

Ideas for Lent



Why does Lent matter?

Lent is the period that comes before Easter. It is a season of the Church's year. During Lent, Christians add extra prayers to their days, fast, and give their time or money to those who appreciate our care. There are many ways to celebrate (or observe) Lent but this year, Lent might be different as we will be spending time at home. We have all experienced challenges in the past twelve months as the pandemic has changed the way we live. So we have put together a few ideas to help families and teachers focus on Lent in small ways that will still help us all grow spiritually. This year, Lent begins on 17th February, Ash Wednesday. It is a time when we follow the example of Our Lord Jesus and follow his great commandment "You must love the Lord your God with all your heart, with all your soul and with all your mind...You must love your neighbour as yourself." (Matt:22:37-9)

1

40 DAYS

Where else in the Bible do you hear about 40 days?

2

ASH WEDNESDAY

What do you think an ash cross symbolises on our foreheads?

3

HOLY WEEK

Why is this the name of the last week in Lent?
What do Christians remember?



Lent is a time to pray

Who might need our prayers at this time?



Lent is a time for fasting

Fasting means giving up something we enjoy, not just food!



Lent is a time to give

Lent isn't just about giving to charity but about giving our time and loving care.

Thinking about spending time at home this Lent

As we are spending more time at home, here are some ideas of things to do to keep remembering it is Lent.

We don't know yet whether you will be spending most of Lent at home or in school. Lent is a special time in our school year where we think a lot about helping other people as we remember how listening to Jesus helps us love our neighbours. Here are a few ideas for things you can do at home or in school during Lent to remember to think of others. Lots of the ideas come from a website called <https://www.catholicicing.com>. If you can access the internet there are lots of other ideas there for things to make and do with your family in Lent.

A prayer paper chain

In the first lockdown, lots of us decorated our houses with rainbows. As we think about the coming Spring during Lent, you could make a rainbow coloured prayer paper chain. Each day, think of someone who needs our prayers and write their name on a strip of paper. Stick the strip into a loop with glue or a bit of sellotape, then keep adding a loop each day as you pray for someone



as part of your Lenten promise. By Easter time, you will have a long chain to decorate your house or bedroom and remember all those people who you've held in prayer through Lent.

Did you know? The word 'Lent' comes from the Anglo Saxon word 'lencten' which means 'lengthening of the days'. During Lent the days do get longer as Winter turns to Spring. In many other countries, Lent is called 'Quadragesima'. You may be able to work out that this means 40 days. After his baptism by John, Jesus fasted for 40 days in the wilderness. Can you find out how long it rained for in the story of Noah, or how long Moses was on Mount Horeb? [You can find out more about Lent at this American website https://www.thereligionteacher.com/lent-project-and-lesson-plan-ideas/](https://www.thereligionteacher.com/lent-project-and-lesson-plan-ideas/) **Always check it's okay with an adult before clicking on a link!**

