

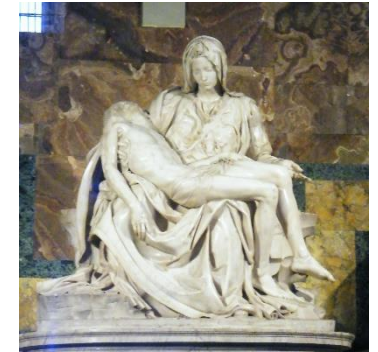
# St. Joseph's *Children's Liturgy of the Word*

**Lent 2024 (Year B)**

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St. Joseph is the patron saint of the family, and the family is the “domestic Church.” These sheets were originally developed to support my parish of St. Joseph in Great Malvern, Worcestershire, but they are now used by parishes and schools not just in the UK, but some are sent to contacts abroad as well. As always, feedback and suggestions are most welcome.



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Michelangelo's Pietà in St. Peter's Basilica Rome

***Sunday Mass is the cornerstone of our week; These resources are designed to be used in a family setting or in Children's Liturgy of the Word at Mass, or in the classroom. Please make them your own and feel free to pass them on for free.***

Lent is a time when we can reflect with Mary on what Our Lord has done for us and for preparing to celebrate His Passion, death, Resurrection and Ascension. I have included this picture of the Pietà as I once used it with year 3 children as part of a reflection for Lent. They were very moved at the stillness of the pose and the tender loving look of Mary at Jesus. After using it for reflection it was placed on our classroom focal table and I saw a few children move us very close to have a moment of reflection. One child kissed it, and another stroked the picture. Of course, we do not worship the actual images, and statues but they lead us to the persons depicted. In my experience, children can be really drawn into a deeper understanding of the faith through beautiful sacred art, as long as we given them time to “get into” it. I wish you a blessed Lent.

***There are Four Dimensions of our Faith, and the activities all reflect one or more of each of these dimensions.***

**Professing the faith (speaking about it and learning the faith)**

**Celebrating our faith in the liturgy and the sacraments**

Jesus above St. Peter's Rome, pointing to heaven. © C A Harnett 2022.



**Living the faith in Christ (making choices by the grace of Jesus Christ)**

**A prayer-filled life where the Our Father takes centre stage**

## Children's liturgy of the word for this week



### Gospel for Ash Wednesday

#### Matthew 6:1-6,16-18

Jesus said to his disciples: 'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

The Gospel of the Lord

R/: **Praise to you Lord Jesus Christ**

### Discussion on the Gospel for Ash Wednesday

*So often the first thing that people refer to in Lent is "giving up" something, whether that is cakes, sweets, sugar, the TV.... But let's look carefully at what Jesus is asking us to do:*

**Q: What does Jesus mean by "good deeds"?** (A: Nice, kind things we do for other people.)

**Q: What does Jesus mean by "giving alms"?** (A: Giving money or things to people that need it.)

**Q: What does Jesus mean when He says that our left and right hands must not know what they are doing?** (A: We give in private, or in secret, without telling people! [Obviously children need to check with their parents before they start giving things away!])

**Q: How can we give of our time to other people in secret?** (A: We can do some helping at home or in school without being asked and without boasting about it, we can put a bit of our pocket money in a charity box without boasting....)

**Q: What was Jesus' second instruction?** (A: To pray in secret)

**Q: How can we pray in secret?** (A: Open, but suggestions are, to say a prayer in bed as soon as we wake up, or when we go to bed as we go to sleep, to go and spend a few moments away from everyone else to pray the "Hail Mary" or may be to decide to pray a decade of the Rosary each day. We can pray silently when we are in the car or walking to school.)

