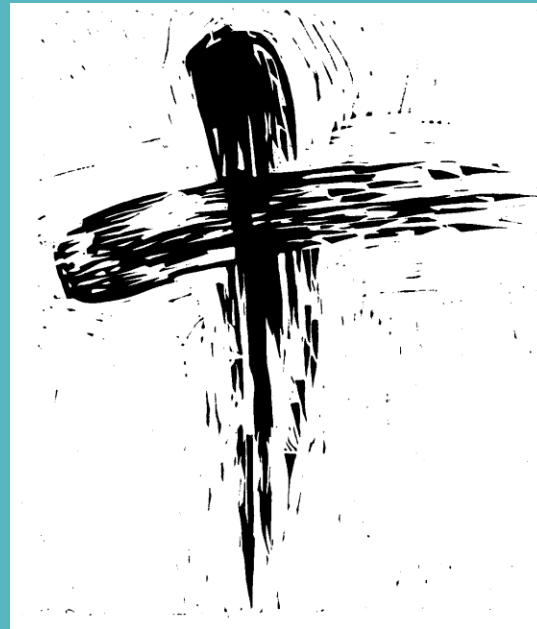
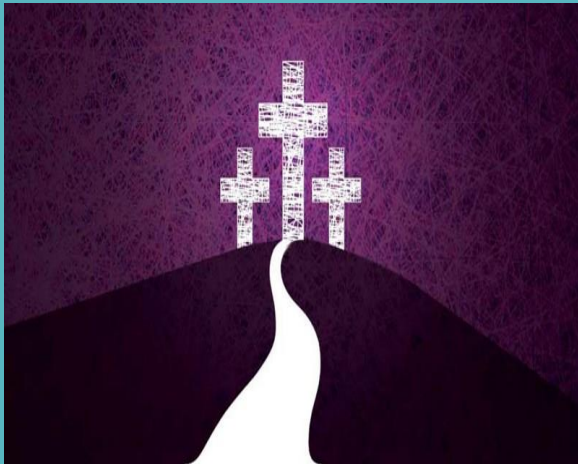


LENT & EASTER



WHAT IS LENT?

Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

Lent is an old English word meaning 'lengthen'. Lent is observed in spring, when the days begin to get longer.

HISTORY OF LENT

Lent is traditionally described as lasting for forty days, in commemoration of the forty days Jesus spent fasting in the desert.

The temptation of Christ is detailed in the Gospels of Matthew, Mark, and Luke. According to these texts, after being baptized by John the Baptist, Jesus fasted for forty days and nights in the Judean Desert. During this time, Satan appeared to Jesus and tried to tempt him. Jesus having refused each temptation, the devil then departed and Jesus returned to Galilee.



WHY 40 DAYS?

40 is a significant number in Jewish-Christian scripture:

- In Genesis, the flood which destroyed the earth was brought about by 40 days and nights of rain.
- The Hebrews spent 40 years in the wilderness before reaching the land promised to them by God.
- Moses fasted for 40 days before receiving the ten commandments on Mount Sinai.
- Jesus spent 40 days fasting in the wilderness in preparation for his ministry.
- Most Christians regard Jesus' time in the wilderness as the key event for the duration of Lent.

Lent



WHEN IS LENT?

Lent lasts for 40 days and starts with Ash Wednesday and ends during Easter.

Ash Wednesday is the beginning of Lent for Western Christian churches. It's a day of penitence to clean the soul before the Lent fast.

Roman Catholic, Anglican, and some other churches hold special services at which worshippers are marked with ashes as a symbol of death and sorrow for sin.

God our Father, you create us from the dust of the earth.

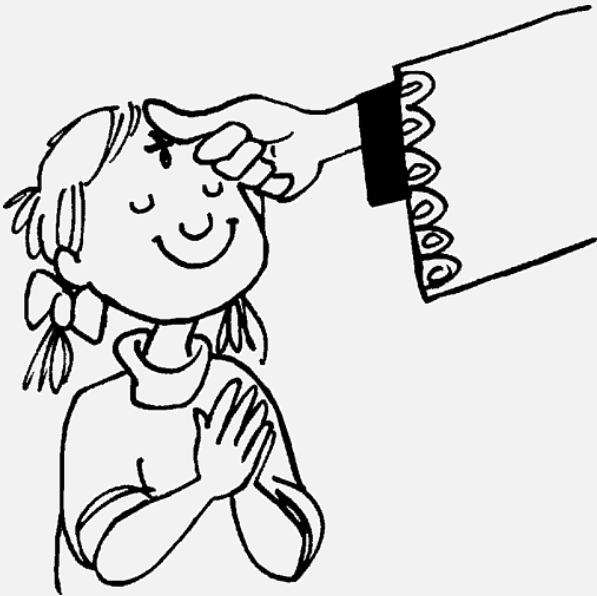
Grant that these ashes may be for us a sign of our penitence, and a symbol of our mortality.

