

# First Sunday of Lent

## God saves Noah

### INTRODUCTION

Today we begin the season of Lent, a time to prepare our hearts for the new life which Jesus brings at Easter. Lent lasts for forty days, just as Jesus spent forty days in the desert before going out to share the Good News. It is a season of hope and new life, as days lengthen and spring approaches.

### SIGN OF THE CROSS

### LIGHT THE CANDLES

As the candles are lit, say together:

May the light of Jesus burn in our hearts.

### SORRY

During Lent we hear the word "repentance" many times. This means being sorry for things we have done wrong. Lent is a time of thinking about our past mistakes and looking forward to starting again by turning over a new leaf. During this season we make a special effort to become more like Jesus. And so, let us close our eyes and pray:

Lord Jesus, give us the courage to admit when we get things wrong.  
We know that because you love us, you are always ready to forgive.

### ACCLAMATION

To welcome today's reading sing Acclamation 5.

### READING (GENESIS 6:5-9:17)

God looked down on the world and was filled with sadness when he saw the wickedness of the people. God decided to destroy all the wicked people, except for Noah, who was a good and just man.

God told Noah, "Build an ark and fill it with pairs of every sort of animal so that they will multiply again. Take plenty of food for them and your family, because I will send enough rain to flood the world." Noah did as God had commanded.

The rain began and carried on night and day, until all the land had disappeared under the mighty waters of the flood. Everything was destroyed, except for Noah and the animals who were safe in the ark.

After many days, Noah sent out a dove, and it returned to the ark carrying a shoot from a young olive tree in its beak.

Noah gave thanks and praise to God as the flood waters began to disappear. Then God said, "I will make a promise never again to send such a flood to destroy the world, and as a sign of this promise, I will put a rainbow in the sky."

### DISCUSSION

God destroyed the world because of the wickedness of humankind, who had chosen to turn away from God. God is fair and just, and as they had done nothing wrong, God chose to rescue Noah and the other creatures. Noah was ready to listen to God and to do whatever was asked of him, because he had faith and trust in God's love and goodness.

Noah sent out a dove, which came back with an olive branch in its beak. Even today, the dove and the olive branch are used as symbols of peace and hope. What promise did God make to Noah and all living creatures? God made an everlasting promise to the human race that he would never flood the world again.

What sign did God set in the sky to remind us of this promise? A rainbow appears when sunlight shines through raindrops and splits the light into all its colors. It appears as the rain stops and the sun begins to shine, and is a symbol of joy and hope.

