

Lenten Resource 2021

A resource in the planning of Lenten activities and prayer sessions in
Catholic Primary and Infant Schools

Education
Commission
CATHOLIC DIOCESE OF SOUTHWARK



Christ is our bridge to heaven ©Radiantlight.org.uk

Introduction

Nurturing Children's Spirituality

"A powerful reaffirmation and exploration of the importance of childhood spirituality for the ministry and mission of the church, which will be welcomed by all working in this field."

Alister McGrath.

We need a guide to seeing, feeling and evaluating our practices and setting for their spiritual quality.

Rebecca Nye in *Children's Spirituality* (Church House Publishing 2009), *What it is and why it matters*, offers six criteria that lies at the core of evaluating good practice" for spirituality in children's work. She uses the acronym:

S-P-I-R-I-T

Space

Providing a place of sanctuary or quiet, a holy space within the school lends itself to children understanding that "God is here"

Process

Giving children time to process their thoughts in moments of reflection

Imagination

Using children's imagination when developing biblical stories and liturgical themes releases elements of creativity. Pope Francis calls this "**Wasting time with God**"

Relationship

Regular opportunities for students to pray for each other or share together enhances their relationship

Intimacy

Creating a safe and supportive environment is a gradual process for children to "come closer" to God

Trust

Spirituality is a process of trusting in God and in the childhood ability to demonstrate trust



Lent

Lent is a time to notice God's work and to receive God's mercy. **Fasting, Charitable works (Almsgiving) and prayer** are the **three traditional practices** during Lent. The scriptures during this time, challenge us to also consider how we can **repair** our relationship with God and with others. Developing activities around memory and **remembrance** enables children to reflect on the love that Jesus has for them. **Restoring** our relationship with God and with others requires us to return back to prayer.

Lent is a time to REPAIR⁽ⁱ⁾:

Inward challenge: It might be relationships that we have neglected, or promises that we have broken, and saying sorry is a start to repairing the hurt.

Outward challenge: To raise the concerns of those in the world who are disadvantaged, and support them through charitable giving.

Lent is a time to REMEMBER⁽ⁱⁱ⁾:

Inward challenge: By remembering the times we have been shown mercy and love, compassion and understanding.

Outward challenge: Lent is the time to remember the many people, who in a thousand quiet ways, have stretched out their hands and given us hope to make a new beginning

Lent is a time to RESTORE⁽ⁱⁱⁱ⁾:

Inward challenge: Building regular prayer space in our the day to listen and speak to God using the **TeaSPoon** Prayer starters;



Five

Finger

Prayer

Outward challenge: Creating opportunities for children to spend time praying for others using prayer tables or walls. **Why not** create a 40 days of Lent book of prayers written by the children.

(i) Ash Wednesday Homily by Pope Francis 2018
(ii) Message of His Holiness John Paul II for Lent 1981
Formulation of the Distribution of Ashes
(iii) Message of the Holy Father John Paul II for Lent 2001

A Guide to Reflection

This pack is intended to support your planning of Lenten activities and provide ideas for faith teams and Chaplaincy groups in school and online learning.

Lent is a time of reflection and opportunity for children to “Waste time with God” – Pope Francis. Taking 15 minutes at the beginning or end of the day is all that is required. Ask pupils to lead times of prayers during Lent.

Try [“Ash Wednesday Explained in 2-mintues”](#) by Busted Halo

Below is a the structure of a short liturgy.

WE GATHER

Opening prayer

- Return to God with all your heart
- The source of grace and mercy
- Come seek the tender faithfulness of God

WE LISTEN

- Scripture Focus: Joel 2:12-13 - for example
- Breaking Open The Word /Reflection

WE RESPOND

- The Leader may offer a reflection or the group may then take time in silence to reflect.

