

February 19, 2023

LENT, PART 1



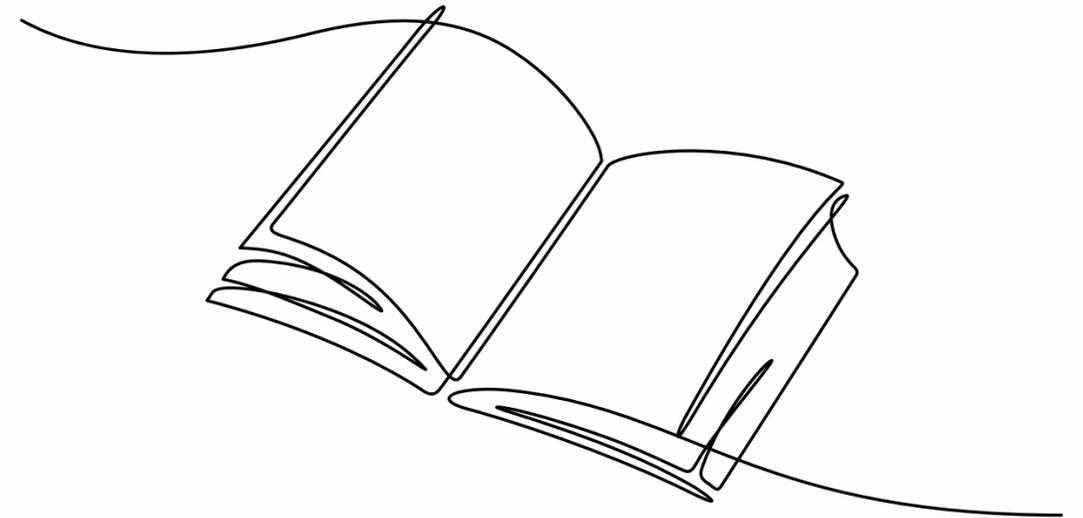
OPENING PRAYER

Please turn to page 61 in your catechisms to follow along with the opening prayer.



LESSON

**What we'll be talking today is the
season of LENT.**



What is Lent?

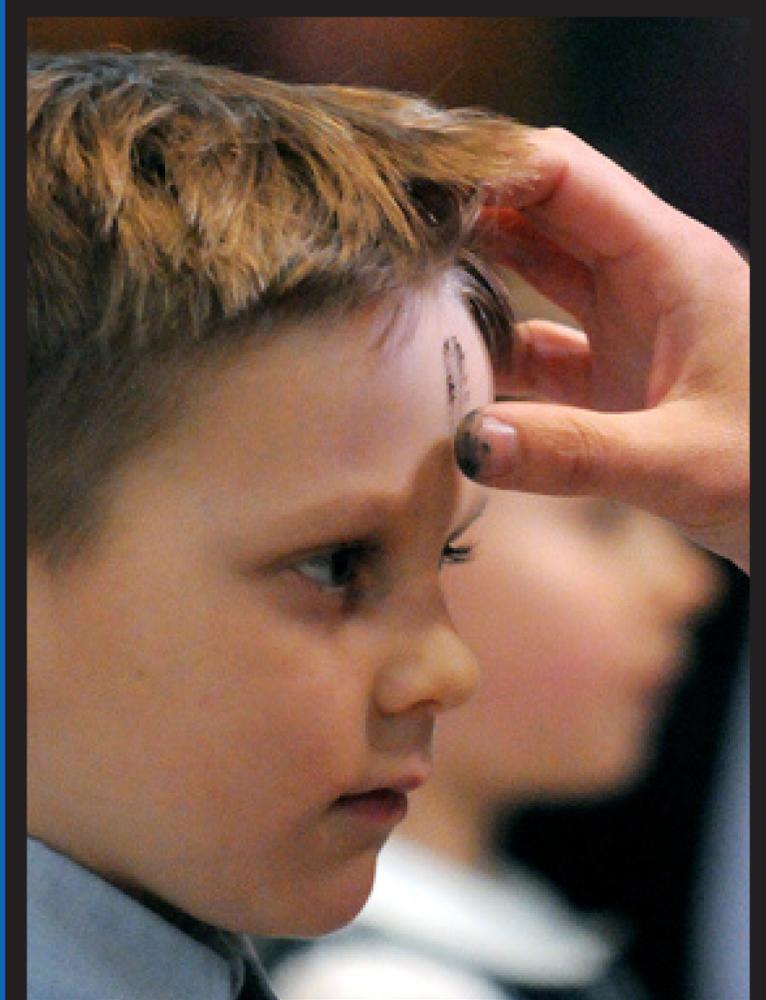
Lent is the liturgical season during which we prepare for the celebration of Jesus' Passion, Death, and Resurrection.

When is Lent?

Lent is the 40 days (not including Sundays) between Ash Wednesday and Easter Sunday.

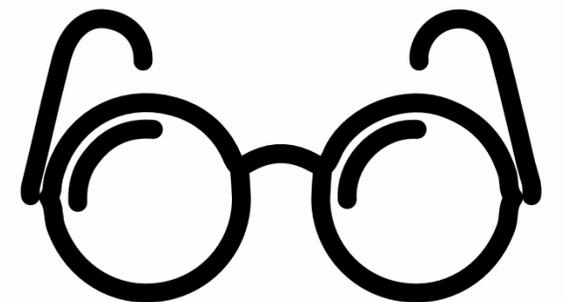
What is Ash Wednesday?

Ash Wednesday is the first day of Lent. Many Catholics get ashes on their foreheads to remember it.



Watch this video...

Right-click here and select the
option "**open link in new tab**" to
view "LEGO Lent and Ash
Wednesday" video.

