

23.2.21

T: Can I make a Lenten Promise?





PRAYER is important during Lent, to connect with God and think of others.





FASTING means giving up something. Not just sweets or crisps, maybe computer games or screen time?





GIVING can be with money, to charity, of your time... there are lots of different ways to give.





Jesus spent 40 days in the desert being tempted to do the wrong thing. It must have been so hard for him, but he never gave up.





What can you promise to do during Lent?

Who could you PRAY for?

What could you FAST from?

What could you GIVE?





Reflection:

Write a Lenten prayer to God to explain how you feel.