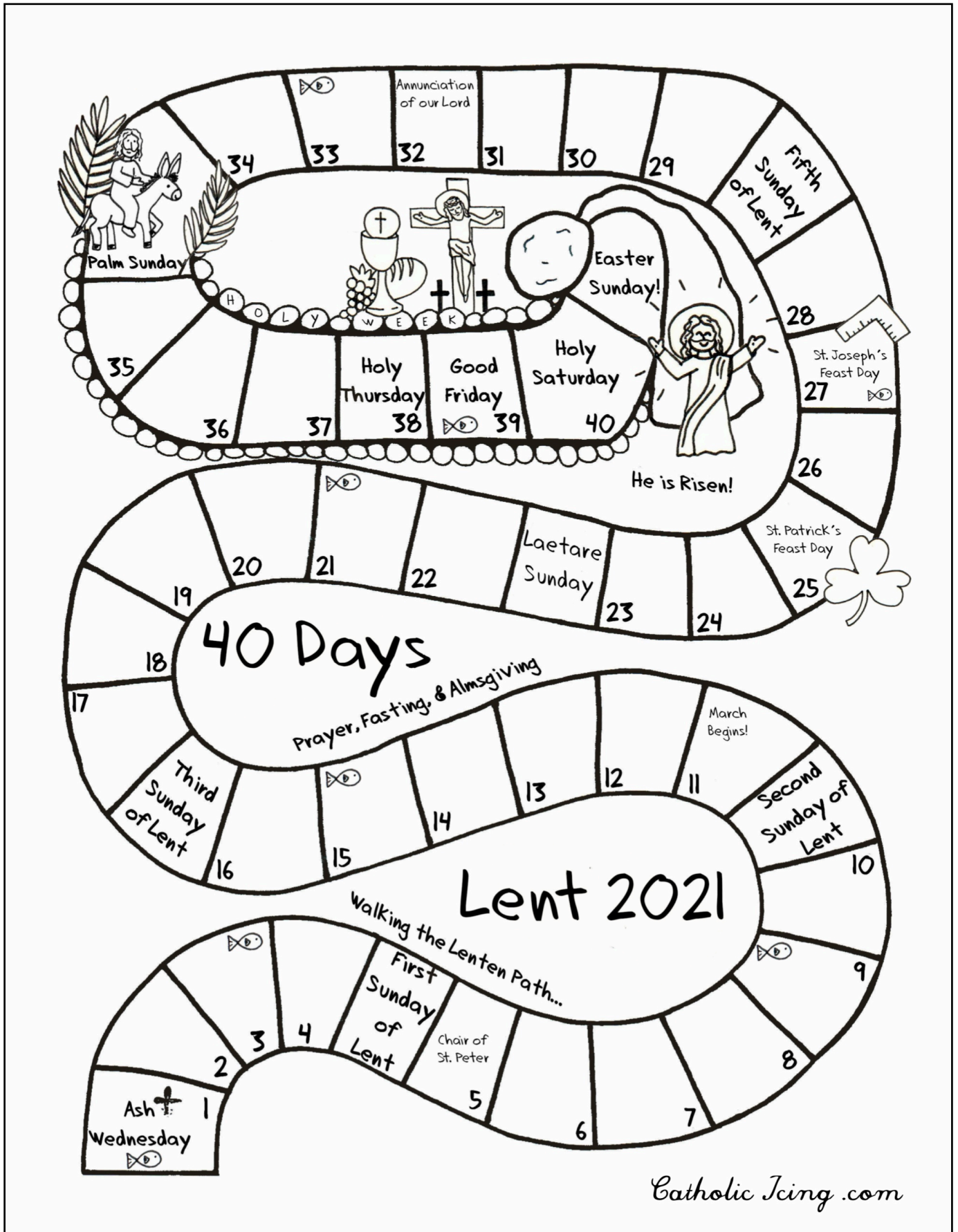
MAKE A LENTEN PROMISE CARD

Think of the things you are going to do or not do during Lent. You might decide to give up something you like to eat or drink, stop watching a TV programme or playing on X box. You might plan to say a thank you prayer for something in your life each day or just to do something kind without being asked.

