



The Lenten Season

Creating Your Daily Journey Chart

Lesson Goals

By the end of this lesson, you will be able to:

- **Understand** the meaning and purpose of the Lenten season.
- **Identify** key practices like prayer, fasting, and almsgiving.
- **Analyse** scripture passages to guide your spiritual journey.
- **Create** a structured daily chart to track your progress.



Key Vocabulary



Lent

Lent: 40 days of Christian preparation and penance before Easter.



Sacrifice

Giving up something valued for the sake of something else more important or worthy.



Reflection

Reflecting on actions, beliefs, and spiritual life.



Discipline

Training oneself to do something in a controlled and habitual way, often for spiritual growth.

What is Lent Really About?



A Time of Preparation

Lent is not just about 'giving things up'. It is a 40-day journey to prepare our hearts for Easter.

The Three Pillars

We focus on three main areas:

- **Prayer:** Growing closer to God.
- **Fasting:** Saying no to distractions.
- **Almsgiving:** Helping those in need.

It mirrors Jesus' 40 days in the desert.

Scripture Guide: Matthew

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Reading Summary: Jesus is led by the Spirit into the desert to be tempted by the devil. He fasts for 40 days and nights. When tempted to turn stones into bread, He replies, 'One does not live by bread alone, but by every word that comes from the mouth of God.'

Reflection: Jesus shows us that true strength comes not from satisfying our immediate desires, but from relying on God's word. How can you trust God more this week?



Check Your Understanding

Answers on the next slide...

What is the primary purpose of the season of Lent?

1. To celebrate the birth of Jesus
2. To prepare hearts for Easter through prayer and sacrifice
3. To feast for 40 days
4. To clean the church building

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Designing Your Chart

The Structure

A good Lenten chart isn't just a checklist; it's a roadmap. You need columns that track your spiritual habits.

Essential Elements

- **Date:** Keep track of the 40 days.
- **Prayer Intentions:** Who or what are you praying for?
- **Sacrifice/Action:** What specific thing are you doing or giving up?
- **Reflection Note:** A short sentence on how you felt or what you learned.



True or False and why?



Lent is only about giving up chocolate or sweets.



TRUE



FALSE

Now it's time to explain why...

True or False and why?   

Lent is only about giving up chocolate or sweets.



Why is that?

- a) Incorrect: Lent is about deeper spiritual change, like giving up bad habits or adding positive actions like kindness.
- b) Correct: Lent is solely about diet and losing weight.

Answers on the next slide...


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Scripture Guide: Joel 2

Reading Summary: The prophet urges the people to return to God with all their hearts. He says, 'Rend your hearts, not your garments.' He calls for a fast, weeping, and mourning to show true repentance.

Reflection: God wants internal change, not just external shows. It's not about looking sad; it's about honestly looking at our lives. Where do you need to 'change your heart'?

Daily Prompts for Your Chart

Actions (Fasting)

- Give up social media for an hour.
- Eat a simple meal.
- No gossiping today.
- Donate the cost of a coffee.

Growth (Prayer/Almsgiving)

- Read a Psalm.
- Help a sibling or parent.
- Pray for someone you dislike.
- Write a thank-you note.

Whats the right order?

Answers on the next slide...

Put the steps of a nightly Lenten reflection in the correct order.

Say a short prayer of thanks or sorry

Set a goal for tomorrow

Identify one success and one struggle

Review your day's actions

Whats the right order?



Put the steps of a nightly Lenten reflection in the correct order.

Review your day's actions

1.

Identify one success and one struggle

2.

Say a short prayer of thanks or sorry

3.

Set a goal for tomorrow

4.

Scripture Guide: Luke 9

Reading Summary: Jesus tells His disciples, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me.' He warns that those who try to save their life will lose it, but those who lose their life for His sake will save it.

Reflection: 'Taking up your cross' means facing difficulties with faith. It's a daily choice, not a one-time event. What 'cross' (challenge) are you facing that you can offer up?





Get creative



Build Your Lenten Chart

Design a 7-day (or 40-day) chart on paper or digitally. Include sections for Prayer, Sacrifice, and Almsgiving. Add specific daily goals based on the scripture we read today. Be creative with colours and layout!

What you'll need:  

Paper, Ruler, Coloured pens, Device (optional)



Summary



Your Journey Ahead

Lent is a powerful opportunity for transformation.

- **Remember:** It's about heart-change, not just rules.
- **Practice:** Use your chart to stay disciplined.
- **Reflect:** Let scripture guide your daily choices.

By committing to small steps each day, you prepare yourself for the joy of Easter.