



Lent Helps Us Prepare For Easter!

Lent is a special liturgical season that prepares us for Easter, the Resurrection of our Lord, Jesus Christ.

During the period of Lent, we actively participate in four special things - prayer, fasting, penitence and almsgiving.

Prayer is lifting our hearts and minds to God.

Fasting is the traditional giving up of meat on Fridays. Many children choose to give up some nicety such as candy, playing video games, or drinking soda as well.

Almsgiving is the giving of one's time, talent or treasury (money) to help others.

Penitence is being sorry for one's sins, and Catholics traditionally receive the Sacrament of Reconciliation during the season of Lent in preparation for Easter.



Lenten Four-Flap
F3 Piece

What will you do for Lent?

You will find boxes below beginning with Ash Wednesday and moving along through Lent to Easter. Choose one of the four things mentioned above to do daily. Color in the box with the appropriate color to show what you have done to prepare your soul for Jesus' Resurrection.

Penitence - blue

Almsgiving - green

Fasting - red

Prayer - yellow

Ash Wednesday	Th	F	Sat	1st Sun	M	T	W	Th	F	Sat	2nd Sun	M	
4th Sun	Sat	F	Th	W	T	M	3rd Sun	Sat	F	Th	W	T	
M	T	W	Th	F	Sat	5th Sun	M	T	W	Th	F	Sat	
Easter Sunday							Holy Saturday	Good Friday	Holy Thursday	Holy Wed.	Holy Tuesday	Holy Monday	Palm Sunday



Cut out the cross figure on the heavy black lines. Fold individual pieces inward, picture sides together, to create a four fold F3 piece. Cut out the cover piece and put aside.


Using four different colored pens, have children write a quick explanation of each Lenten practice in a specific color. Color in the arrow on the flap piece to match the color used for the explanation. When all explanations are written, close up the flaps and glue on the cover piece.

Glue the entire piece into the specified box on the activity sheet.

Encourage children to complete the activity as instructed on the sheet.

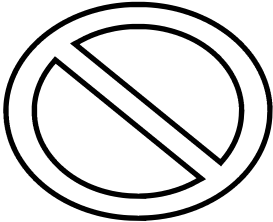
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Prayer



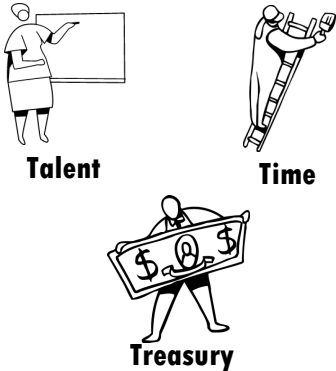
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Fasting



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Almsgiving



**What do we do
during Lent to
prepare for
Easter?**

(cover piece)

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Penitence