**Q: And finally, what was Jesus' third instruction?** (A: To fast without being gloomy.)

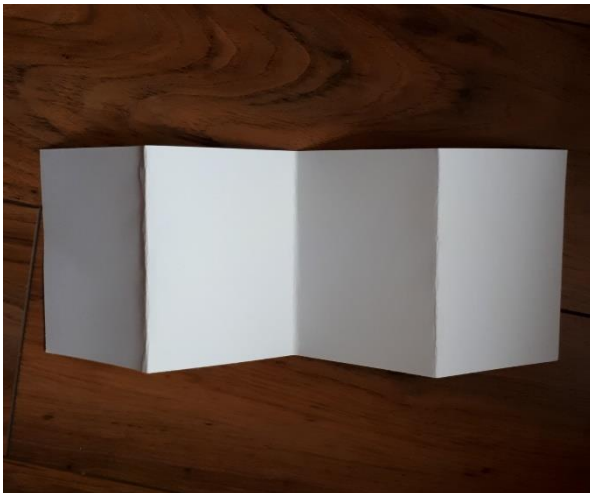
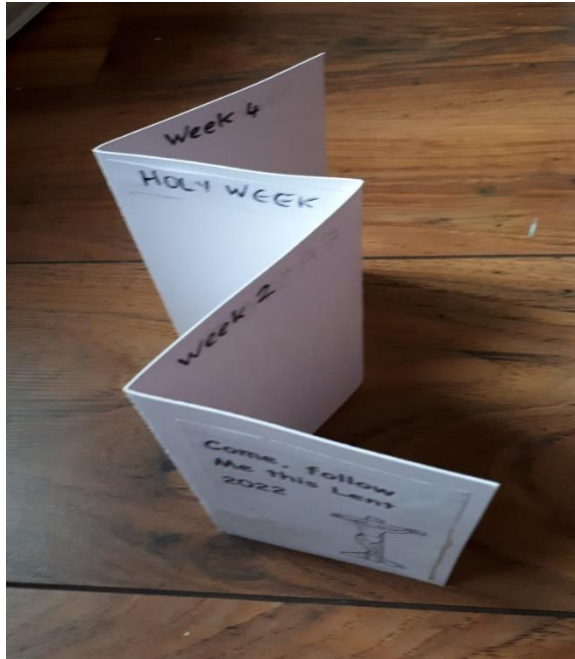
**Q: What is "fasting"?** (A: It means going without something.)

**Q: Apart from the usual "giving up" of sweets etc how can we fast this Lent. What can we do without?** (A: Open, suggestions are to have a "devise free evening" etc.)

**Q: To sum up, what are the three actions Jesus asks us to do in Lent?** (A: Giving alms/doing good deeds; prayer in secret; fasting)

**Let us ask our Heavenly Father to help us to decide how we can discipline ourselves this Lent and for the grace to stick to our Lenten resolutions.  
Our Father ....**

**Make a Lenten booklet to help you pray, be generous and fast this Lent.**



**On the next page are labels you can cut out, (or draw and write your own).**

1. Begin with a piece of A3 Paper or card (or Sellotape two pieces of A4 together.) Fold in half lengthwise and cut along the fold so that you have a long rectangular page.
2. Fold this in half so that the short ends meet and then fold each of the short ends backwards to make a zig-zag.
3. Stand your zigzag upright so that the front is like a book with the opening on the right.
4. Stick the cover page (below) on the front.
5. Open the booklet and write "Week 1" "Week 2" etc on each of the folds as in the picture.
6. Don't write "Week 6" but write "Holy Week" on the 6<sup>th</sup> page, and on the 7<sup>th</sup> Page write Easter!
7. Each of the quotes in text boxes on the next page are adapted from the entrance antiphon for Mass each Sunday of Lent. These in turn mostly come from the Psalms (if you have a missal, you can see the references beside the antiphons).
8. Stick the quotes from the next page under the label for each week.

Help and encourage the children\* to use the booklet all the way through Lent to record their thoughts and how they have been able to follow Jesus by giving, praying, and fasting.

\* Children? ... we are all children of God so this activity can be used by children from aged 5-500!

1. Jesus says, "When you call on me, I will answer you. I will deliver you and give you glory, and I will grant you length of days.

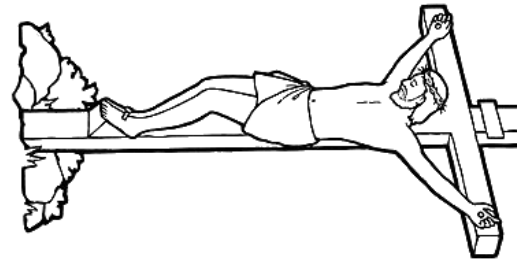
2. Of you dear Jesus, my heart has spoken,  
It is your face, O Lord, that I seek;  
Do not hide your face from me.

3. My eyes are always on you O Lord,  
for you rescue me.  
Turn to me and have mercy on me,  
for I am alone and poor without you.

4. Rejoice,  
Be joyful, all who were sad.

5. Give me justice, O God,  
and plead my cause against faithless people.  
Rescue me from those who lie and try to  
trick me, for you, O God, are my strength.

# Come follow me this Lent 2024



## **Holy Week: (Palm Sunday)**

The children ran to meet Jesus;  
in their hands they carried palm branches  
and with a loud voice cried out:  
*Hosanna in the highest!*

**Easter:** The Lord is truly risen, alleluia.

To him be glory and power  
for all the ages of eternity, alleluia, alleluia.





