

# Faith Lesson Plan and Faith Activity

Lent 2021

Grades 3 & 4

Resource: Our Sunday Visitor (OSV)

## Doctrinal Content:

The season of Lent begins with Ash Wednesday and lasts for forty days until the Easter Triduum. Lent is a period of purification and enlightenment, and a time of penance. Through prayers and penitential practices, members of the Church acknowledge their complete dependence on the mercy and compassion of God.

## Invite - Let us Pray

Invite the young people to gather in their prayer space and make the sign of the Cross. Read aloud the leader's prayer. Proclaim the verse from Psalm 116:9 together. Have the children move out of their prayer space and back to their seats.



## Let Us Pray

**Leader:** Lord God, send your Holy Spirit to open our hearts to see what we need to change. We pray the Holy Spirit will show us where we can be less selfish and more like your Son. Through Christ, our Lord.

“I shall walk before the LORD  
in the land of the living.” **Psalm 116:9**

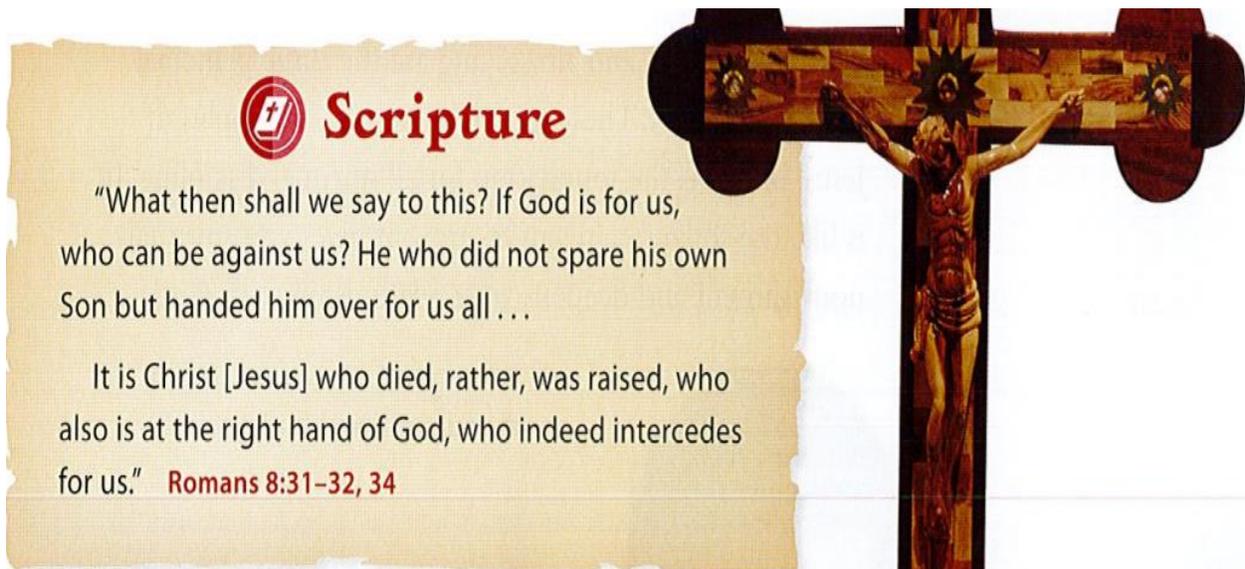
**All:** Amen.

**Say:** God did not spare his very own Son. Jesus suffered and died for us.

**Guide** the young people through the process of Scripture reflection below.

**Invite** them to close their eyes, be still, and open their minds and hearts to what God is saying to them in this passage.

**Display and Proclaim** the Scripture.



**Scripture**

“What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all . . .

It is Christ [Jesus] who died, rather, was raised, who also is at the right hand of God, who indeed intercedes for us.” **Romans 8:31-32, 34**

**Maintain** several moments of silence.

**Ask:** What did you hear God say to you today in this Scripture? Engage the children to respond.

## Faith Story Time

**Say:** Lent is a time we that we spring clean out hearts and repent for what Jesus did for us. He died for our sins on the Cross. Let us listen to the story below and see how John and Susie plan to focus on Jesus during Lent?

