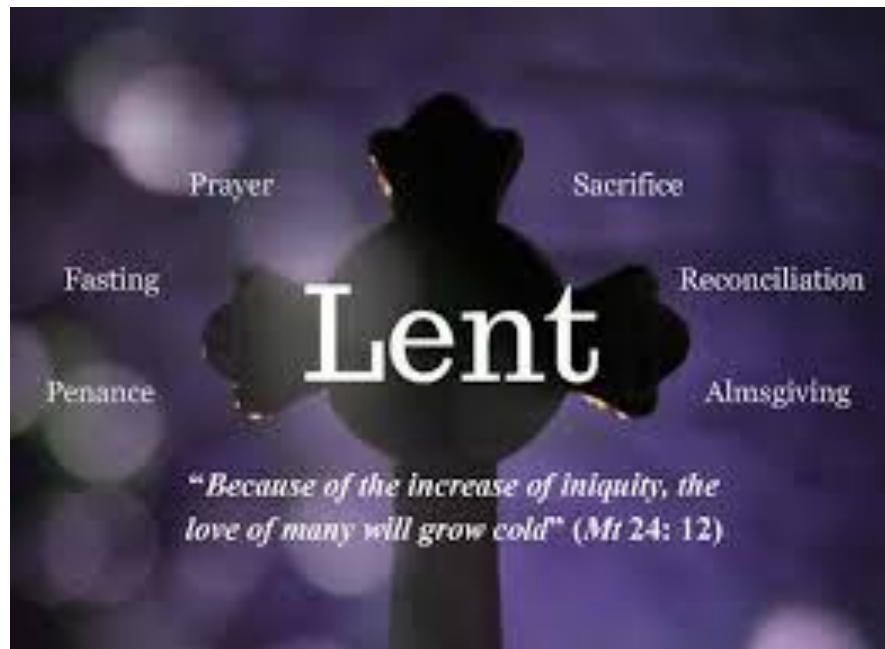


## Reflection-

Close your eyes and sit very still.

Think about what we've heard this morning.

Think about what positive thing you might do this  
Lent.



## Prayer-

Dear God,

Thank you that during Lent we can think more about you and focus on you.

We pray that you will help us with the positive things we choose to do this Lent.

We pray also for all those in the world who have no power, no money, no food or have lost their way in life.

**Amen.**



Closing Words-

**May the light and peace of Jesus  
Christ our Lord be with you.**

**And also with you.**

