

Monday 22nd February

Can I give reasons for
the actions and symbols
used during Lent?



Write the date and
title neatly in your
home learning book.

What can you remember about
your learning about Lent from
Year 2?



What signs and symbols are used during Lent and what do they mean?



Watch the short video below (as an adult first) you might want to take a few notes while you watch.

<https://www.youtube.com/watch?v=eDvf527E8Dg>

Why do Christians behave differently during Lent?



Lent lasts 40 days,
not including
Sundays and is a
special time of
preparation leading
up to Easter.

Lent begins on Ash
Wednesday when
Christians go to
church and receive
the ashes on their
forehead.

Lent



Lent reminds
Christians of Jesus'
time of temptation
and fasting in the
desert. We believe
that by following his
example we can
become better
Christians.

By eating less, fasting
at certain times or
giving up our favourite
foods we have more
time to focus and think
about God, to read the
Bible and pray.

What is happening in this picture?



Where do the ashes come from? What are they a sign of?



Lent begins on Ash Wednesday, the day when Christians go to Mass and receive ashes in the shape of a cross on their foreheads. We try hard in Lent to become better, more productive Christians. It is a time to stop and think about following the example of Jesus. The ashes are an outward sign of this

This year Ash Wednesday began on 17th February.

WHEN THE TIME HAD COME (based on Luke 3:23)

Luke tells us that Jesus was about thirty years old when he left Nazareth. Jesus knew the time had come for him to begin the work his Father had given him to do: to tell people about the Good News of God's great love for them.

JESUS CHOOSES GOD'S WAY (based on Luke 4:1-13)

Jesus went out into the desert. There was nobody there; nothing but sand and rock. He was all-alone for forty days. He ate nothing, so at the end of forty days he was extremely hungry. He heard a voice telling him that he could change stones into bread, if he wanted.

Jesus knew that eating was not the most important thing in life. He remembered God's word: 'No one lives on bread alone'.

Again he was **tempted**. The voice promised him all the kingdoms of the world. Jesus knew that the only true ruler of the world is God. He remembered God's word: 'I am the Lord your God, you shall serve no one before me'.

A third time the tempting voice came to Jesus. "If you are God's Son you can do anything and God will take care of you. Even if you threw yourself off the highest place, God would protect you." Jesus remembered God's word, 'You must not put God to the test'. The voice of the tempter was silent.



Jesus spent 40 days
in the desert being
tempted by the devil.
During Lent we mirror
this time by preparing
for Easter





The ashes we receive are a sign of God's love and the call to change our ways and be more loving and giving. We try to love as Jesus loved.

How can you be a better Christian during Lent?



The ashes are the
burned down palms
from the previous
year's Palm Sunday





The priest uses the words 'Repent and believe in the Gospel' reminding us that we are called to 'turn back' to God and live a holy life. Or the words 'Remember you are dust, and to dust you shall return.'



During Lent, the Church uses the colour purple to symbolise repentance and the word 'Alleluia' is not used until Easter.

What are the three things we should try and do during Lent?



Prayer



Give up something



Help those in need

Catholics believe that more time given to prayer during Lent will bring them closer to God.



Catholics might decide to pray the Stations of the Cross during Lent. This prayer helps them to reflect on the pain and suffering and death of Jesus and think about how much he loves us.



Lent is about repentance and renewal. Prayer brings us closer to God



Fasting is not just about developing self control it is often an aid to prayer as the pangs of hunger remind Catholics of their hunger for God.

Fasting is linked to concern for those who are forced to fast by their poverty, those who suffer injustice and those who are in need.

The Prophet Isaiah insists that fasting with action is needed. "Share your food with the hungry and open your homes to the homeless and poor. Give clothes to those who have nothing to wear."



Some Catholics attend a soup lunch during Lent where they eat a small amount and give their money to those in need.



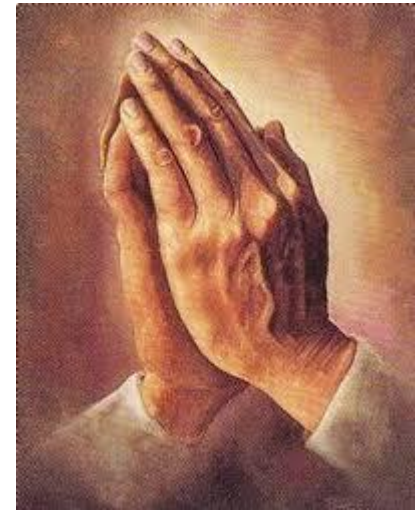
Christians give money to people who are less fortunate than themselves during Lent. They might give some of the money to CAFOD.