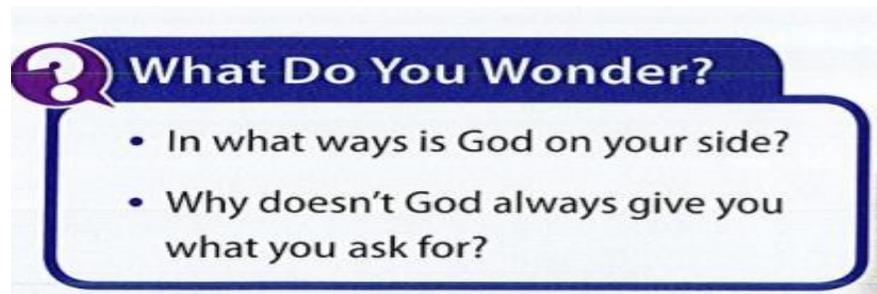
### Seeing Jesus in Others

Susie said to John, Lent is almost here! John replied, Yes, it is! I remember last year I stopped after the Ash Wednesday Mass to pray at the altar and looked at Jesus on the Cross. There was a young girl who was watching the other fellow parishioners kneel to pray and look reverently at Jesus. As she left, she asked the person next to her, “Why do they kneel down and look like that?” The person answered that they were being reverent towards Jesus and they were kneeling because they loved him. She innocently replied, “But if Jesus is in all of us and we are made in his likeness and image, why don’t they look at each other that way?” Her words continue to remain with me at Lent. John said, “At times I struggle to see the face of Jesus in others. How about you Susie?” I never thought about it. Now that I think about It I do too!

During Lent, I will focus on seeing Jesus in all the people I meet. I will give Him praise for all he has done for me by seeing him (Jesus) in the others. John said, me too.

**Ask:** What do you plan to do during Lent to spring clean your heart and focus on Jesus?

## What Do You Wonder?



**Say:** God never lets us down. Even when we may not feel his presence, we can trust that he is always with us.

**Ask:** the children the following questions. Engage them to respond.

## Discover (1)

Display and Read: "Unselfish Spirit"

&

"Scripture - Spiritual Discipline"

&

"Growing Spiritually"

### Preparation:

Bring in a plant that needs pruning, a miniature rosebush, for example.

- Ask the children which branches need pruning and why.
- Discuss how pruning will help the plant grow.

Water the rosebush or other plant that you displayed to the group.

Explain that just as we need to feed and care for a plant in order for it to grow, we need to feed and care for our soul in order to grow spiritually.

## An Unselfish Spirit

Trees and vines can grow wild when no one takes care of them. They produce fruit too small or too sour to enjoy. That is why it is important to prune trees and vines. Pruning means cutting off dead and unhealthy branches so that the best fruit can grow. Trees and vines also require plenty of soil, water, and sunlight.

