

# Lent: A time to grow and love

FOCUS

1. The season of Lent begins on Ash Wednesday.
2. During Lent we prepare for Easter.
3. Lent is a special time when we try to live more like Jesus.
4. Ashes remind us that our final home is heaven.
5. Jesus loves us and leads us to the Father.
6. Jesus wants our love of God and neighbour to grow.

On Ash Wednesday, the priest makes ready the ashes from the previous year's palm branches.

The ashes are used by the priest on Ash Wednesday to draw a cross on the foreheads of the people.

The ashes remind us that God has the power to make us grow – just like the seeds and the trees grow. We are marked with ashes as a sign that we are preparing for Easter. This is the beginning of the time of Lent in which we journey for forty days towards Easter.

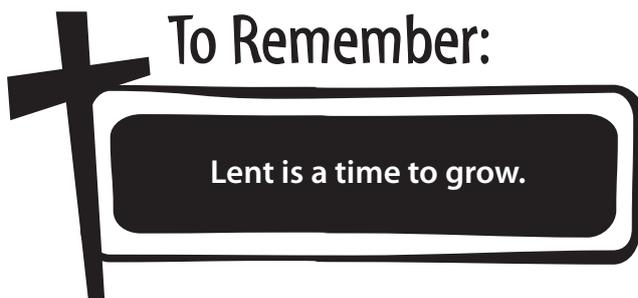
Love is something special that comes from God. Real love means being patient and quiet and calm. It means being kind. Real love is not about laughing at those who are not as good at doing things as we are, but looking for things they are good at. Real love means not being jealous or mean or rude. Real love lasts forever.

During this time of Lent, Jesus shows us the real example of love. We are called to share our love of God and our love of neighbour in all we say and do to each other.

## SUGGESTED HOME ACTIVITIES

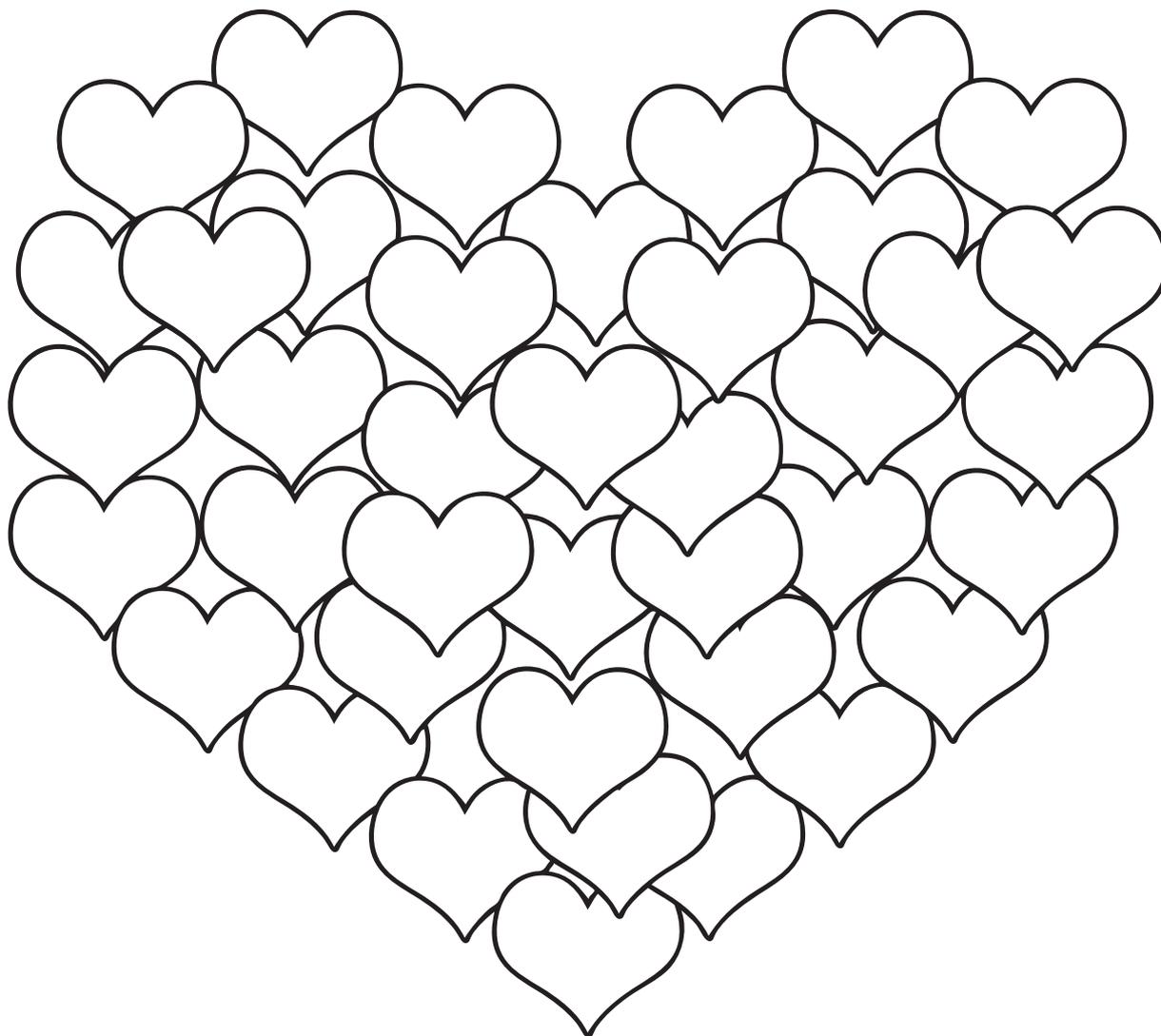
These are some suggested activities to do at home with your child.

1. Read and discuss the passage with your child. Ask him or her 'I wonder' questions eg: I wonder ... why ashes are used to draw the cross.
2. Create a special Lenten Calendar that starts with Ash Wednesday and ends on Holy Thursday. Encourage your child to use the calendar.
3. Read to your child Bible stories that reveal Jesus' love for people.
4. More activities can be found at [www.ccdsydney.catholic.edu.au](http://www.ccdsydney.catholic.edu.au) Click on Home Activities.



Cut out the shape of the large heart and place it on a fridge door or in a prominent place.

Do an act of kindness and colour one of the small hearts each day during Lent.



Dear Jesus,

Thank you for giving us this special time of Lent.

Thank you for giving us hands to do good things.

Thank you for giving us our hearts to love with.

Thank you for being with me each day.

Thank you for hearing me when I pray.

Thank you for my family and friends.

Thank you for your love which never ends. Amen.