

## Lent Lesson Plan

**Objectives:** *The students will be able to*

*(catholic toolbox)*

- explain what happens on Ash Wednesday and where the ashes come from
- explain what abstinence and fasting is
- explain what we are supposed to do during Lent and why
- choose a resolution during lent

### **Vocabulary Words:**

**Lent-** the time before Easter

**Changed-** to become different

**Ash Wednesday-** the first day of Lent

**Penance-** an act of religious devotion performed to show sorrow for having committed a sin.

**Abstinence-** to not do something

**Fasting-** going without food or eating less than you normally do

**Almsgiving-** doing good for others (gifts, money, or to help others)

### **The Season of Lent Background**

*(Sadlier.com and Faith Fusion)*

During lent we prepare for Jesus' Resurrection. We remember Jesus' Passion – his suffering and death on the Cross. We share in Jesus' suffering by making sacrifices and doing acts of charity and especially through the liturgy and prayer. Lent begins on Ash Wednesday and ends on Holy Thursday.

Traditional Liturgical Color: Purple

What the color means: Penance

During the six-week season of Lent, we are encouraged by the Church to engage in three spiritual practices – prayer, fasting, and almsgiving.

### **Ash Wednesday**

Ash Wednesday is the beginning of Lent. On Ash Wednesday, blessed ashes are put on your forehead in the shape of a cross. These ashes are made by burning palm leaves which have been saved from last year's Palm Sunday.

Ash Wednesday is also when we begin to do penance for Lent. Penance is an act of religious devotion performed to show sorrow for having committed a sin. We do this to improve our relationship with God and others. The Church suggests three special practices of penance for

Lent:

**Pray-** go to Mass more often, pray more often.

During Lent the Stations of the Cross (prayers about the journey Jesus made to his crucifixion on Good Friday) are said at our church every Friday.

Can you think of other ideas?

**Fast-** going without food or eating less. It can also mean giving up a certain food or treat or it could also mean giving up things that you like that keep you from Jesus, perhaps it could mean giving up so much time watching TV so you can have more time to pray and be with family.

Can you think of other ideas?

**Almsgiving-** means doing good for others. That can be giving gifts of money or help to others.

Can you think of other ideas?