## Children's liturgy of the word for this week

### Gospel for 1<sup>st</sup> Sunday of Lent Year B

18<sup>th</sup> February 2024

#### Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord:

R/: *Praise to you Lord Jesus Christ*

### Discussion on the Gospel

*In Mark's Gospel we don't hear the details of how Jesus was tempted, but we rush straight on from the desert to the beginning of His ministry. We can pause and discuss what the temptations were (drawing on their knowledge).*

**Q: Where did Jesus go?** (A: The desert/wilderness)

**Q: Why do you think He went there?** (A: To pray, to spend time with His heavenly Father to work out exactly what His ministry was going to be...)

**Q: How long did Jesus go there for?** (A: 40 days.)

**Q: How long is Lent?** (A: It's 40 days if you don't count the Sundays – try counting it on a calendar!)

**Q: What does it mean to be tempted?** (A: To have the idea of doing something wrong.)

**Q: Is it a sin be tempted?** (A: No.)

**Q: In other Gospels we learn that Jesus was tempted to turn a stone into bread [Jesus was hungry] Jump from the top of the Temple [so spectacular miracles to grab people's attention] and to worship the devil and become a really powerful earthly ruler. What sort of things are we tempted to do?** (A: Various)

**Q: When we are tempted, what can we do and say to stay strong and not give in?** (A: Open but suggestions are: In Matthew's Gospel Jesus says to Satan, "Begone Satan!". We can also make the Sign of the Cross.)

**Q: Jesus begins His public proclamation by saying "Repent and believe the Good News". What is the Good News?** (A: Various – that Jesus has come to save us/ restore us to His Father/that He will forgive us our sins.)

*There are two suggested activities below – one is to fill in the sheet and the other is to make a model of Jesus praying in the desert. This could be changed into an Easter Garden at the end of Lent.*

*Fill a shallow tray with sand or soil. Add some stones and a few "wild animals" (plastic toys would work, or draw them on card and cut them out, sticking them in the sand)*

*Colour in and cut out the picture of Jesus praying and the angels and place them in the tray. You could put prayers around the scene each week, asking Jesus to give us the grace to repent and believe.*

Repent and believe  
the Good News!

Jesus Christ has come to  
show us His Father and  
send us His Holy Spirit!



## Children's liturgy of the word for this week



### Gospel for 2<sup>nd</sup> Sunday of Lent Year B

25<sup>th</sup> February 2024

#### Mark 9:2-10

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus: 'Rabbi,' he said 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down from the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

The Gospel of the Lord:

R/: *Praise to you Lord Jesus Christ*

### Discussion on the Gospel

*Every year we hear the Gospel of the transfiguration on the second Sunday of Lent. Each of the different evangelists give us a slightly different picture of this event and it only in Luke that we hear about what Jesus, Moses and Elijah were discussing. Elijah represents the prophets and Moses the Law, two of the three divisions of the Jewish Bible. The third is the writings, which include the Psalms.)*

**Q: Where did Jesus take Peter, James and John?** (A: Up a high mountain)

**Q: Why do you think He went there?** (A: To pray, to spend time with His heavenly Father)

**Q: What happened to Jesus?** (A: He was transfigured.... And may be the rest of the story could be recounted)

**Q: What does "transfigured" mean?** (A: Jesus was suddenly visible in all His heavenly glory)

**Q: Who appeared with Jesus?** (A: Moses and Elijah)

*If needed you can explain that both Moses and Elijah also had mountain-top experiences of the presence of God, (Moses when he received the Ten Commandments [Exodus 19:16-24]) and Elijah on Mount Horeb [I Kings 9:9-18]) and also Moses represents the Law and Elijah the Prophets.*

**Q: What did the Father say?** (A: "This is my Son, the beloved, Listen to Him").

**Q: Who was the Father speaking to?** (A: The Apostles and through them, to us.)

**Q: How can we listen to Jesus?** (A: Listen to Him in the Gospel, in our prayers.....)

**Q: At the end, Jesus tells the Apostles not to say anything until after He had risen from the dead. The Apostles didn't know what Jesus meant, but we do, what did Jesus mean?** (A: That He would rise from the dead after His crucifixion)