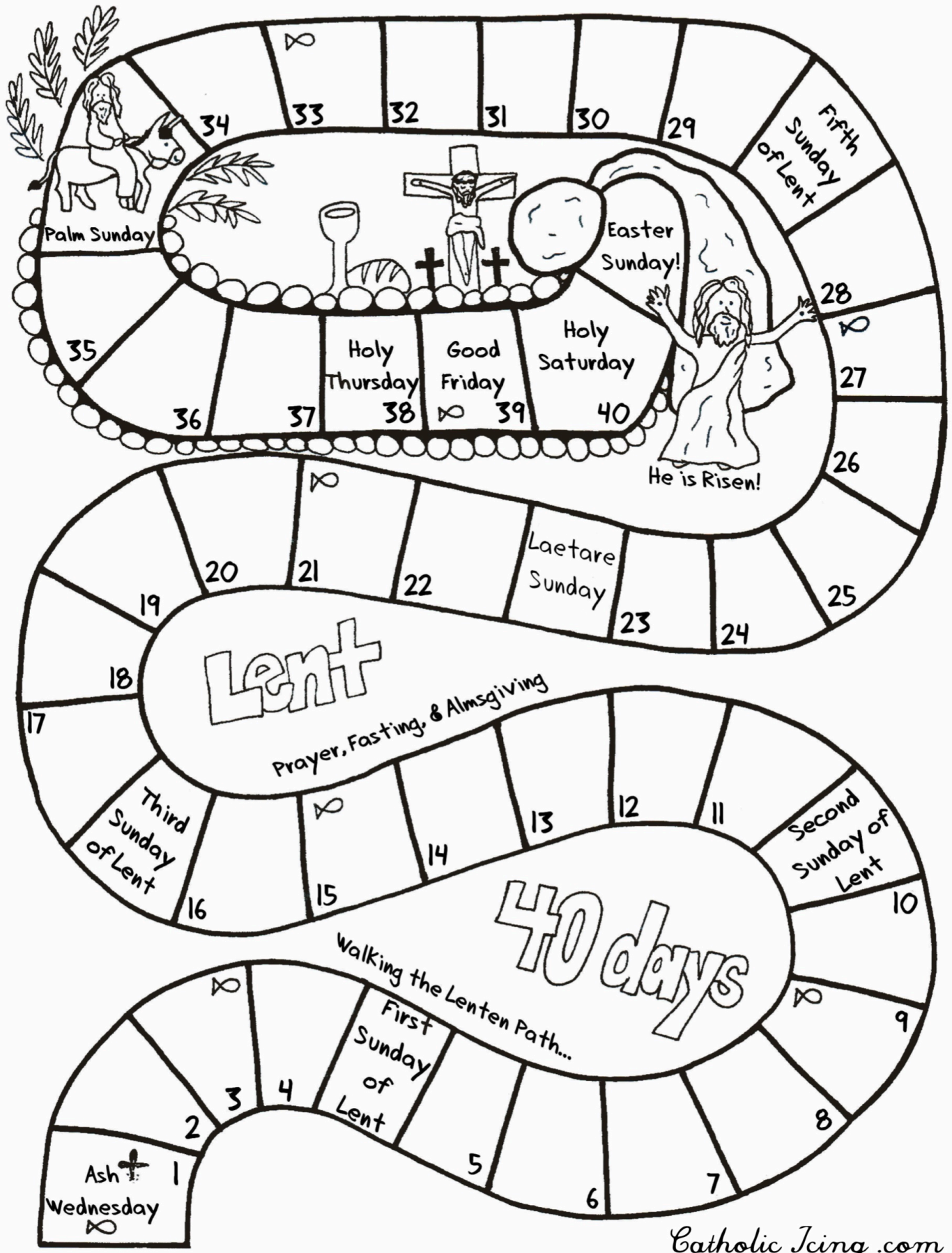
Write the promises down and decorate. Stick it somewhere you will see it to remind you each day, like the fridge.

Could you help someone in your family to make a Lenten promise?





There are two Lent calendars. You can colour each day in Lent as it passes. One calendar has the days filled in, the other is blank so you can work out the dates yourself and add dates that matter to you.