WE GO FORTH

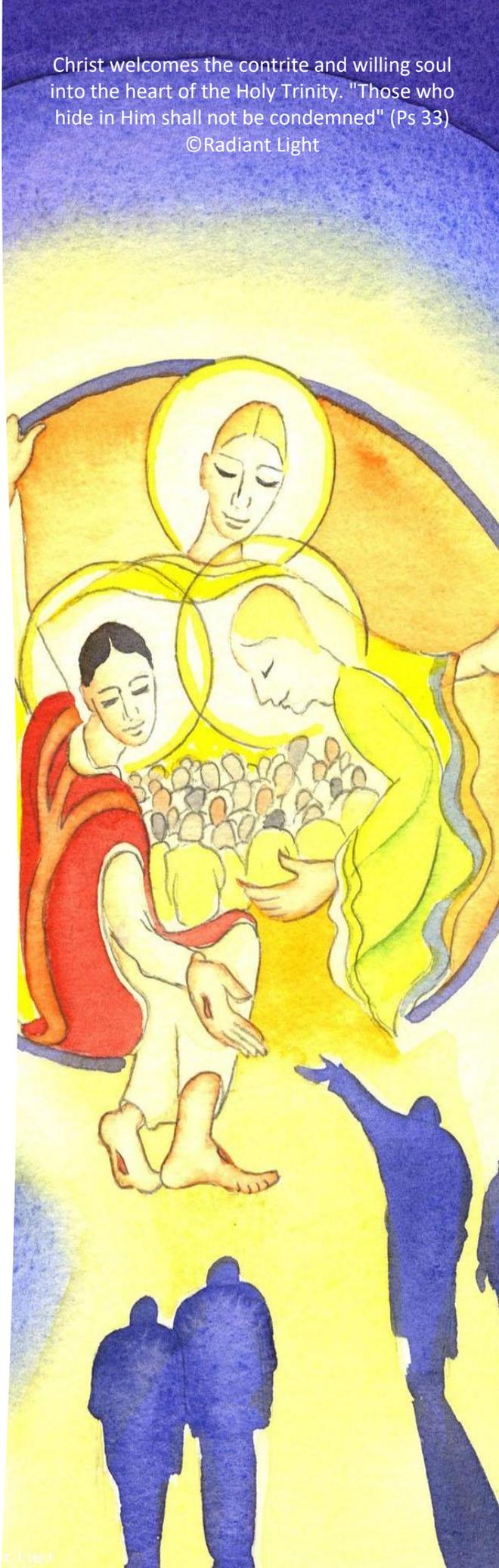
Closing prayer

- Leader: Let us encourage one another on the journey during Lent as a sign of peace.
- All: Peace be with you.

Ask pupils to use this as a framework and develop their own liturgies using PowerPoint or Google slides.

Christ welcomes the contrite and willing soul into the heart of the Holy Trinity. "Those who hide in Him shall not be condemned" (Ps 33)

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A Guide to Reflection

Lectio Divina: An ancient way of praying with sacred reading. Using bite-sized texts, the Parables and the weekly Gospel to meditate.

Meditate on Sacred Art: This is a good introduction to imaginative meditation with children.

Meditation on Nature: Being connected with our natural environment also means appreciation of God's creation. Ask the children to take a nature prayer walk where they collect items they connect with.

Rosary: This is a simple prayer that can be used to pray for the intentions of our world and our community. This can be said over the course of a week highlighting one area each day.

Music and Meditation: Look for simple repetitive liturgical music to provide children with a time to experience a sense of space with God.

Each of these guided reflections are associated with a sensory experience of God. Listening, touching, seeing and hearing.



Lenten Liturgical Calendar

Sunday	Theme	Scripture
Lent 1	Temptation	Mark 1:12-15
Lent 2	To be changed	Mark 9:2-10
Lent 3	God's Plan	John 2:13-25
Lent 4	Belief	John 3:14-21
Lent 5	More life Christ	John 12:20-33
Palm/Passion	Remembrance	Mark 15:1-39
Maundy Thursday	Thanksgiving	John 13:1-15
Good Friday	Sacrifice	John 18:1-19:42
Holy Saturday	Waiting	Mark 16:1-8
Easter	Jesus is Alive!	Mark 16:1-8

Lenten Calendars can be downloaded from the Wednesday Word, Loyola Press, Missio, Christian Aid and CAFOD

Why not explore the themes of the week by asking a group of children to prepare a short liturgy using either the theme, the scripture or the Wednesday Word.

