

# Lent and Holy Week

## FOCUS

1. The forty days of Lent are lived in imitation of Christ's time spent fasting in the desert.
2. Prayer, fasting and almsgiving are traditional means of spiritual growth and conversion.
3. The Stations of the Cross is one of the many prayers of the Church. The images are found around the walls of Catholic churches.
4. Through Jesus' life, death, and Resurrection, we have new life.

*During these lessons your child may have:*

- *listened and responded to the story of Mary and Martha;*
- *named ways they can grow in their relationship with Jesus;*
- *explored the traditional Lenten practices of prayer, fasting and almsgiving;*
- *acknowledged that we practise the tradition of the Stations of the Cross because they help us to remember what Jesus did for us;*
- *recalled the events of Holy Week.*

### **Luke 10:38-42**

In the course of their journey Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha, who was distracted with all the serving, said, "Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me." But the Lord answered: "Martha, Martha," he said, "you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her."

### **Matthew 4:1-11**

Jesus was led by the Spirit out into the desert . . . He fasted for forty days and forty nights, after which he was hungry.

### **Luke 23:44-46**

It was now the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the temple was torn right down the middle: and when Jesus cried out in a loud voice, he said, "Father, into your hands I commit my spirit." With these words he breathed his last.

## SUGGESTED HOME ACTIVITIES

The following are suggested activities for you to do with your child.

1. Talk to your child about the word temptation, highlighting that all people face this challenge during their lives. Give particular attention to 'temptations' that are relevant to your child's age. e.g. eating junk food when told not to.
2. Take your child to your local church and show them the Stations of the Cross.
3. Encourage your child to think of the actions of Simon of Cyrene in helping Jesus.
4. Talk to your child about the times in your life when you have had to make sacrifices, e.g. when your child was born you had to give up certain things.
5. Encourage your child to complete the Activity page.
6. Take your child to some of the Holy Week celebrations in your parish.
7. More activities can be found at <https://ccd.sydneycatholic.org> Click **Curriculum overview/ Stage 2/Extension Activities**.

## To Remember :

**The Stations of the Cross help us to remember what Jesus did for us.**