In Matthew 25 it says, "When I was hungry you gave me food to eat; when I was thirsty you gave me a drink, I was a stranger and you welcomed me"



Whenever we help others we are helping Jesus. Lent is the time when we practise giving up but also giving. This is because Jesus gave himself for us when he died on the cross.





Use the pictures and the word bank below to create a poster all about Lent and why it is such an important time for Christians.

Lent 40 days Jesus in the desert temptation Ash Wednesday change our ways

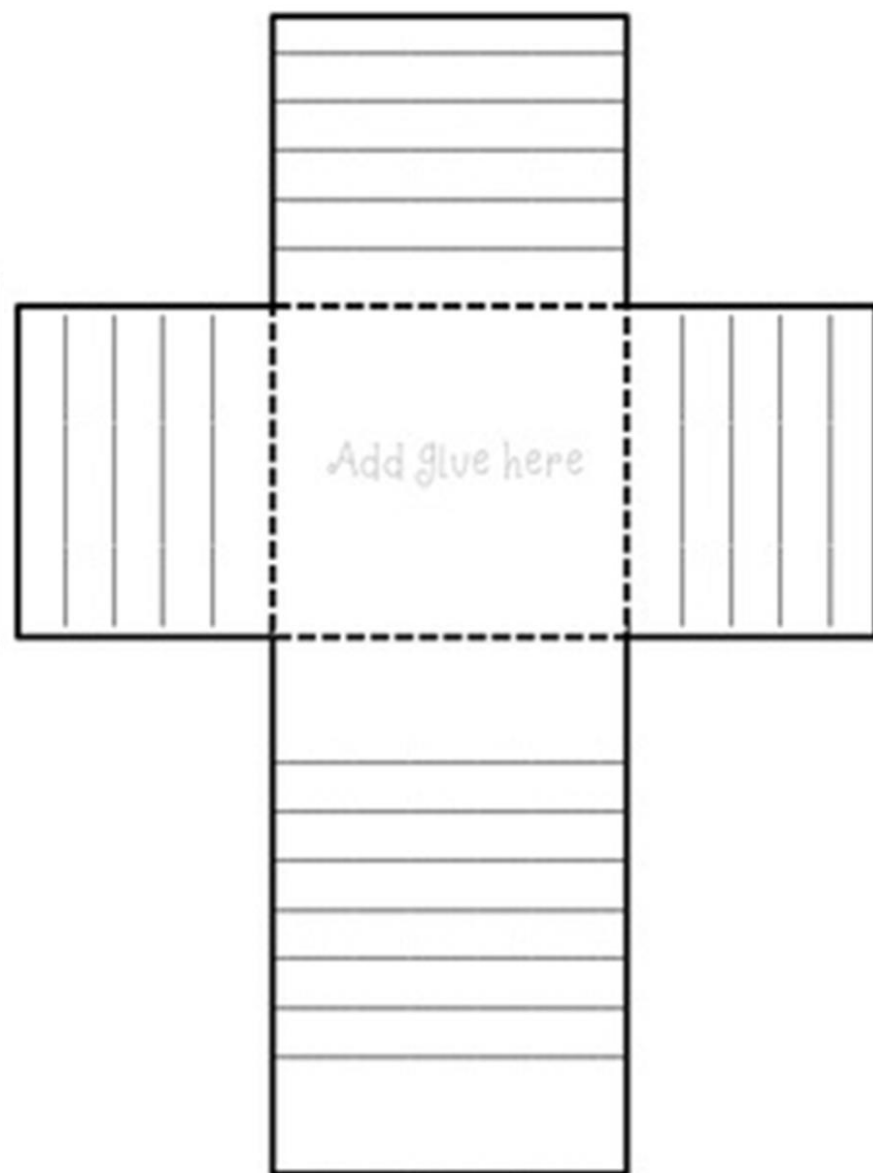
Almsgiving fasting prayer repent promise Easter palms

There are a couple of additional activities on the next slides.

- Make a Lenten promise cross about what you promise to do to change your ways during Lent.
- Each day colour in a number to lead you through your journey through Lent.



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