Use a quick format below

- ✓ Opening prayer – *Jesus be in our thoughts*
Jesus be on our lips
Jesus be in our hearts
- ✓ Read the scripture or introduce the theme
- ✓ Silently reflect on the meaning of the theme/scripture for one minute
- ✓ Ask the children to make doodle prayers



Prayer Doodles

How To Pray:

- Write a name for God, the name of someone you're praying for, or words from a scripture verse.
- Draw a shape around it and begin to doodle.
- Pray as you draw. Ask God to be part of this prayer time.
- Keep drawing as you release these prayers to God.
- For more information: www.prayingincolor.com





Remote Learning Resources for Lent

Mission Together:

- [Why-do-we-eat-pancakes-on-Shrove-Tuesday.pdf](#)
- [Why-did-Jesus-spend-40-days-in-the-desert .pdf](#)
- [Why-is-Lent-a-time-to-change.pdf](#)

Activities and reflections for Lent

- [Flipping-Fantastic-activity-fundraiser.pdf](#)
- [Lent-Quest-outside-activity.pdf](#)
- [Lent-Through-A-Lens-photo-competition-.pdf](#)
- [Stations-of-the-Cross-Primary.pptx](#)
- [Stations-of-the-Cross-Primary.pdf](#)
- [Lent-Activity-Listen-to-Him.pdf](#)
- [Lent-Activity-Signs-of-Hope.pdf](#)

Resources to Download

- [7 Ways to Practice Lent—Free eBook](#)
- [Lent with the Saints](#)
- [Lenten Actions Cards](#)
- [Lent Activities Pack](#)
- [Stations of the Cross Booklet](#)
- [Praying with the Stations of the Cross—With Station to Station Questions for Reflection and Discussion](#)
- [Holiness Habits for Lent](#)
- [Hosting Parish Small Faith Groups—Free Discussion](#)
- [Materials for Lent](#)
- [Holy Week, the Triduum, and Easter—Free PowerPoint Presentation](#)
- [Holy Week Activities Pack](#)



Remote Learning Resources for Lent

Catholic children's Society

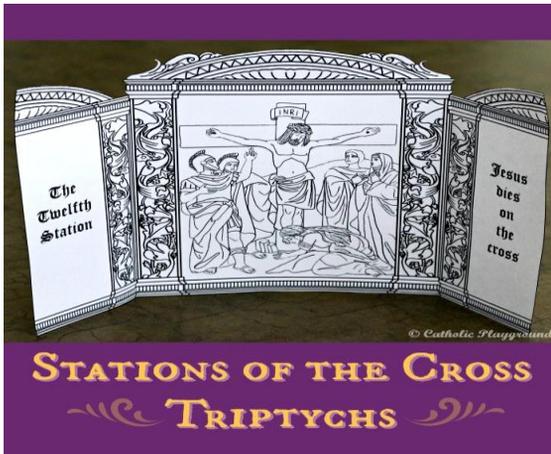
- [Lenten Challenge Overview](#): An introduction to this year's appeal and activities
- [Interactive Lenten Calendar](#): Pupils can reflect on how they are helping others during Lent
- [Fundraising Challenges](#): Fundraising ideas for your school, including the Walk the Diocese Challenge
- [CCS Presentation and Quiz](#): Learn about CCS and how your fundraising makes a difference. Pupils can then test their knowledge with the CCS Quiz!
- [CCS Quiz Answers](#): Answers to the CCS Quiz questions

Resources to Download

- [40 Ideas for 40 Days](#)
- [Catechetical Activities for Lent](#)
- [Lent at Home](#)
- [Lenten Activities for Children](#)
- [Lenten Family Calendar](#)

Waking in the footsteps of Christ

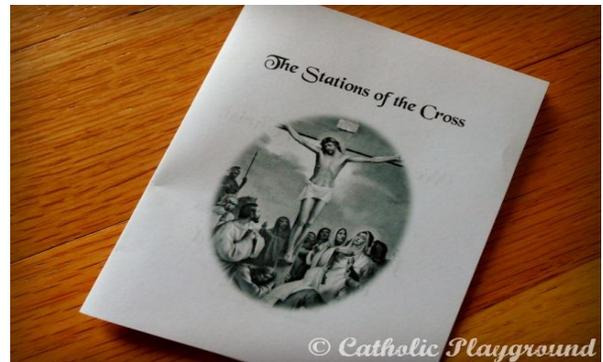
A series of fourteen devotions representing Jesus's condemnation, crucifixion and burial



Stations of the Cross Triptychs

Each triptych could be coloured and placed in the window of a pupil's home.

Printable stations of the Cross give children the opportunity to reflect and be creative. For the older children they may want to create their own resource.



CAFOD Stations of the Cross

can be used if space and time are limited or as a prayer moment at the beginning or end of the day.

Why not organise a virtual visit to your local Parish Church and invite the Priest in the parish to support the pupils by explaining the Stations of the Cross or accompanying the children as they animate the stations of the cross. Parents could also be invited to attend the virtual Stations of the Cross.

