



# CHILDREN'S LITURGY RESOURCES FOR LENT 2021

# WHAT IS LENT?

- Lent is a special time in the Church when we prepare ourselves to celebrate the good news of Easter when Jesus rose from the dead.
- Like Advent – when we get ready to celebrate the birth of Jesus at Christmas – the Priest wears **Purple** during Lent.
- **Purple** is a special colour in the Church. It makes us think about the times we've said or done the wrong things or maybe not said or done the right things.
- Lent last for 40 days. This is because Jesus spent 40 days in the desert getting ready for his mission to tell us the Good News about God. So we spend this time every year getting ourselves ready to listen better to that message.
- Lent starts on Ash Wednesday. When we are able to go to Church the Priest makes a cross on our foreheads with ashes. These remind us that God made us and that sometimes we don't always behave the way he wants us to. The good news is that God is always there ready to give us another chance and that's something important that we learn about during Lent.

# WHAT DO WE DO DURING LENT?

There are three things that we are asked to think about doing during Lent to get us ready to celebrate Easter.

- **PRAYER** – This is how we talk to God and how he speaks to us. Imagine you never spoke to any of your friends – you wouldn't get to know them very well would you! During Lent we make a special effort to talk and to listen to what God wants you to do.
- **FASTING** – Many of us are lucky and we have all the things that we need and maybe also somethings that we don't need but want. Fasting means not doing something or giving something up for a short period of time. It helps us to realise how lucky we are and that God has given us so much.
- **CHARITY** – Charity is how we show God's love in the world. We follow the example of Jesus and help the sick, the poor, the lonely and all those less fortunate than us. Now that Jesus has returned to heaven it is our special job to carry on his work here in whatever way we can.

# WHAT CAN I DO DURING LENT?

**PRAYER** – Make a little time everyday to speak to God. You can do this by yourself or even better with your whole family. Some good times to pray are when you first get up in the morning, before you eat your dinner and just before you go to bed. On the next few pages there are some ideas to help you do this with prayers given to us by Jesus and Pope Francis. There is also a suggestion as to how everyone in the family can pray together.

**FASTING** – Try to give up something that you really enjoy during Lent. This is quite hard but when Easter comes you will really appreciate the great gift it is that God has given you to be able to enjoy that thing for the rest of the year.

**CHARITY** – Perhaps if you have given up something like sweets, crisps or chocolate you could give the money that you would have spent on this to a Charity that helps with a cause that you really care about. Your parents can help you organise this. Giving our time is also a really good way to show God's love. It is really difficult this year because of all the COVID rules but maybe you could think about helping your parents around the house with an extra job, giving your grandparents a phone or a Zoom call just to chat or spending some time playing with your brother and sister at something they want to do even if it is not your thing. There are lots of things you could do, the important thing is just that you give some time to others that you would normally spend on yourself.

# OUR FATHER - THE PRAYER JESUS GAVE US

Jesus left us a special gift when he taught us how to pray the Our Father. It shows us all the things that we need to pray for and the order in which we should pray for them. We should try and say this prayer everyday, maybe you can try saying it every morning during Lent when you get up?

**Our Father, who art in heaven,  
Hallowed be thy name;  
Thy kingdom come;  
Thy will be done  
On earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our Trespasses,  
As we forgive those who trespass  
against us;  
And lead us not into temptation,  
But deliver us from evil.**

**Amen**

# THE 5 FINGER PRAYER BY POPE FRANCIS

## INDEX FINGER – OUR TEACHERS

Pray for those who help you to learn – in School, at home, in Church. Pray they may have the Wisdom to help you and teach you well.