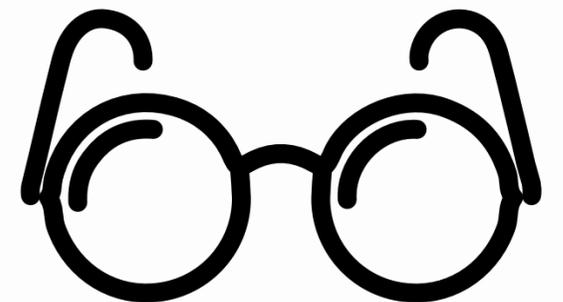


What is Jesus' Passion, Death and Resurrection?

Jesus' Passion is when He suffered for us. Jesus' Death is when He died. Jesus' Resurrection is when He rose again.

Watch this video...

Right-click here and select the
option "**open link in new tab**" to
view "What is Lent All About" video.



What is a liturgical season?

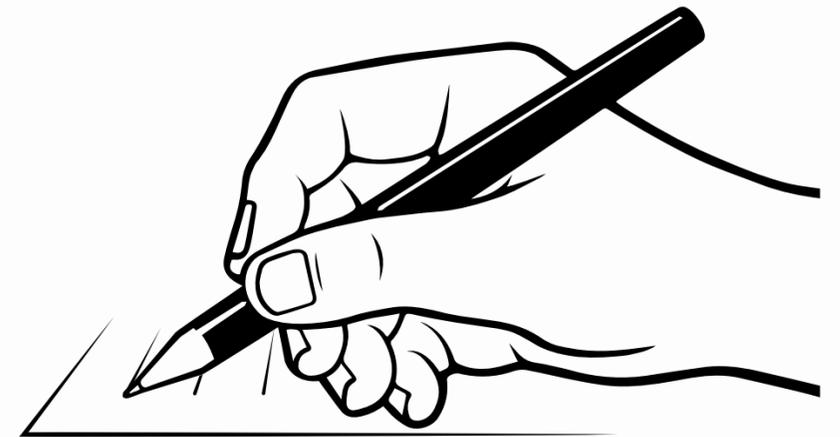
A liturgical season is a special time in the Church, when all Catholic people must do special things.

What must we do during Lent?

**During Lent, we must pray,
fast, and do good works.**

Take a note...

The three pillars, or activities, of Lent are prayer, fasting and almsgiving.



What is prayer?

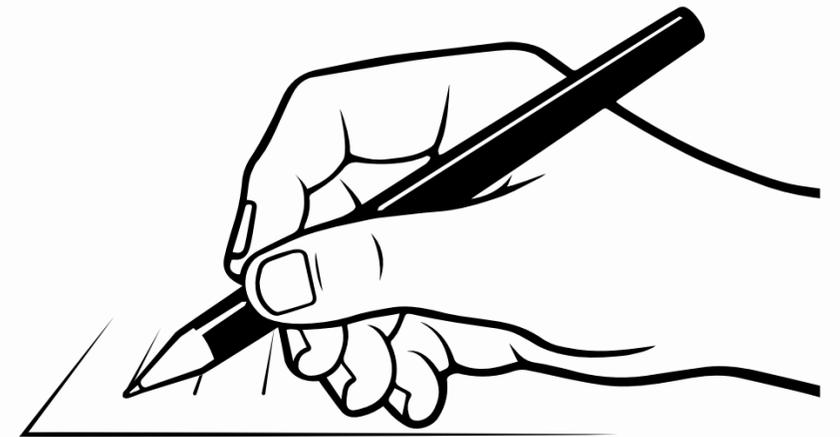
Prayer is talking to God.

What is fasting?

Fasting is when grown-up Catholics do not eat at all, or do not eat as much as usual, to make a sacrifice for God.

Take a note...

Fasting is meant for older children and grown-ups. Instead of fasting, you may give up something like candy.

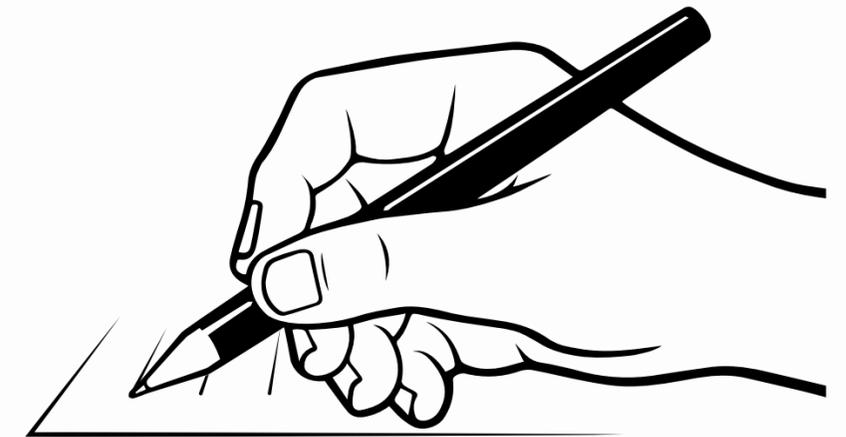


What is almsgiving?

**Almsgiving means giving food
or money to the poor.**

Take a note...

ALMSGIVING means "the giving of alms". **ALMS** are food or money for the poor.



What else happens during Lent?

**During Advent, the decorations
in the church change from
green to purple.**

Why do the church decorations become purple during Lent?

The church decorations become purple during Lent because the color purple means preparation.

DISCUSSION

How can we observe Lent at home?



CLOSING PRAYER

Please turn to page 61 in your catechisms to follow along with the closing prayer.



**Don't forget to observe Lent at
home with your parents!**