Lent Liturgy for Primary Schools

This liturgy is taken from CAFOD to mark the season of Lent.

Set a focal point with a candle and bible for the children to see.

Find a piece of reflective music:

- [How can it be](#) – Lauren Daigle
- [Bless the Lord my soul](#) – Taize
- [Jesus Loves Me](#) – Hillsongs for Kids



Opening Hymn

Play some music or a hymn that the pupils know.

Sign of the Cross

Prepare **three** or four the children to read.

Leader: We begin our worship with a reminder that Jesus died and rose again for us and so we gather in the name of the Father, and the Son, and the Holy Spirit.

Lent explained

Leader: Lent is a time when we pray, do kind things for other people, give up things and give to others, as we prepare to celebrate the great feast of Easter.

For forty days, we accompany Jesus on his journey to Calvary and we see the mercy he shows towards others, despite his suffering. Jesus as God shows mercy towards us, like Jesus, we try to show mercy to others.

This Lent, we are also making our journey alongside families around the world living in poverty, especially those who do not have the basic things they need like enough food or clean water.

Scripture reading: Joel 2:12-13

Leader: Let's listen to our scripture reading.

Reader: A reading from the prophet, Joel (2:12-13)

'Now, now – it is the Lord who speaks – come back to me with all your heart, fasting, weeping, mourning.' Let your hearts be broken, not your garments torn. Turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent.

The word of the Lord.

All: Thanks be to God.

Response to the Word

Leader: In our reading, the Lord calls us to return to him with sorrow for the ways we have failed to act as we ought to have done. And God is always merciful, not wishing to punish us but to love us. Joel says “Let your hearts be broken, not your garments torn.” In other words, let your heart be opened; it’s not about how you look on the outside, it’s all about what your heart is doing inside. God is full of love and wants us to have hearts filled with love because we have experienced his mercy.

The reading also asks us to fast. Fasting is one way to let God love others through us. When we give up fast food, snacks or some other treat, we stand in solidarity with people living in poverty. It’s like saying, “I want to stand beside you in your hunger”. During Lent, CAFOD invites us to support those who live in extreme poverty. CAFOD can turn the money we raise into something amazing that helps communities transform their lives.

As we continue our liturgy, let’s remember our sisters and brothers living in poverty.

CAFOD story

Show the schools Lent video to share this year’s story:

[Walk for Water Lent film for children](#)

Prayers

Each prayer can be read by a different person.

*The response is: **Hear our prayer.***

Loving God, we pray for our school family as we begin this season of Lent. Help us to be generous in our actions. Lord, in your mercy: **Hear our prayer.**

Caring God, we pray for families who do not have the basic things in life like enough food and clean water. Through our fundraising, help us to support more families to free themselves from poverty. Lord, in your mercy: **Hear our prayer.**

Gentle God, we pray for those who work for justice all over the world. As we support the work of CAFOD, let us never lose hope for a fair and just world.

Lord, in your mercy: **Hear our prayer.**

Wonderful God, we pray for one another as we journey through Lent. As we pray, give up, and think of others, inspire us to be kind and show mercy in our actions.

Lord, in your mercy: **Hear our prayer.**

Going forth

Final prayer

Loving God,

We think of our neighbours around the world who live in poverty. May our gifts, prayers and actions this Lent support them as they work to improve the lives of their communities. Together, may we build a better world where everyone has the basic things in life, like food and clean water.

Amen

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen

Lent Calendar 2021



WALK FOR WATER

February

17 18 19

22 23 24 25 26

March

1 2 3 4 5

8 9 10 11 12

15 16 17 18 19

22 23 24 25 26

29 30 31 1 2

April

Interactive Lenten Calendar – CAFOD (click the picture for the link)