## MIDDLE FINGER – OUR LEADERS

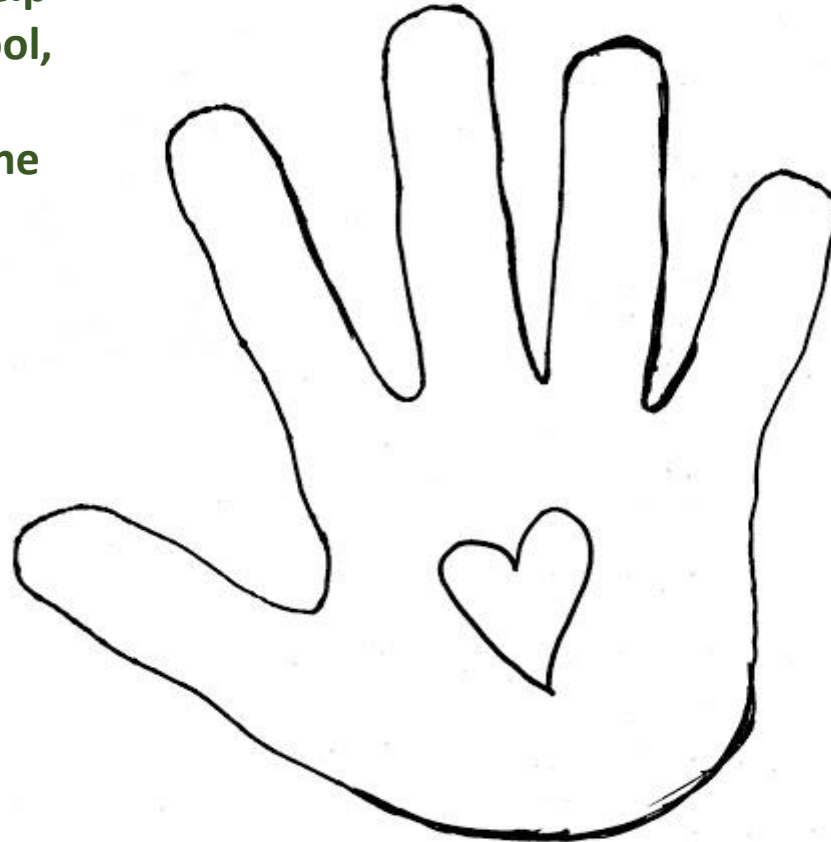
We pray for our Government and Church Leaders that they make good choices and decisions that follow Jesus' teachings.

## RING FINGER – THE SICK & THE POOR

We pray for those who have less than us that God will look after them and for the sick that they may be made better.

## THE THUMB – OUR LOVED ONES

Start by praying for your Mum & Dad, Brothers & Sisters, Grandparents and Friends.



## THE PINKY – OURSELVES

Now that we have prayed for the needs of others we remember that we need to ask God for help with the things that we find difficult.

# MAKE A FAMILY PRAYER JAR

Praying together is a really important and special thing to do. Spending just a few minutes together as a family to pray everyday will bring you closer to each other and to God. Why not create a prayer jar. Use an old jar and on separate pieces of paper write the names of 40 people (or individuals and groups of people like key workers or the homeless) that you want to pray for during Lent. Everyday take out a new piece of paper and pray for the person whose name is on it.



# ST JOSEPH'S LENTEN WORDSEARCH

Find these words connected to Lent & Holy Week. Words can be forward, backwards, horizontal, vertical and diagonal.

Y	F	L	K	D	Y	E	A	S	T	E	R	Z	A	Q
K	B	M	O	T	N	U	T	A	B	D	A	L	H	B
Y	W	P	A	S	S	O	V	E	R	K	I	O	K	L
C	O	X	I	N	I	I	H	W	E	Z	S	Y	F	Q
R	G	A	A	N	K	E	Z	O	Z	A	U	S	N	S
A	K	S	B	F	Y	W	S	M	N	P	M	S	W	W
F	F	H	Z	V	N	W	L	N	L	U	E	E	K	W
X	G	A	C	R	J	O	A	F	U	R	L	N	L	P
C	G	T	S	H	E	Y	X	M	Z	P	A	R	W	M
A	L	N	K	T	A	Y	A	O	Y	L	S	E	V	C
X	I	E	B	K	I	R	A	M	D	E	U	D	P	R
U	I	L	X	X	K	N	I	R	B	K	R	L	X	O
T	J	E	S	U	S	Q	G	T	P	T	E	I	A	S
D	Z	M	S	M	L	A	P	B	Y	C	J	W	D	S
E	M	D	H	Y	L	K	A	S	L	M	O	D	M	C

ASH	WILDERNESS
CHARITY	
CROSS	
EASTER	
FASTING	
HOSANNA	
JERUSALEM	
JESUS	
LENT	
MARK	
PALMS	
PASSOVER	
PRAYER	
PURPLE	
TOMB	