

RE

Q: What is Lent?

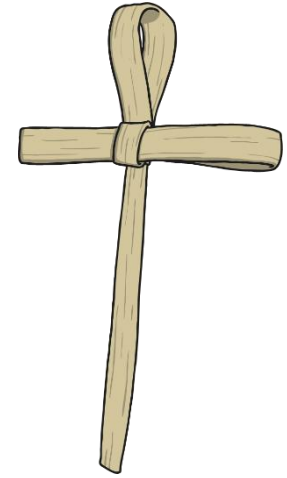
T: To learn about the meaning of Lent.

By the end of this session I will be able to:

- Explain the meaning of Lent
- Describe what happens during Lent
- Recognise the symbols of Lent

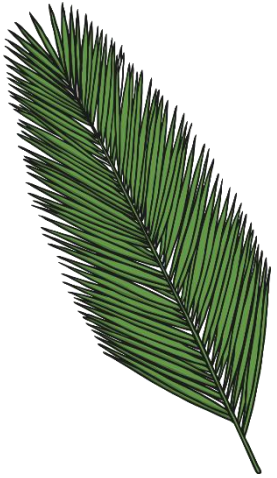
What Does Lent Mean?

Lent begins on Ash Wednesday.
(The day after Shrove Tuesday/Pancake Tuesday.)



Lent lasts for 40 days. It starts on Ash Wednesday and ends on Easter Sunday. However, if you look at a calendar and count the days, there are more than 40 days. This is because the weekends (Saturday and Sunday) are not included when fasting.

What Does Lent Mean?



Lent comes from the Middle English word 'lenten' or the Old English 'lencten', both of which mean spring (the season).

Lent is the time of new beginnings, new growth and a time to go get fit and to live the life of a Christian.

What Three Things Do Christians Do During Lent?

1. Fasting



2. Giving



3. Praying



The Colour Purple

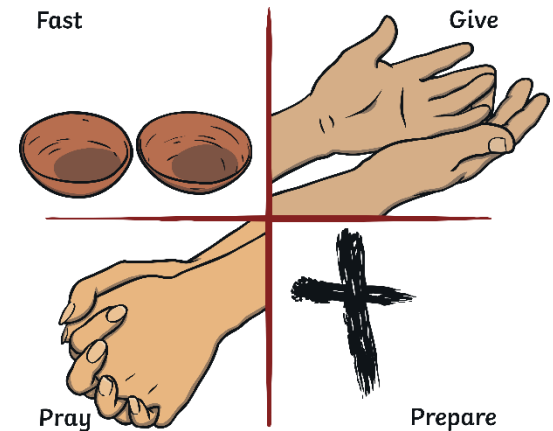
The priest wears purple garments and a purple cloth is placed on the altar during Lent.

Why?

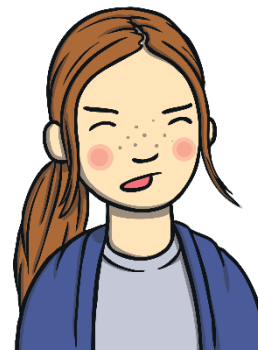
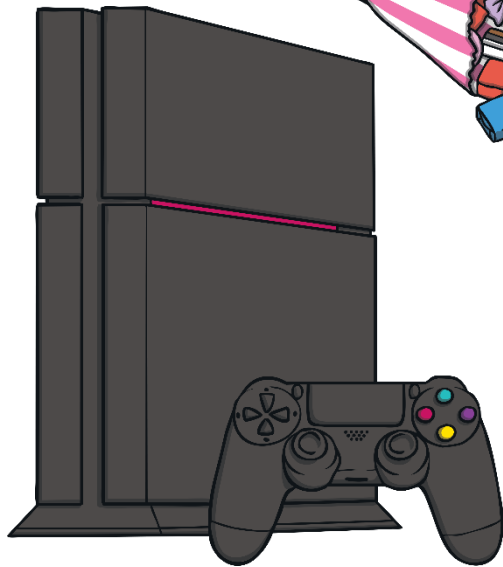
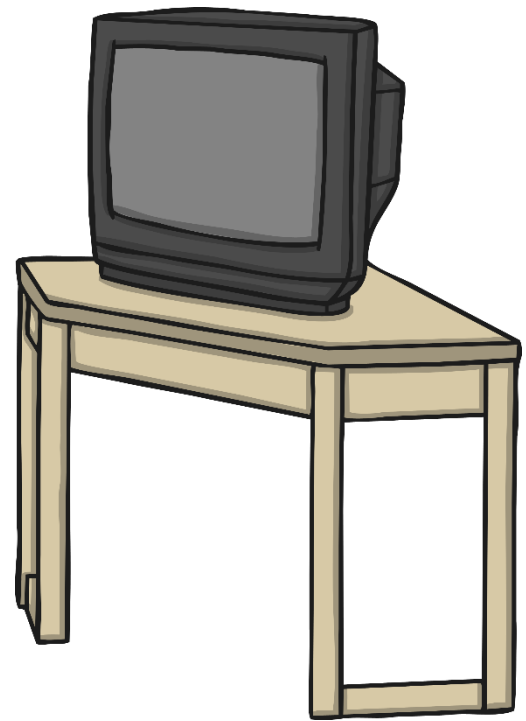
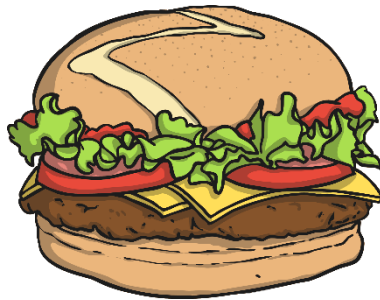
- Purple symbolises both pain and suffering leading up to the crucifixion of Jesus.
- It also symbolises the suffering of all humans and the world under sin.
- Purple is also the colour of royalty. This reminds people that Jesus is King.

How Can People Remember What God Sacrificed?

Giving up some treats or home comforts helps people understand how much Jesus sacrificed.



What could people give up for Lent?



Task

Read through the activity sheet and answer the five questions.

After, begin to think about your own Lenten promise.

- **Remember, we are trying to think of others during Lent.**