Mission Together Lenten Calendar 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>15 FEBRUARY Decide as a class on your mission this Lent.</p> 	<p>16 Shrove Tuesday Pancake day Why do we make Pancakes today?</p> 	<p>17 Ash Wednesday Find out why ashes are placed on our foreheads today.</p> 	<p>18 Write a Lent prayer. Include the words: pray, share, help, listen, J esus.</p> 	<p>19 With your class, pray and reflect on the first two Stations of the Cross.*</p> 	<p>20 As a family, pray the <i>Our Father</i> for children in need of help. What else can you do to help?</p> 	<p>21 Why does the Church use the colour purple in Lent?</p> 
<p>22 Sunday's Gospel was from Mk 1:12-15.* Read it as a class. What did J esus say was near?</p> 	<p>23 Find out about Mission Together and how you can share God's love with children everywhere.</p> 	<p>24 Say the Mission Together prayer as a class. <i>'May all children in the world, share love, share friendship, and live in the peace of God's love, now and forever. Amen.'</i></p> 	<p>25 What can you share with someone today? Ask God to help.</p> 	<p>26 With your class, pray and reflect on the 3rd and 4th Stations of the Cross.*</p> 	<p>27 Share with a family member three things you have learned about Lent.</p> 	<p>28 Share any worries you have with J esus, our God and friend.</p> 
<p>1 MARCH Sunday's Gospel was from Mk 9:2-10.* Read it as a class. What does God tell us to do?</p> 	<p>2 Yesterday was the Feast of St David. What does 'Dydd Gŵyl Dewi Hapus' mean?</p> 	<p>3 Find out what the word 'sacrifice' means. Then consider what you could sacrifice for someone today.</p> 	<p>4 Centuries ago 'Lent' used to be the name for 'spring'. Look out for signs of spring today.</p> 	<p>5 With your class, pray and reflect on the 5th and 6th Stations of the Cross.*</p> 	<p>6 As a family, pray for those in need this Lent and think of ways you can help them.</p> 	<p>7 Find a quiet place to be and say a prayer for those who are sick, sad or lonely.</p> 
<p>8 Sunday's Gospel was J n 2:13-25.* Read it as a class. Why was J esus angry?</p> 	<p>9 Keep an eye out for someone who needs help today.</p> 	<p>10 Visit the Mission Together virtual map, choose a country to visit and pray for the children there.*</p> 	<p>11 Eggs are a symbol of new life. How does this link to Easter?</p> 	<p>12 With your class, pray and reflect on the 7th and 8th Stations of the Cross.*</p> 	<p>13 Lent is a special time to say sorry and forgive. As a family, pray for the strength to do both.</p> 	<p>14 Mothering Sunday Ask God to bless all mums and grandmas.</p> 
<p>15 Sunday's Gospel was J n 3:14-21.* Read it as a class. Who did God send into the world?</p> 	<p>16 Make someone smile today and share God's joy with those around you.</p> 	<p>17 Feast of St Patrick Find out where St Patrick went to share God's love.</p> 	<p>18 Tomorrow is the Feast of St Joseph. Find out why he is an important saint.*</p> 	<p>19 With your class, pray and reflect on the 9th and 10th Stations of the Cross.*</p> 	<p>20 Tell a family member about the Stations of the Cross and why we pray them in Lent.</p> 	<p>21 Thank God for all the beautiful things he has created. Pray that you may care for them all.</p> 
<p>22 Sunday's Gospel was J n 12:20-33.* Read it as a class. What does J esus predict?</p> 	<p>23 Make a small sacrifice this week and put a coin in your Little Red Box.</p> 	<p>24 Feast of St Oscar Romero Find out why Fr Romero was made a saint.*</p> 	<p>25 Feast of the Annunciation How did Mary's 'yes' change the world?*</p> 	<p>26 With your class pray and reflect on the 11th and 12th Stations of the Cross.*</p> 	<p>27 Ask a family member to help you discover why palms will be given out at church tomorrow.</p> 	<p>28 Palm Sunday What did the crowd sing when J esus entered J erusalem?</p> 
<p>29 Sunday's Gospel was J n 12:12-16.* Read it as a class. What does it say about hope?</p> 	<p>30 Today we remember how J udas made a bad decision. Ask God to help you make good choices this week.</p> 	<p>31 Today J esus planned his last supper. Thank God for your food and pray for children who are hungry.</p> 	<p>1 APRIL Maundy Thursday Why does the Pope wash the feet of others today?</p> 	<p>2 Good Friday Sit quietly, be still, and thank J esus for showing us how to love.</p> 	<p>3 Holy Saturday Today we wait as J esus lies in the tomb. Tomorrow we celebrate as J esus rises to new life.</p> 	<p>J esus is risen- Alleluia!</p> 

Downloadable Lenten Calendar – Missio (click the picture for the link)

Prayer Space for Lent

This is an opportunity to create small prayer spaces that pupils can make in their homes, you may need to send home some seeds for this activity below.



