

Faith Lesson - Grade 1 & 2 - Lent 2021

Resource: Our Sunday Visitor

Opening prayer

“Look with favor, Lord, on your household. Grant that, though our flesh be humbled by abstinence from food, our souls, hungering after you, may be resplendent in your sight.”

Mardi Gras - Ash Wednesday - Lent

Ask: What is Mardi Gras? (Ask the students what they think Mardi Gras is and what activities do they do on Mardi Gras) After the students say what they think Mardi Gras is and the activities they discuss the following:

- Fat Tuesday/Shrove Tuesday: The day before Ash Wednesday. One last celebration before the time of penance, i.e. Lent or Shrovetide.
- To eat up items in the home before lent and so they would not go bad.

Ask: What is Ash Wednesday? (Ask the students what it means to abstain on Ash Wednesday) Discuss the following:

- It is the start of the lent season.
- Some people attend mass on that day and receive blessed ashes on their foreheads. This is to remind them that some day we are all going to die and that we need to use the time we have to love Jesus and others as much as we can.
- This is a day of fasting (eating less than 2 full meals) and abstinence (not eating meat)

Ask: What is Lent? (Say during Lent the Church sets aside time for us to think about how we can grow in our relationship with GOD. We ask God to help us see the change we need to become more like him)

- Starts on Ash Wednesday and lasts 40 days. Helps us to prepare for Easter.
- A time of prayer, good actions, and sorrow for sins. It is common for people to pick something to give up, something good to do, and make extra time for prayer during lent.
- The color of Lent is Purple which is the color of penance or sorrow for sin. Also, there is very little music during Lent since music is used for celebration.
- Every Friday during Lent you do not eat meat as a sacrifice because Friday is the day Jesus died on the cross for you.
- The readings focus on the love of God. Also, how Jesus came to suffer and die to save us from our sins.
- The stations of the cross are a way of remembering everything that Jesus did for us on the day he died.
- It is common to pray the stations of the cross on Fridays during Lent.

Say: Now let us watch a video about Lent and Ash Wednesday.



Ask: What did you learn from the video?

Jesus Tempted in the Desert

Say: Now that we have heard and talked about Lent and Ash Wednesday, let read about Jesus being tempted in the desert.

Read: Jesus is tempted in the desert. Matthew 4:1-11



Then Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights,⁴ and afterwards he was hungry.
The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.”
He said in reply,

“It is written: One does not live by bread alone,
but by every word that comes forth from the mouth of God.”
Then the devil took him to the holy city, and made him stand on the parapet of the temple,
and said to him, “If you are the Son of God, throw yourself down. For it is written:
He will command his angels concerning you’
and ‘with their hands they will support you,
lest you dash your foot against a stone.’”
Jesus answered him, “Again it is written, ‘You shall not put the Lord, your God, to the test.’”
Then the devil took him up to a very high mountain, and showed him all the kingdoms of the
world in their magnificence,
and he said to him, “All these I shall give to you, if you will prostrate yourself and worship
me.” At this, Jesus said to him, “Get away, Satan!

It is written:
‘The Lord, your God, shall you worship and him alone shall you serve.’”
Then the devil left him and, behold, angels came and ministered to him.

Say: What did you hear God say to you from the Bible story?

Ask: Why is Lent 40 days long (hint: think about the story of Jesus in the desert)?

Ask: Why did Jesus go into the desert and let the devil tempt him? (so that we would know that we are not alone when we feel tempted to do things that we know we should not. So, we would know that Jesus loves us and understands how we feel when we are tempted, hungry, or tired)

Ask: Ok now, let us think. How are you tempted?

Stations of the Cross

Say: Now let us talk about the Stations of the Cross.

Remember the Stations of the Cross are a way of remembering everything that Jesus did for us on the day he died. Also, it is common to pray the stations of the cross on Fridays during Lent.

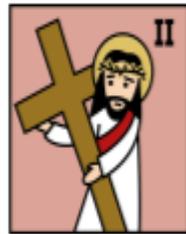
Ask: What are the Stations of the Cross? Say: Jesus carried the weight of our sins by carrying a cross for miles. His sacrifice washes our sins away when we ask for forgiveness)

Ask the following questions: Have you ever prayed the stations of the cross? What is your favorite station?

Stations of the Cross



1st Station:
Jesus is
condemned to
death.



2nd Station:
Jesus accepts
the cross.



3rd Station:
Jesus falls the
first time.



4th Station:
Jesus meets
His mother.



5th Station:
Simon of
Cyrene helps
Jesus carry
His cross.



6th Station:
Veronica
wipes the
face of Jesus.



7th Station:
Jesus falls the
second time.



8th Station:
Jesus meets
the women of
Jerusalem.



9th Station:
Jesus falls a
third time.



10th Station:
Jesus is
stripped of His
clothes.



11th Station:
Jesus is
crucified.



12th Station:
Jesus dies on
the cross.



13th Station:
The body of
Jesus is taken
down from
the cross.



14th Station:
Jesus is laid in
the tomb.



15th Station:
Jesus is
raised from
the dead.

Faith Activity

The “Lent” Song



<https://www.youtube.com/watch?v=PsWfBQvStno>