### ACTIVITY

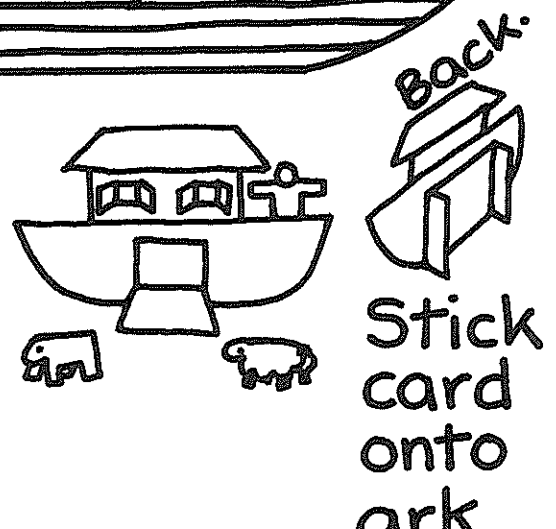
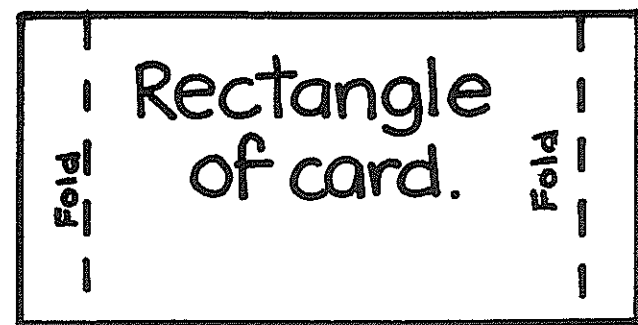
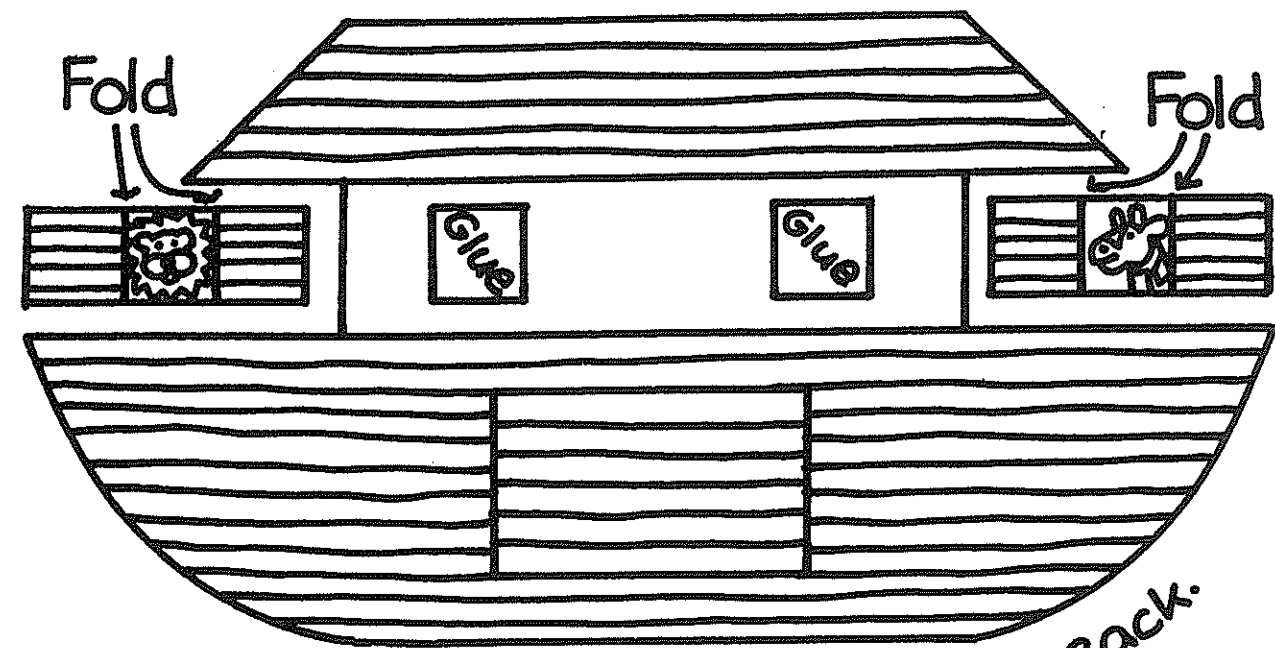
Cut out the picture of the ark and glue it on to cardboard, one for each child. Have the children color the ark. Glue on the windows with the animals looking out, and glue the stand onto the ark to make it free-standing. Fold some pieces of lightweight cardboard for the animals, using outlines as shown in the illustration. Ask the children to cut and color them, and arrange them in a line beside the ark. Finally, add Noah to the scene.

### CREED

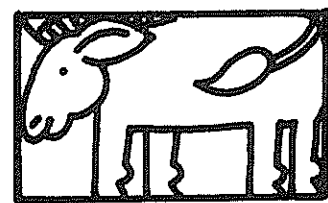
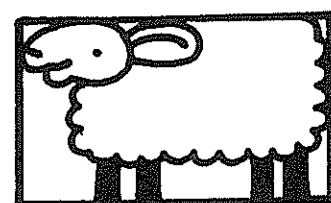
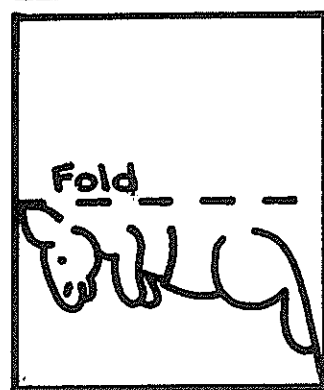
### CLOSING PRAYER

Lord, when we look at a rainbow, we are reminded of your promise to the world.

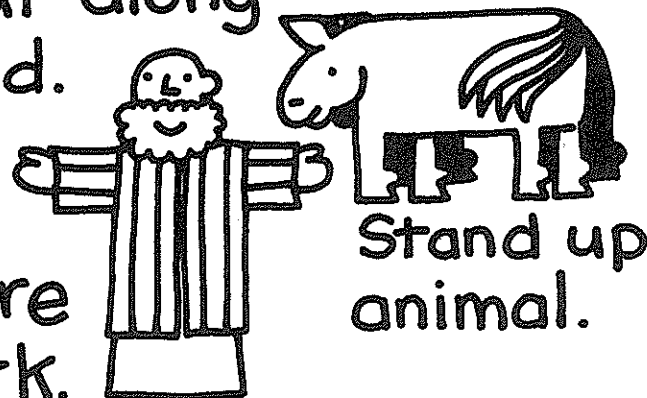
Help us to keep any promises we have made because of our love for you.



## ANIMALS



Don't cut along the fold.



Cut out Noah figure and stick onto ark.