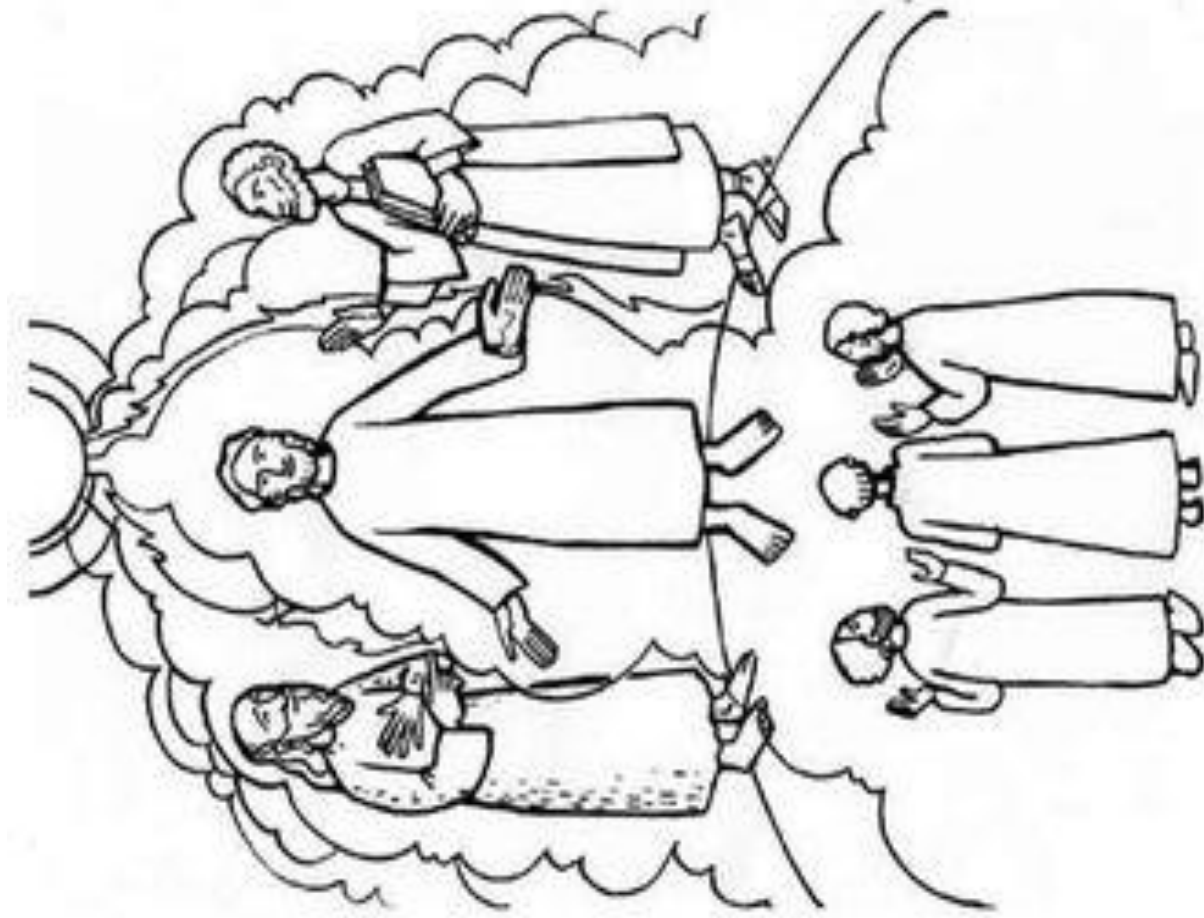
**Q: When do we celebrate Jesus' death on the Cross?** (A: Good Friday (older children may add, every Mass.)

**Q: When do we celebrate Jesus' Resurrection?** (A: Easter Sunday and every Mass.)

**Q: What was it again that the Father told us to do?** (A: To listen to Jesus.)



# This is my Son, the Beloved



# Listen to Him



## Children's liturgy of the word for this week

### Gospel for 3rd Sunday of Lent Year B, 3<sup>rd</sup> March 2024

#### John 2:13-25

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money-changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money-changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him. The Gospel of the Lord:

R/: *Praise to you Lord Jesus Christ*

#### Discussion on the Gospel

**Q: What did Jesus do in the Temple?** (A: Knocked over all the tables of people selling the animals.) [Note: The animals were being sold for the Temple sacrifices, as in Mary and Joseph's offering of two turtle doves when Jesus was presented in the Temple when He was a baby. The money changers changed the Roman coins into special temple coins.]

**Q: What did Jesus say?** (A: He told people to stop turning His Father's house into a market/destroy this house and He will build it in three days.)

**Q: When Jesus said that He would build the Temple in three days, what did the authorities say?** (A: They were surprised as it had taken 46 years to build the Temple.)

**Q: When Jesus said that He would build the Temple in three days, what was He referring to then?** (A: Himself/His Resurrection.)

**Q: After Jesus died on the Cross, what happened on the third day after He died?** (A: He rose from the dead.)

**Q: What is the day that Jesus rose from the dead called?** (A: Easter Sunday.)

*This is why Sunday is so important – every Sunday is like an Easter Sunday. That is why the 40 days of Lent does not include Sundays!*

**Q: What do we do on Sundays? ?** (A: We come to Mass.)

**Q: We celebrate Holy Mass in our beautiful church. The church building is a holy place. What beautiful things are there in the church building to remind us what it is holy?** (A: Open but do remind them of the tabernacle and the sanctuary lamp if it's not mentioned?)

