



The Lenten Season

Getting Ready for Easter

Our Learning Goals

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

- **Understand** what the season of Lent is and when it happens.
- **Identify** the colour purple and why we use it during this time.
- **Explain** three things Christians do during Lent (Prayer, Fasting, Almsgiving).
- **Describe** how we prepare for Easter.



Key Words



Lent

40 days of
Christian
preparation for
Easter.



Prayer

Talking and
listening to God.



Almsgiving

Sharing what we
have with
people who
need help.



Fasting

Giving up
something we
like to show we
love God more.



What is Lent?

Lent is a special season in the Church's year. It is a time of **preparation**.

Think about when you have a big test or a sports carnival. You have to **practise** and get ready first, don't you?

Lent is like that practise time. It helps us get our hearts ready to celebrate the great feast of **Easter**.

When Does it Happen?

Lent begins on Ash Wednesday and lasts 40 days.

Ash Wednesday

Easter Sunday



40 Days of Lent

(Preparing like Jesus in the desert)

Jesus' 40 days in the desert praying and preparing.

The Colour of Lent



Have you noticed the colour purple in church lately?

Why Purple?

Purple is a serious colour. It is used by **kings and queens**, but it also means **sorry** or **penance**.

During Lent, we use purple to show we are sorry for our mistakes and we are trying to be better people.

Three Things We Do

1



Prayer

We spend more time talking to God and listening to Him.

2



Fasting

We give up treats or habits to make more room for God.

3



Almsgiving

We share our money, time, or toys to help others in need.

Lent in Three Minutes



Quick Check

Answers on the next slide...

How many days does the season of Lent last?

1. 12 days

2. 40 days

3. 7 days

4. 100 days

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Fasting: Giving Up



Fasting isn't just about food!

It means saying 'no' to things we really like so we can say 'yes' to God.

Ideas for Fasting:

- Giving up lollies or ice cream.
- Not playing video games for one day a week.
- Giving up complaining and trying to be kind instead.

Almsgiving: Sharing

Almsgiving means **sharing**. Give up something you have, and use what you saved to help others. You can donate pocket money, give old toys to kids, or help out at home without being asked.



Get creative



Draw a tree trunk. Cut leaf shapes from colored paper. Write a Lenten promise on each leaf (e.g., help a friend, pray nightly, be patient). Stick leaves on the tree to watch it grow!

What you'll need:  

Paper, coloured pencils, scissors, glue



True or False and why?

Lent is a time to party and eat lots of treats.



TRUE



FALSE

Now it's time to explain why...

True or False and why?

Lent is a time to party and eat lots of treats.



Why is that?

- a) That is incorrect, Lent is a quiet time for prayer and getting ready.
- b) That is correct, Lent is all about celebrating.

Answers on the next slide...


True or False and why?



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Summary

Today we learned that Lent is a special **40-day** season to get ready for **Easter**.

We use the colour **purple** to show we are sorry. We try to **pray, fast** (give things up), and **give** to others.

By doing these things, we clean our hearts and become closer to God.