

Grade 7 Lesson: Getting Ready for Lent

February 15

Lent starts this week with Ash Wednesday! This week we take some time to do a little overview of what Lent is all about. Ash Wednesday is this week! This begins our journey through Lent. On Ash Wednesday we receive ashes upon our forehead. When we receive these ashes, we hear this prayer, "Turn away from sin and be faithful to the Gospel" or "Remember that you are dust, and to dust you shall return." The ashes are not a sign of how holy we are but rather a reminder to repent of our sins, humble ourselves, and renounce our own pride. Just as God formed man out of the clay of the earth and breathed into him the breath of life, He can breathe new life into all of us who have fallen to sin.

Matthew 4: 1-4

"Then Jesus was led by the Spirit into the desert. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, 'If you are the Son of God, command that these stones become loaves of bread.' He said in reply, 'It is written, 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'"

Please write your answers to the following questions

- What is Lent?
- What is it a preparation for?
- What do we do differently during Lent?
- What are some of the things you have done for Lent?
- What can you do to make Lent more powerful this year?

1) What is Lent?

Lent is the 40-day season before Easter beginning on Ash Wednesday. It is a penitential season, during which we perform special acts of penance in order to grow spiritually and prepare to celebrate the holiest feasts of the year.

2) Why is Lent 40 days long?

Because Jesus spent 40 days fasting and praying in the desert before starting His public ministry.

3) What are the three special types of penance we focus on during Lent?

Prayer, fasting, and almsgiving

4) What feast does Lent prepare us for?

Easter!

5) What is the week before Easter called?

Holy Week

Please print and complete the Handouts: *Lenten Word Search* and *Lenten Trivia*.

Also, please watch the videos they will help you with the handouts!