**Q: What do we do when we come into the church?** (A: Dip fingers into holy water, make the Sign of the Cross, genuflect in front of the tabernacle, kneel down and pray etc.)

**Q: Our churches are very special places because Jesus is always there. What could we say to Jesus whenever we come into the church?** (A: Open).

**One thing we could say is to pray the Our Father – let's do this together now.**

*On the next two pages are suggested activities to suit different age groups. You may prefer to create your own page with photos of your own church.*

**Can you draw pictures of these special things that we have in our church building?**

**The font**

**The Lectern** (from where the readings are read)

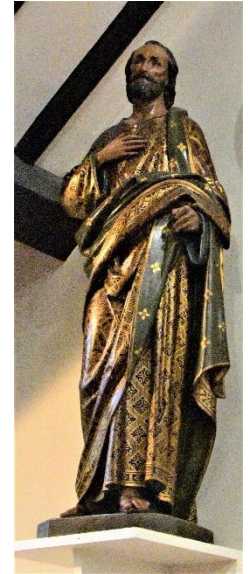
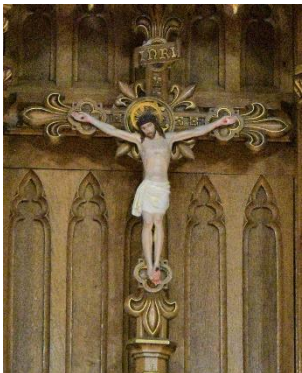
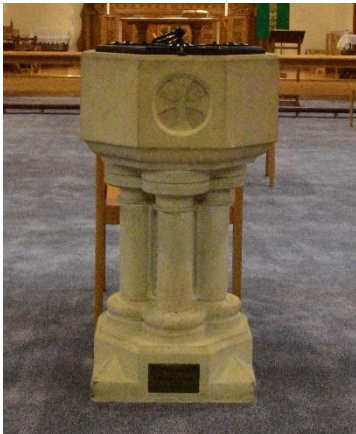
**The Altar**

**The Tabernacle**

**Some Candles**

**Can you draw a line from these labels  
to correct the picture?**

*Note, one picture has two (or even three) things  
to label in it*



**A Statue**

**Lectern**

**A Candle**

**Tabernacle**

**Altar**

**Font**

**Crucifix  
(Jesus on the Cross)**



## Children's liturgy of the word for this week



### Readings for 4<sup>th</sup> Sunday in Lent Year B: 10<sup>th</sup> March,

*Today we are looking at extracts from two of the readings.*

#### **Second reading: Ephesians 2:4-10 ...**

Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

#### **Gospel: John 3:14-21**

Jesus said to Nicodemus: "God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.

For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.

No one who believes in him will be condemned; but whoever refuses to believe is condemned already,

because he has refused to believe in the name of God's only Son."

The Gospel of the Lord

### Discussion on the readings

*Today is Laetare Sunday (and the priest may wear Rose Vestments). It's also mothering Sunday and the reflection leads onto recognising that mothers and caregivers do what they do by grace.*

**Q: In the Gospel, who did Jesus say that God the Father gave?** (A: His only Son).

**Q: Who is this "Only Son?"** (A: Jesus).

**Q: Why did the Father send His Son into the world?** (A: So that we may have Eternal Life/So that the world may be saved).

**Q: What does Jesus mean by "Eternal Life"?** (A: Living in the knowledge of being loved by Jesus, by His grace, and looking forward to being with Him and Mary and all the saints in heaven).

**Q: What do we have to do to be saved/to have Eternal Life?** (A: Believe in Jesus, believe what He says [and when we believe Him, we do what He wants us to do, by His grace]).

**Q: St Paul mentions grace in his letter to the Ephesians, what does he say about it?** (A: By grace that we are saved).

*Grace is the "stuff" which helps us to be good, to do what Jesus wants us to do. We are given grace when we are baptised, go to Confession and receive Him in Holy Communion. We are also given grace when we ask Jesus for help to be good. We can't "be good" without it.*

**Q: When can we ask Jesus to give us His grace?** (A: Various responses, e.g. when we don't want to do something that we have to do, when we are tempted to take something that is not ours, like someone else in the family's sweets etc.)

**Q: Today is Mothering Sunday. Who are we saying thank you today?** (A: Mothers and mother figure/caregivers.)

**Q: It's not easy being a Mum or caregiver, and they work very hard to look after us and to bring us to Church so that we come to know Jesus. What does the Holy Spirit give them to help them to do all that they have to do?** (A: Grace.)