Traditional Ash Wednesday prayer

LENT TRADITIONS

There are traditionally 40 days in Lent; these are marked by fasting, both from foods and festivities, and by other acts of penance. The three traditional practices during Lent are prayer (justice towards God), fasting (justice towards self), and almsgiving (justice towards neighbours).

Christians will often select something to give up for 40 days. This can either be food or even a habit like smoking or social media. Christians will also give time or money to charitable organisations during this time.

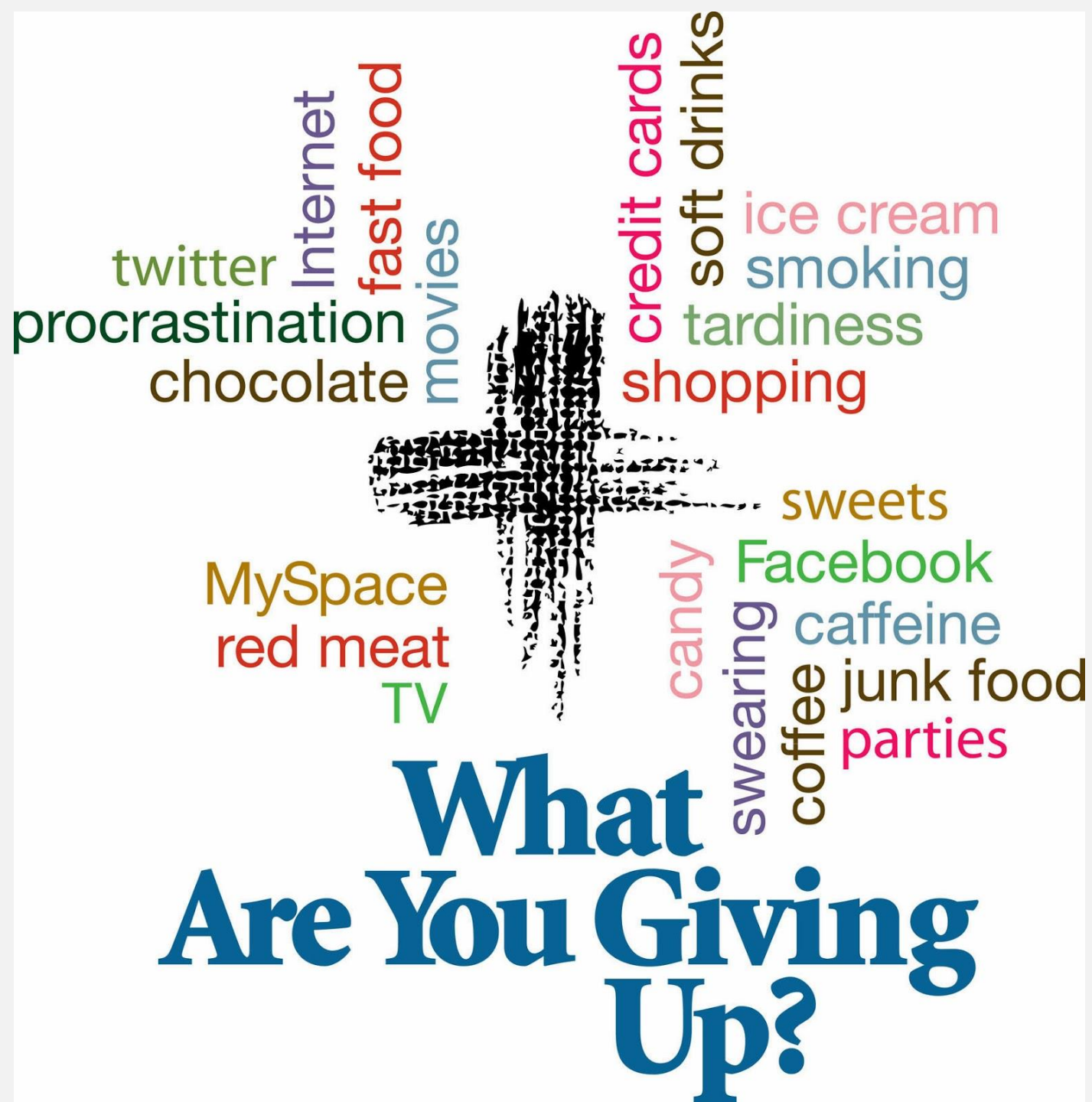


WATCH THIS VIDEO ON LENT AND EASTER

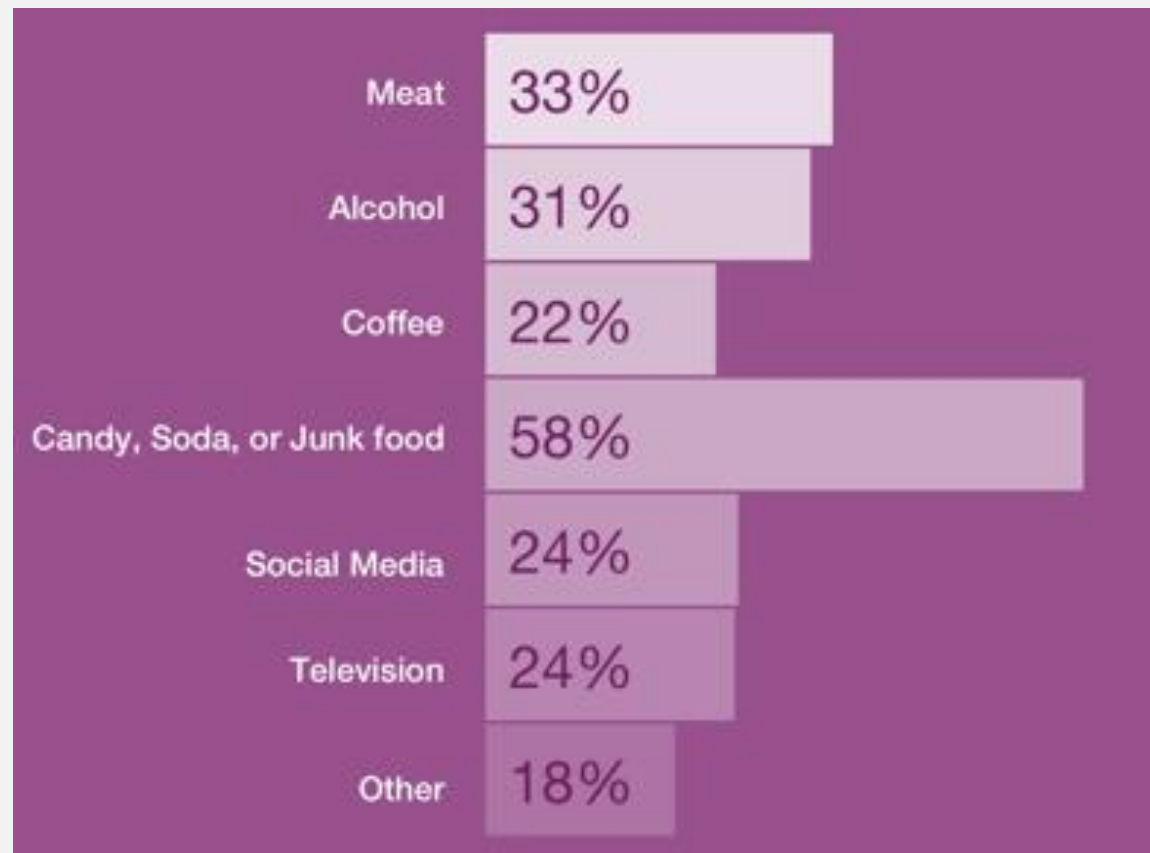
- <https://youtu.be/-4ZuiMdCH7w?si=P9rVaO0RZJk-KrD5>

WHAT COULD YOU GIVE UP FOR LENT?





WHAT DO CHRISTIANS GIVE UP THE MOST?



REFLECTION

What could you do during lent to improve yourself?

Why would giving up this 'thing' improve you?

What could you do during lent to improve the lives of others?

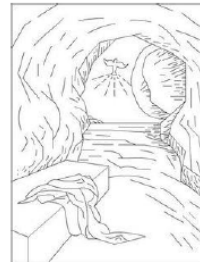


FUN ACTIVITY

Easter Word Search