Gethsemane Help

Jesus was arrested in the Garden of Gethsemane. Write a 'help' prayer to God on a plant marker and then place into a tray of soil or a bulb/seed to represent new life.

Go to [Prayer spaces at home](#) to source some more interactive prayer space ideas.

Prayer ideas on Podcasts can be found at ['Thy Kingdom Come'](#).

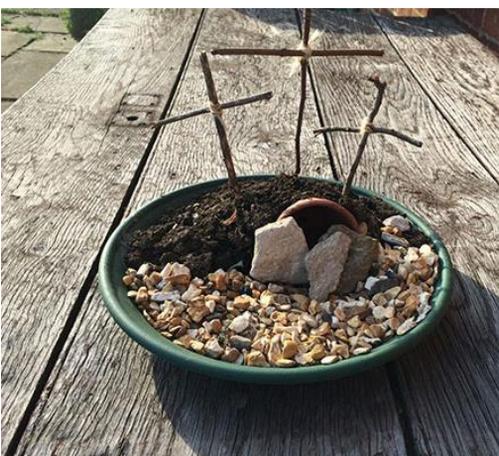


LENT VIRTUAL CHAIN CHALLENGE

Ask the children to think up 45 things to add or things to give up for Lent. At home they could add complete a challenge each day and make a chain.

The Lenten Virtual Chain is built as they complete their challenge.

Create an Easter Garden



As lent draws to a close, pupils may want to make an easter garden:

- A tray
- Soil
- Grass seeds or moss
- Small stones
- A large stone
- A piece of small white cloth
- A small flower pot
- 6 sticks to make into 3 crosses
- String

Place your flower pot on its side on the tray (this will be tomb) and cover half the tray (including over the side of the flower pot) with soil, this will make a hill side. On the other half put your small stones.

40 DAYS OF LENT



**Ash
Wednesday**

Read a devotional every day as a family

Start a giving jar and collect money to donate to missions

Lent is a time that we follow Jesus by tending to the needs of others

1st Sunday of Lent



Pray for our world leaders

Tell a friend about Jesus today

Follow Jesus!



Pray for those people who don't know who Jesus is- that they may learn about his love!

Make a card for someone you know who is having a hard time.

Go outside and look around you. Thank God for his beautiful creations.



2nd Sunday of Lent

God, I'm sorry for...

Tell your teachers **THANK YOU** for all

Jesus gave up his life for you- what can you do for him?

At dinner tonight have everyone share what they are grateful for

Say sorry to God and ask him to forgive you

Donate old clothes and toys that you do not use to a charity

Take a walk with your family



Pray for peace in the world

Invite a friend to church with you

Remember that God is always with you

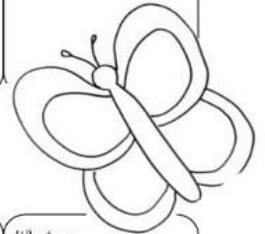
Ask Jesus to help you be a good friend

Pray for the homeless



3rd Sunday of Lent

4th Sunday of Lent



Read Mark 12: 30-31. How can you do this?

Take the time to share a smile with someone today

Make a card and send it to one of your friends or relatives.

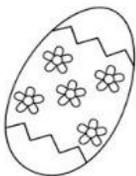
Thank God for the person you made the card for yesterday

Give someone a compliment today. How did they react?

What can you do to become a better Christian?

Thank you for...

5th Sunday of Lent



Color Easter Eggs

What can you do to help feed the hungry?

Tell your parents how special they are

Read Matthew 4: 1-11. Give up something you like doing or eating for 2 days

God Always Listens!

Eat a healthy snack today

Holy Week

Palm Sunday



Easter reminds us that Jesus brought us new life. What signs of new life do you see in nature?