**Q: Yes, let's ask Mary our mother in heaven to pray for our Mums and all those who look after us. Hail Mary....**

## Activities for Mothering Sunday (Mother's Day)

Mothering Sunday, or more commonly said, Mother's Day, has its origins in the medieval times when the readings used by the Church then reflected the Church as mother. It became the habit for people to return to their "mother Church" (i.e. the Church where they were baptised) on this, the 4<sup>th</sup> Sunday in Lent, and also to honour Mary, the mother of the Church. Despite the Reformation and the dropping of the references to Our Lady, the tradition continued, with girls in service being sent home to their mothers on the 4<sup>th</sup> Sunday of Lent.

During the English Civil wars (1642-1651) it was noted that, *"Every Midlent Sunday is a great day at Worcester, when all the children and godchildren meet at the head and cheife of the family and have a feast. They call it the Mothering-day"* *Diary of the marches of the Royal Army during the great Civil War* p.27.

In the 1913 a "Mother's day" was created in the USA to be celebrated on the 2<sup>nd</sup> Sunday in May. This was a purely secular celebration, and this date is the one that is celebrated many other countries, although in Malawi it is in October, and in Nigeria it is on the same date as ours. Can you find out what the date is in other countries?

The important thing is not the date, but that we honour our mothers and caregivers, thus obeying the 4<sup>th</sup> Commandment. We can also use the day to honour our Blessed Mother, Mary, the mother of the Church.

### Make a gift of time for mother or caregiver:

Traditionally mothers and caregivers are given flowers or other gifts, but why not give them some time? On the next page is a card front and eight suggested "voucher" inserts. (Older children may like to write their own). Cut them out and stick them in a pocket. Made from a piece of card taped inside. Then the mothers or caregivers can use them whenever they want, and the children will be giving them their time and love as thanks for all that they do for them.



Thank you .....  
for all that you do for me.  
Here are some gifts of my  
time that I can do  
for you.

Jesus Crowning His mother Queen of Heaven. Mosaic from St. Mary Major in Rome. Photo © Carol Ann Harnett



<b>I will do some hoovering</b>	<b>I will take out the rubbish or empty the bins</b>
<b>I will clean the bathroom basin</b>	<b>I will help with the cooking</b>
<b>I will tidy my room</b>	<b>I will help with the washing up today</b>
<b>I will sweep the kitchen</b>	<b>I will pick up things and put them away</b>



**Thank you .....  
for all that you do for  
me. Here are some gifts  
of my time that I can do  
for you.**

Jesus Crowning His mother Queen of Heaven. Mosaic from St. Mary Major in Rome. Photo © Carol Ann Harnett





## Gospel for 5<sup>th</sup> Sunday in Lent Year B: 17<sup>th</sup> March

*For the sake of younger children, the reading has been shortened to be able to focus on key points from the Gospel passage.*

### **John 12:20-33**

Jesus (said) ... 'Now the hour has come for the Son of Man to be glorified. I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest...

Now my soul is troubled. What shall I say: Father, save me from this hour? But it was for this very reason that I have come to this hour. Father, glorify your name!'

A voice came from heaven, 'I have glorified it, and I will glorify it again.' People standing by, who heard this, said it was a clap of thunder; others said, 'It was an angel speaking to him.' Jesus answered, 'It was not for my sake that this voice came, but for yours.

'Now sentence is being passed on this world; now the prince of this world is to be overthrown. And when I am lifted up from the earth, I shall draw all men to myself.' By these words he indicated the kind of death he would die.

The Gospel of the Lord  
***Praise to you Lord Jesus Christ***

## Children's liturgy of the word for this week

### Discussion on the Gospel

Brief background explanation: Jesus calls Himself the "Son of Man" which is a title that helps us to understand that Jesus has come for all people, not just the Jews. When Adam and Eve were sent from the garden of Eden (Gen. 3:15) God promised that a descendant of Eve's would be the one to restore us to communion with the Father, by defeating Satan. Jesus is that descendant promised by God. Satan is the "prince" of this world.

**Q: "Now the hour has come" means "the time is right." What is Jesus talking about?** (A: for Him to be glorified/His death).

**Q: What does Jesus compare His death to?** (A: A grain of wheat being sown in the ground and producing a rich harvest)

**Q: Why does He compare His death to a grain of wheat?** (A: It is something that His hearers would be familiar with/ When a seed is sown in the ground it first sends up shoots and then eventually disappears as the plant grows and produces a lot more seeds. Jesus' death and Resurrection will bring life to us all).

**Q: How is Jesus feeling?** (A: Worried/anxious/afraid).

**Q: What happens when Jesus prays to be saved from His death on the Cross?** (A: A voice from heaven is heard reassuring Jesus and everyone).

**Q: When Jesus dies on the Cross, who will be overthrown?** (A: The prince of this world/ the devil/Satan).

**Q: What does this mean?** (A: It means that because of Jesus' death and Resurrection we are restored to the communion with our heavenly Father which was lost by Adam and Eve. We can live as friends of Jesus and He can guide us in our lives by the grace of the Holy Spirit. We hope to join Jesus and all the saints in heaven.)