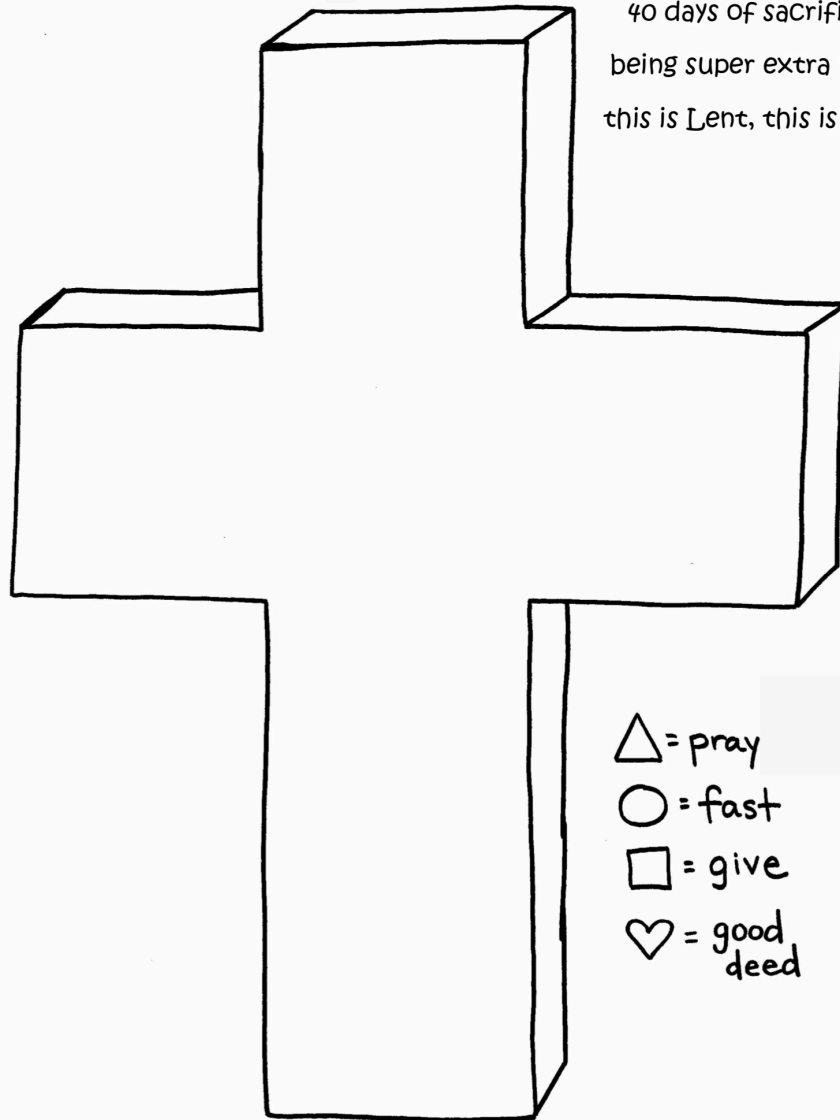


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LENT

Prayer, fasting,
and almsgiving,
we are meant to repent.

40 days of sacrifice,
being super extra nice,
this is Lent, this is Lent

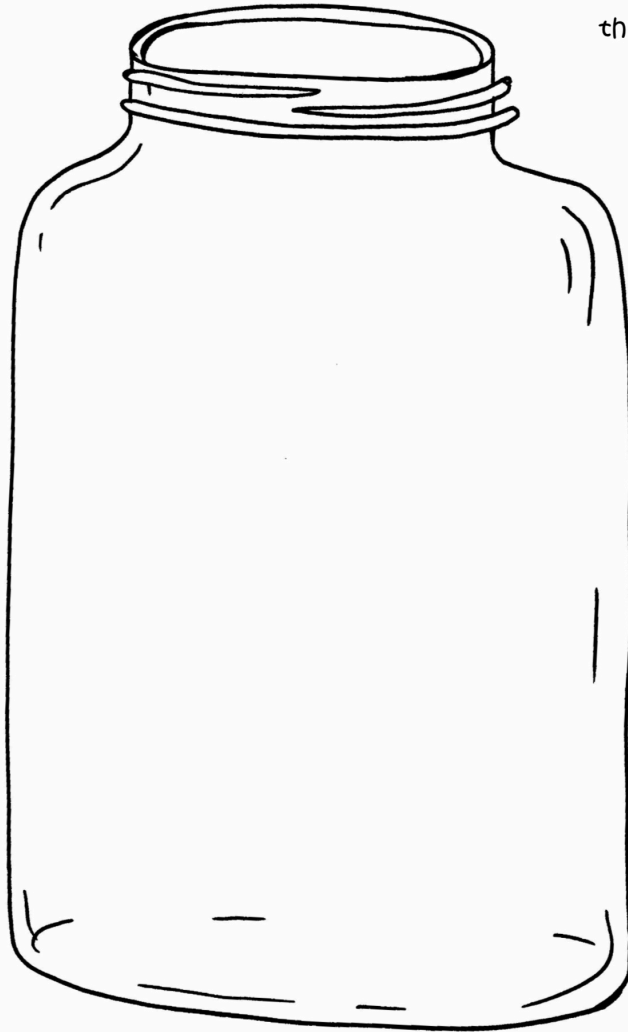


Each time you remember to pray, fast, give or do a good deed, draw a small shape on the cross.

Can you fill the whole cross by Easter Sunday?

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Find an empty jar. Each time you do something for someone else, say a prayer or decide to be helpful, put something in the jar. You can choose what to fill the jar with, maybe a note about what you did or a Lego brick!

Can you fill the jar by Easter Sunday?

Here are some ideas for Lent. Can you add some more?

Pray	Fast	Give
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Hail Mary

Turn off the TV for 1 hour

Send a note to someone

Glory be

No sweets

Let someone else go first

Pray for the sick

No snacking between meals

Do a job without being asked

Pray for your teacher

Drink only water today

Share

Say an Our Father for...

Fast from complaining

Read a story to someone

Read a Bible story

Write your own prayer.

Here is one from CAFOD to help you.

Prayer for uncertain times

Lord Jesus Christ, light of this world, thank you for the hope you have given us.

Help us to give our worries to you and, above all, to trust in your unfailing love.

For you have promised us "Never will I leave you, never will I forsake you."

Almighty God, our protector, let us trust in you to carry us through this time of uncertainty.

Jesus, hear our cries as we mourn those who've left us.

Whatever tomorrow may bring, we will praise your name.

Amen.

Prayer: Sasha Breakenridge, CAFOD volunteer

My prayer for Lent 2021



Diocese of Lancaster
Education Service
Euntes in mundum