F K R G O D T S E R R A N S M N E A S T E R C
X F L A I N E D A L N U S L A Y A R T E B P Z
N Q E A B Y D P N T M H N L O V E W A M I H N
I C H V F O C R R M S R R Z X W W B H O M J W
H R E I D L O S E A Z G O G N I K M T Q Z S O
D O B M A L T R N S Y Y H G T N H O O R T I R
L S G J E S U S G Y U E T U E E E O T G E J L C
R S J M W I Z A V B K R R D L T H D L T M V M
O M E C I F I R C A S F R C R P H D O A X E A
W Y B F V R M A Q Q N U I E K O U S G W W R G
T E M P L E R I S E N G S I C L B R E P P U S
X D E I F I C U R C V J E K A T I E K M K B N
B Q E G P T R I A L G S W L M R I G A R A J X
X G O S P E L L S S E L N I S W Z O H E A N Q
P R O P H E T J M I E N O T S G F X N T O D E
B J Q E J C T T D A E R B S J A Z M Q X T K O

ANGEL	LOVE
ARREST	PRAYER
BETRAYAL	PROPHET
BREAD	RESURRECTION
CROSS	RISEN
CROWN	ROBE
CRUCIFIED	SACRIFICE
DENIAL	SILVER
EASTER	SINLESS
GETHSEMANE	SOLDIER
GOD	STONE
GOLGOTHA	SUPPER
GOSPEL	TEMPLE
JESUS	THORNS
KING	TOMB
LAMB	TRIAL
LIGHT	WATER
	WINE
	WORLD



ALL CHA VALUES CAN BE LINKED TO LENT

Self Discipline

Hope

Honesty

Forgiveness

Love

Compassion

Respect