**Q: When do we share in Jesus' victory?** (A: Through Baptism and the sacraments/when we talk to Jesus in prayer/when by His grace we are loving and kind).

**Q: What do we say at Mass that celebrates Jesus' victory?** (A: The Memorial acclamation [the children won't know it as this, but the words are on the next page].)

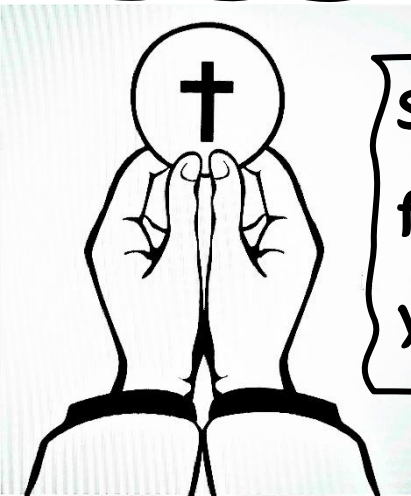
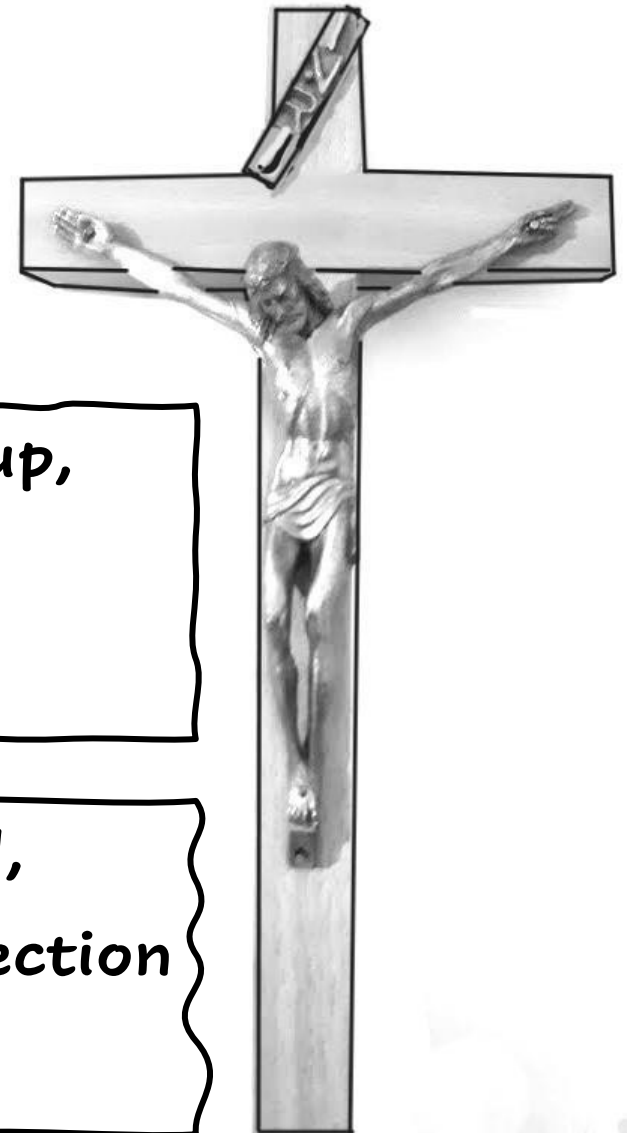
***Help the children to read at least one of them and encourage them to learn it by heart during the week.***



**We proclaim your Death, O Lord,  
and profess your Resurrection,  
until you come again.**

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**



## Sow some wheat grains or beans to help children to understand this analogy:



1. Select a few fresh grains of wheat or beans or other seeds which produce lots of seeds. Sunflowers are quite good as they produce lots of visible seeds but do need bit of care. Make sure that seeds or beans are fresh as old seeds and beans may not germinate and are disappointing.

2. Sow according to packet instructions, beans are better sown on their ends like this →



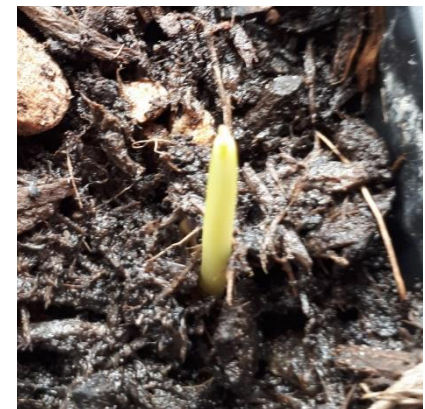
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3. Cover with a bit of compost, water and label. Put in a warm place such as a sunny windowsill and keep moist but not soggy.