## Spiritual Discipline

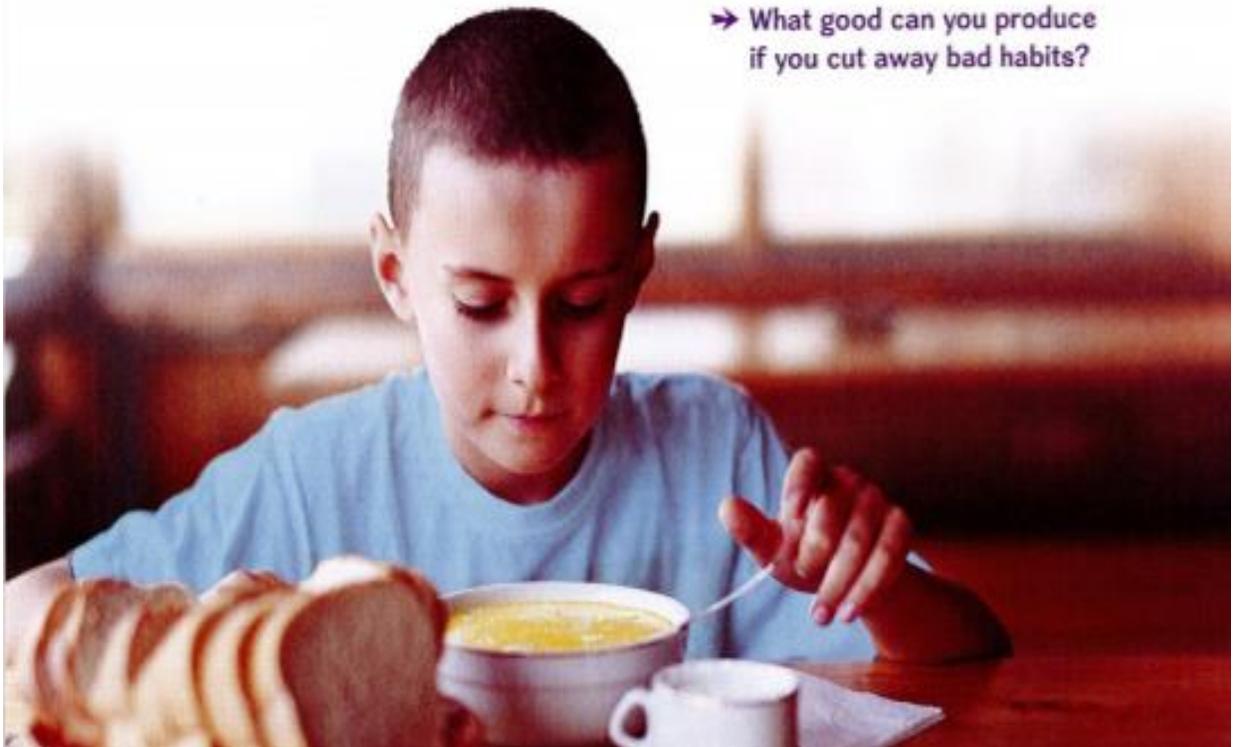
During the Season of Lent, the Church reminds us that good pruning is needed to produce good fruit. You can produce good fruit by cutting away bad habits and selfishness. Then the good fruit of love, sharing, and forgiveness can grow in you.

Prayer, fasting, and almsgiving are the three principal practices of Lent. These are the practices of disciples of Jesus. Prayer is the foundation for all spiritual discipline. It is like the soil a tree needs to grow. It gives you spiritual nourishment and deepens your relationship with God.

➔ What good can you produce if you cut away bad habits?

### Lent

- Lent is a forty-day season set aside for the People of God to reflect on our relationship with God and others.
- Purple, the liturgical color for Lent, reminds us we are called to change. It is a sign of penance.
- During Lent, the Church fasts, prays, and gives alms.



## Growing Spiritually

Your body is growing every day. Growing in spirit is equally important. Just as you feed your body, so must your soul be fed. The spiritual discipline of prayer strengthens you so that you can avoid sin and prepare for the joy of Easter.