Read John 3:16. Discuss what this means with your family

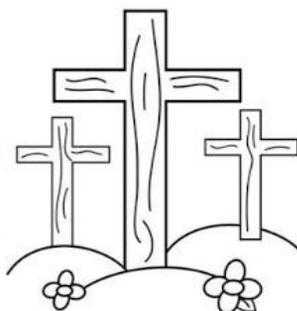


Maundy Thursday

Good Friday

Holy Saturday

He is Risen



Appendix 1

Suggested Web Resources

Click on image for resources



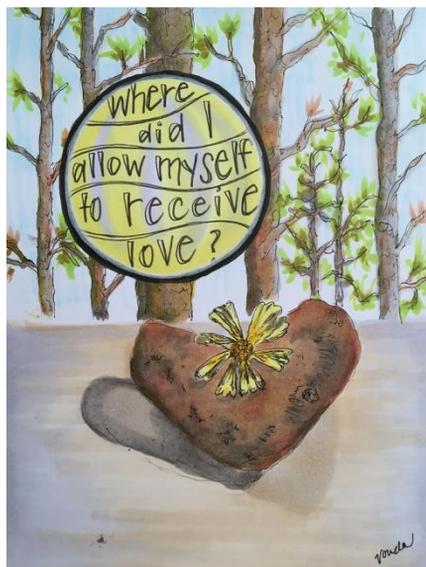
Appendix 2

Suggested Hymns & Songs

Titles	Composer
Be with me, Lord, for I am in trouble	M Haugen
On Eagle's Wings	M Joncas
At the Foot of the Cross	Kathryn Scott
Once Again	Matt Redman
Reflective Instrumental Music Calm me Lord O Lord my heart is not proud Be still and know	Keith Duke/Margaret Rizza
Here I am to Worship	Hillsong
Humble thyself/Awesome God	O'Neill Brothers
Christ Alone The Lord's My Shepherd, I'll not want	Stuart Townend
Wait for the Lord Ubi Caritas Laudete Dominum Bless the Lord East this bread Jesus Remember me Let all who are thirsty come	TAIZÉ
Contemporary Worship Music	
Instrumental Worship Music	YouTube
worship reflection songs	YouTube

Appendix 3 Suggested Lenten Visual images and Art

The following artists provide images which can be used as a focus for Lent



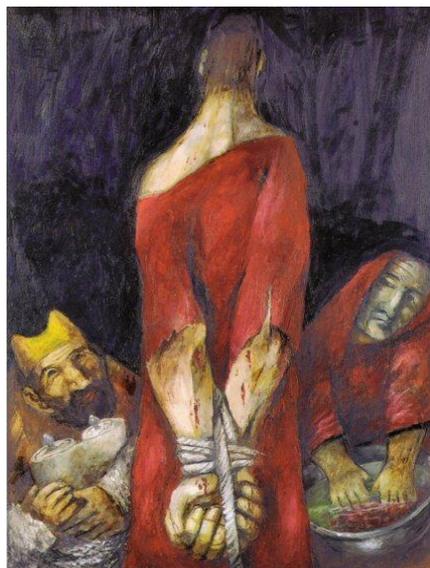
Vonda Drees



Rembrandt



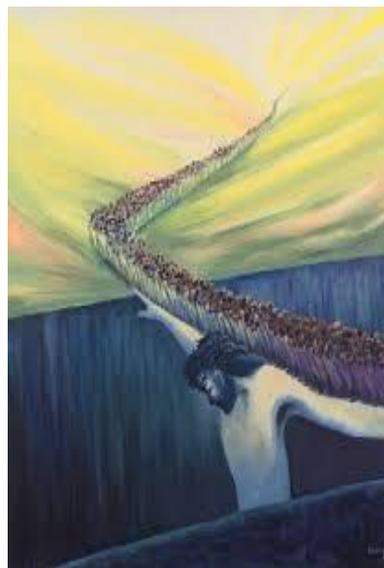
Caravaggio



Sieger Köder



James Janknegt



Elizabeth Wang

Appendix 4

Lent Glossary

	Definition
Lent	The period of 40 days which comes before Easter in the Christian calendar
Almsgiving	The practice of giving money or food to poor and needy
Fasting	Abstain from food, refrain from eating, deny oneself
Reconciliation	To restore relationships
Penance	A sacrament in which a member of the Church confesses sins to a priest
Laetare Sunday	The fourth Sunday in Lent; a time for celebration
Conscience	Acting as a guide to one's behaviour
Absolution	Forgiveness and release from sin
Confession	Acknowledgement of sin
Sorrowful Mystery	Second chaplet of the Rosary 1. Christ's Agony in the Garden of Gethsemane 2. His Scourging at the Pillar 3. The Crowning with Thorns 4. the Way of the Cross 5. the Crucifixion.
Forgiveness	The action or process of being sorry
Resurrection	The rising of Christ from the dead
Stations of the Cross	A series of fourteen devotions representing Jesus's condemnation, crucifixion and burial
CAFOD	Catholic Agency for Overseas Development