

Lent

Lent is the time when the Church prepares for the glory of Easter when Jesus is raised from the dead. During Lent you prepare your heart for Easter by praying, fasting, and giving alms. We can fast by not eating meat on Fridays. We can give alms by doing an extra chore for a family member. And we can give alms by our allowance to the poor.

During Lent, the color purple is used to remind us that we are preparing for Easter. On the next page are some additional symbols of Lent. Color each of the symbols and think about what each symbol might mean. In the blank box, draw your own symbol of Lent. Discuss your symbol with a teacher or family member. How does it remind you to pray, fast or give alms?

Prayer

Heavenly Father,

We ask you to be with us during this Lenten Season.

Help us to see and help those in need.

Remind us to seek your forgiveness and to share your love.

We ask this in Jesus' name, Amen.