4. After a week or 10 days (depending upon that you have shoots should begin to appear. →

5. If you can, plant outside in mid/late May or into a pot if you don't have a garden. Keep watering and if the in a pot, it might need plant food. Beans and tall plants will some support.



sowed)

bigger  
plant is  
need

6. In the autumn when the seeds appear, and you can dig up the plant to look for the original bean/seed and it will be clear that the original seed has "died" but there are now a lot more. You might need to go through the reading again to remind children of why you planted the seeds in the first place!

# Some Lent Activities

## **Fasting = Giving up something for Lent**

Why do we fast? Why do we do without something that we like? We do it because it helps us to be self-disciplined and to say to Jesus, "I love you more than this biscuit/ cake/ chocolate/ video game...."

If 6 weeks is too long to "give up" something, may be choose something different each week? E.g. one week, give up snacks between meals and the next limit playing video games to just one hour a day, and the next week you can choose something else. The point is that whatever you do, you do it for Jesus because He gave up everything for you and me. Jesus gave up His life so that we can go to heaven and be with his Father for all eternity. What can we give up for just one day (at a time)?

## **Learn the Apostles Creed by heart**

I believe in God, the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary, suffered under Pontius Pilate,  
was crucified, died and was buried; he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven, and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting. Amen.

**The Apostles Creed rose out of the baptismal promises made by new Christians in Rome in the very early Church. They had to publicly claim faith in God who is Father, Son, and Holy Spirit.**

Q: How is God the Father described? (A: *Creator....*)

Q: Who is Jesus described as? (A: *Son of the Father, our Lord [Lord is a title for God]*)

Q: What was Jesus' suffering? (A: *His crucifixion is mentioned but you could discuss the fact that He was mocked, beaten, whipped, wore a crown of thorns, etc*)

Q: Which lines recount what we commemorate in Holy Week and Easter? (A: *Suffered...rose from the dead*)

Q: From where will Jesus come to judge us? (A: *the right hand of the Father in Heaven.*)

Q: In the Bible there are lots of symbols of the Holy Spirit, e.g. cloud, water, fire, dove. Which symbol of the Holy Spirit was used in the Gospel account of the Transfiguration? (A: *The Cloud that covered Jesus before the voice of the Father was heard.*)

Q: Who forgives our sins? (A: *The Father does through Jesus by the power of the Holy Spirit. In confession, when the priest says "I absolve you" He is speaking for Jesus, so the work of forgiving is Jesus' work, not the priest's*)

**Pray the Apostles Creed slowly together and may be work on learning a few lines together each day.**



**Here are some Lent questions. The answers are all in the word bank here**

1. Where did Jesus go to pray after His Baptism?
2. Who tempted Jesus when He was in this place?
3. Who looked after Jesus when He was in this place?
4. What was Jesus tempted to turn a stone into?
5. What actions of ours offend God?
6. On what day of the week did Jesus die?
7. As well as giving up something and helping people, what else are we asked to do more of in Lent?
8. How many Days are there in Lent?
9. On what day do we celebrate that Jesus rose from the dead?
10. What is the Sunday before Easter called?
11. What is the word for giving up something that we like?
12. What is the Prayer that Jesus taught us?

#### **Word Bank**

**Our Father, Desert, Satan, Bread, Angels, Praying, Forty, Friday, Sins, Palm Sunday, Easter Sunday, Fasting,**

#### **Stations of the Cross:**

Reflecting on the stations of the Cross can help us to enter more deeply into what Lent is all about. It does not have to be morbid or gloomy, and children can express their real sense of injustice in their simple words and drawings. There are various things you can do to help children to reflect on Jesus' last hours. E.g., take them to see the stations of the Cross in a church there and talk about them. Invite them to say ad-hoc prayers. May be later to draw pictures of some of the stations. Over Lent, you can build up a collection of pictures and reflections which you can draw on and develop over the years. These are the titles of the stations in order:

- |   |   |
|---|---|
| (1) Jesus is condemned to death,                | (9) Jesus falls the third time            |
| (2) Jesus carries his cross                     | (10) Jesus is stripped of his garments    |
| (3) Jesus falls the first time                  | (11) Jesus is nailed to the cross         |
| (4) Jesus meets his mother                      | (12) Jesus dies on the cross              |
| (5) Simon of Cyrene helps to carry Jesus' cross | (13) Jesus is taken down from the cross   |
| (6) Veronica wipes Jesus' face                  | (14) Jesus is placed in the tomb          |
| (7) Jesus falls the second time                 | (15) Jesus rises on Easter Sunday morning |
| (8) The women of Jerusalem weep over Jesus,     |   |

