

A good life

FOCUS

1. The personal choices made through free will are either fulfilling or contradicting God's commandments.
2. When properly formed, the conscience guides our actions in freedom towards God (good).
3. Lent is a time when we are invited to spiritual growth through acts of penance: prayer, fasting and almsgiving or works of charity.
4. The Catholic Church in Australia reaches out in justice to people who struggle to live with dignity.

In these lessons your child may have:

- explored the role of their conscience in decision making;
- explored and appreciated the need to develop both physical and spiritual well-being;
- demonstrated an understanding of many of the terms associated with the liturgical season of Lent;
- acknowledged that Lent calls us to prayer, fasting and almsgiving so that we can help others;
- explored how Catholic agencies reach out in justice and respond to people in need.

Deuteronomy 30: 15-20

Today I am giving you a choice between good and evil, between life and death. . . . if you love God, if you obey God and keep God's laws then you will do well . . . God will bless you . . . But if you disobey and refuse to listen, . . . you will not be choosing life – I warn you here and now. I am now giving you the choice between life and death, between God's blessing or God's lack of blessing and I call to heaven and earth to witness the choice. Choose life. Love and obey God. Be faithful to God.

Matthew 6: 1-4, 16-18

Be careful not to parade your good deeds before men to attract their notice; . . . when you give alms, your left hand must not know what your right hand is doing; your almsgiving must be secret . . . 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. . . . 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.

SUGGESTED HOME ACTIVITIES

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

1. Discuss with your child how their conscience helps them to know and choose what is good.
2. Encourage your child to draw up a list of things that help their physical and spiritual well being.
3. Discuss with your child your memories of Lent as a child.
4. Explore with your child how acts of penance require that we try to bring about a change in our lives for the better.
5. Encourage your child to do the Activity Page.
6. More activities can be found at www.ccdsydney.catholic.edu.au Click on **Home Activities**.



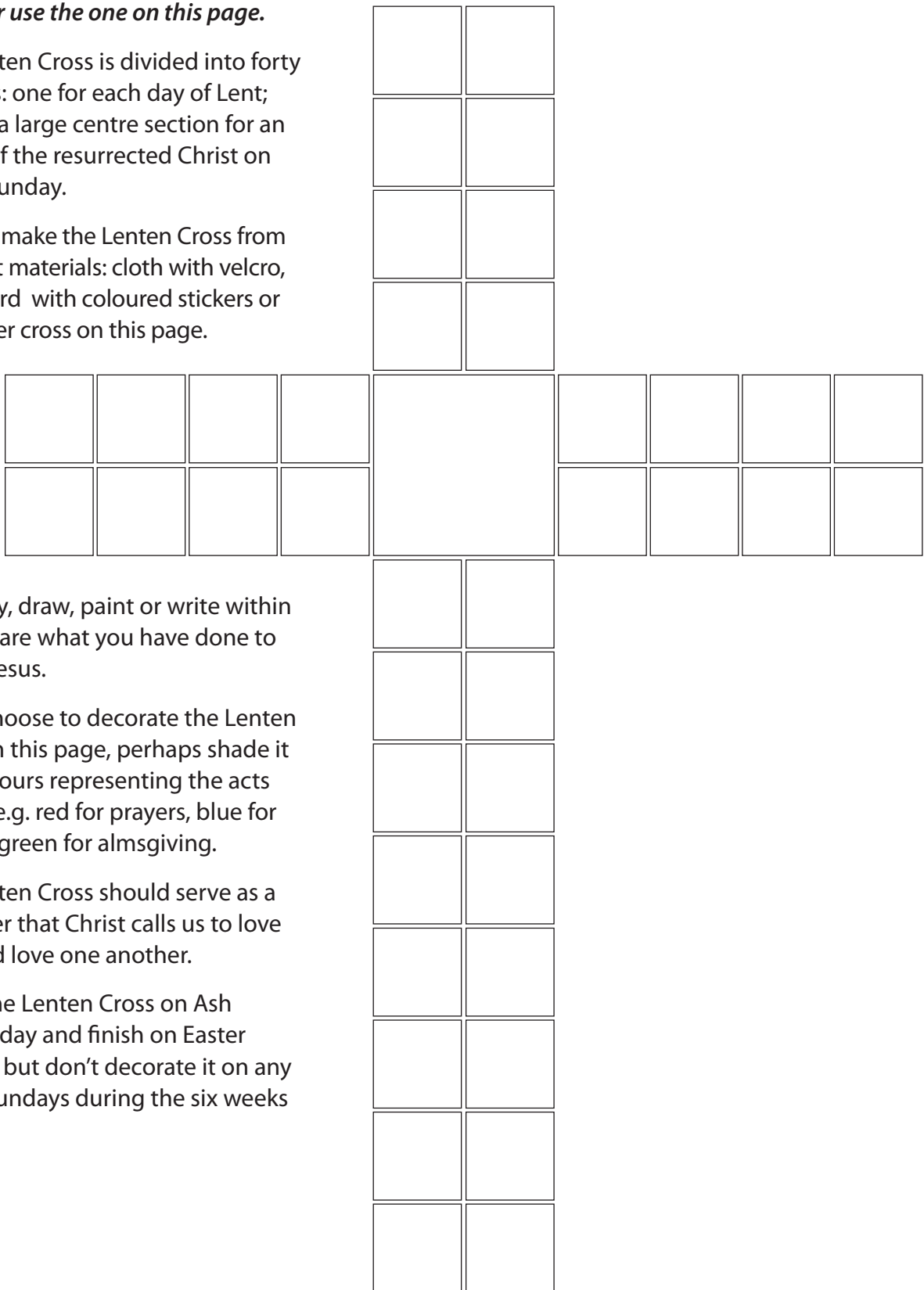
TO REMEMBER:

My conscience guides me towards right and good choices.

• ***This Lent, make your own Lenten Cross, or use the one on this page.***

The Lenten Cross is divided into forty sections: one for each day of Lent; leaving a large centre section for an image of the resurrected Christ on Easter Sunday.

You can make the Lenten Cross from different materials: cloth with velcro, cardboard with coloured stickers or the paper cross on this page.



Each day, draw, paint or write within one square what you have done to follow Jesus.

If you choose to decorate the Lenten Cross on this page, perhaps shade it with colours representing the acts of Lent e.g. red for prayers, blue for fasting, green for almsgiving.

The Lenten Cross should serve as a reminder that Christ calls us to love God and love one another.

Begin the Lenten Cross on Ash Wednesday and finish on Easter Sunday, but don't decorate it on any of the Sundays during the six weeks of Lent.



Lord Jesus, help us to be generous in our giving, thoughtful in our prayer, and less selfish in what we want, so that we can grow to be more like you. Amen.