**Ask:** What is Lent?

**Ask:** How many days is Lent?"

**Ask:** What is the color of Lent?

**Ask:** What is the meaning of the color of Lent?

**Ask:** What three things does the Church do during Lent?

**Ask:** What happens when trees and vines grow wild?

**Ask:** What does spiritual growth mean?

**Ask:** What good can you produce if you cut away bad habits?

**Ask:** How does prayer strengthen you?

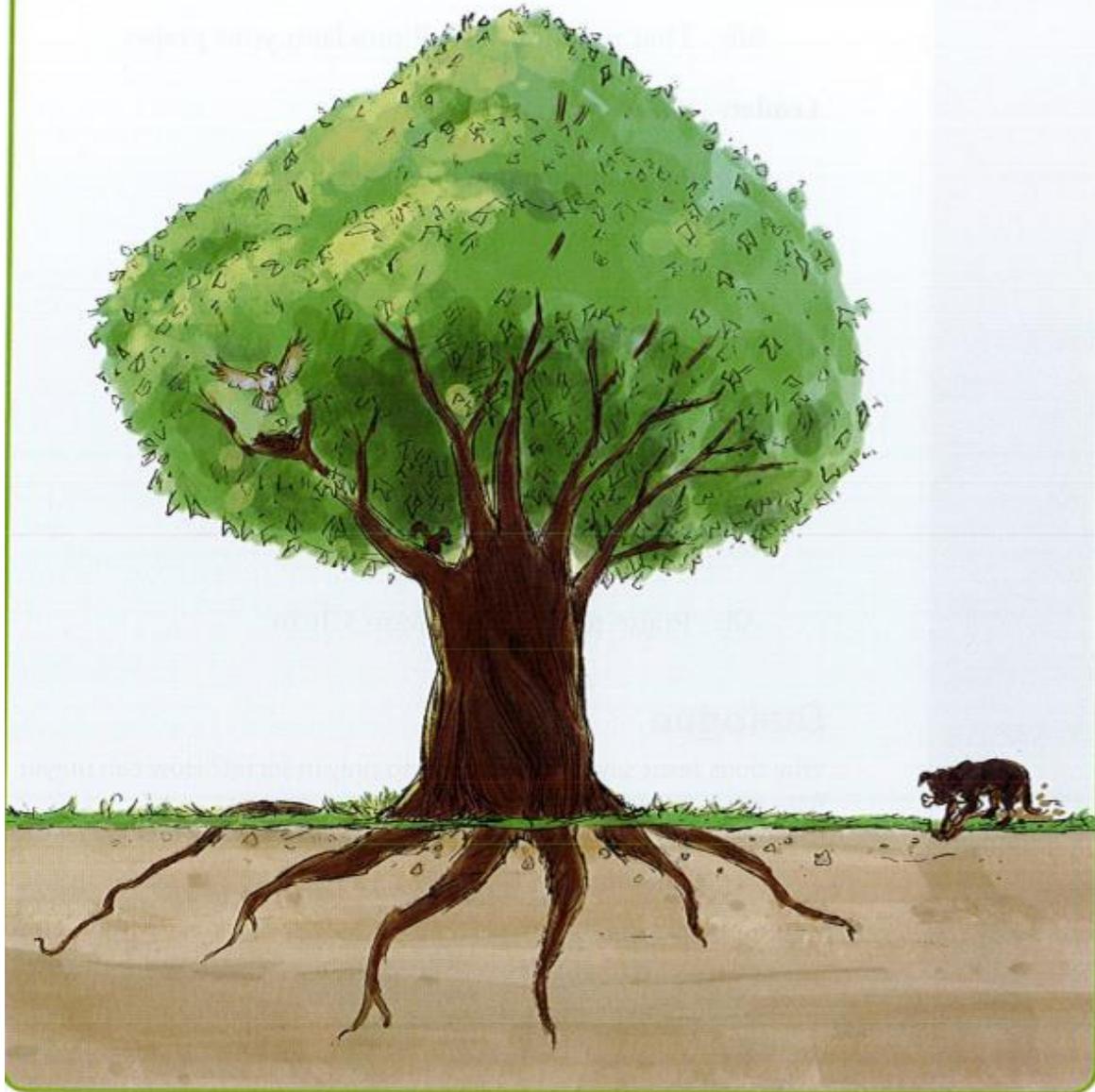
**Ask:** What habits of prayer do you already have?

**Ask:** What is your plan for strengthening your life of prayer during Lent?

## Faith - Activity

### Activity

**On Good Soil** Around the tree, list two or three ways you could try to deepen your life of prayer during Lent. Try a different way during each of the six weeks of Lent.



**Ask:** What do you know now about God that you did not know last year, or five years ago?

**Ask:** Who has been instrumental in helping you grow spiritually?

**Ask:** What is one thing you can do in order to grow closer to God?

## Video Time

**Say:** Think about some ways you will prepare and act during Lent. Let us watch a video and sing along to the “Lent Song for Kids.”

YouTube Link: <https://youtu.be/49iO6vRqwkk>

**Ask:** What did you learn from the video?

## Live

### Preparation:

### Kneeling

Kneeling is one of the postures of prayer.

- When we kneel in prayer, we demonstrate our submission to God.
- In the early Church, kneeling was a penitential action and as such was not allowed during the Liturgy of the Eucharist or the Easter Season which were considered times and celebrations of joy and thanksgiving rather than penance.
- In the Middle Ages, kneeling became associated with the posture of a vassal paying homage to his king. Thus, the posture of kneeling gradually became the norm during the Liturgy of the Eucharist and remains the norm today.

### Matthew 6: 5-8

### Teaching About Prayer

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him.

## Celebrate Lent

In this prayer form, a celebration of the Word, you listen and reflect on God's Word.



### Let Us Pray

Gather and pray the Sign of the Cross together.

**Leader:** Oh Lord, open my lips.

**All:** That my mouth shall proclaim your praise.

**Leader:** Let us pray.

Raise your hands as the leader prays.

**All:** Amen.

### Listen to God's Word

**Leader:** A reading from the holy Gospel according to Matthew.

Read Matthew 6:5-8.

The Gospel of the Lord.

**All:** Praise to you, Lord Jesus Christ.

### Dialogue

Why does Jesus say that it is better to pray in secret? How can prayer help you to yield "good fruit"?

**Ask:** Why does Jesus say it is better to pray in secret?

**Ask:** How can prayer help you to yield “good fruit”?

## **Saint of the Day:**

**Blessed Pier Giorgio Frassati - April 6, 1901 - July 4, 1925**



**Tell** the children about Blessed Pier Giorgio Frassati.

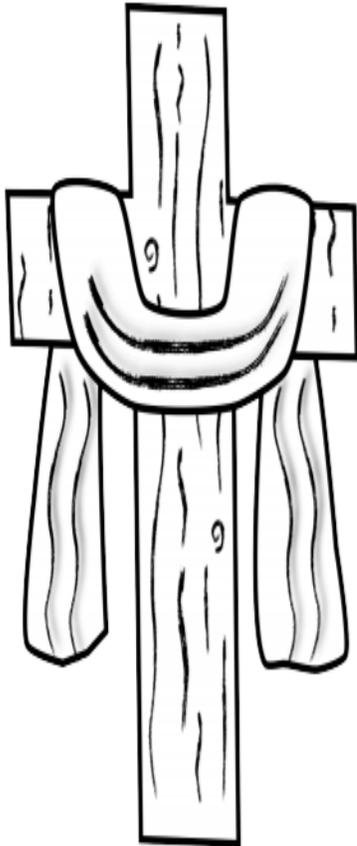
### **Explain**

#### **Blessed Pier Giorgio Frassati: Fasting from sweets**

Pier Giorgio Frassati is a great role model for anyone tempted by scrupulosity, or by overly intense fasts. He was a deeply devout young man who understood that piety (holiness) helps with fasting. He so disciplined in his Lenten fast in ways that make sense for us today. He would refrain from eating sweets, restrict his food at mealtimes, pray and give alms. He is inspiring to us. He did not fast for his personal satisfaction; he did it to “better celebrate a Holy Easter” He praised and gloried God through his actions, prayer, fasting and almsgiving.

**Ask:** What are ways you can praise and glorify God during Lent?

# Faith Activity



Find all ten words:

- Jesus
- Lent
- Ash
- Wednesday
- Dust
- Prayer
- Alms
- Fasting
- Sacrifice
- Purple

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

Unscramble these Lenten Words

TRYFO YASD \_\_\_\_\_

HSESA \_\_\_\_\_

NLTE \_\_\_\_\_

TISFGNA \_\_\_\_\_

One thing I can do during Lent to bring me closer to God...