



INTRODUCTION TO LENTEN SEASON

VOCABULARY



Abstinence- not to do something we want

Repent – be sorry and ask for forgiveness

Tempted – doing anything against God

Changed- to become different (a good child)

Penance- We feel sorry for our sins and turn to God through fasting, prayer and our good deeds

Ash Wednesday is the first day of Lent.

Blessed ashes are applied on the forehead in the shape of a cross., Saying

“REMEMBER THAT THOU ART DUST, AND TO DUST YOU SHALL RETURN”.

Or

“TURN AWAY FROM SIN AND BELIEVE IN THE GOSPEL”



Ashes remind us the dust from which God made us and we return to dust one day.

It also reminds us that we have sinned and gone far away from God and we want to change (become good) and return to Jesus.

Why ashes are applied in the shape of a Cross?

It reminds us of Jesus Love and that He died on the cross for us.



Where do we get ashes from?

We get these ashes by burning palm leaves which have been saved from previous year's Palm Sunday.

Why does Lent last for 40 days?

Remembering 40 days Jesus spent in the desert, fasting and praying we too should fast and pray for forty days.



We do penance during Lent. We feel sad that we have hurt God. We turn away from sin and try to please God by our good behavior, and by giving up our bad habits.

Lent ends on Holy Thursday (Maundy Thursday)

Purple color is used in the church

How can we turn away from sin?

The Church suggests three special ways of penance during Lent

1. Praying 2. Fasting 3. Alms giving



1

Pray- Attend Mass more regularly,

pray more often, read the Bible,

During Lent say the Stations of the Cross (prayers about the journey Jesus Christ made to his crucifixion on Good Friday)

2

Fast- We can go without food or eat less. It can also means giving up certain food we like (chocolates, ice creams, burgers, meat and any of our favorite food / snacks)

We do not eat meat on Ash Wednesday.

We can also fast from watching our favorite TV show (cartoons) or playing video / mobile / computer games.



3

Almsgiving- (Works of Love) doing good to others.

It can be giving gifts of money or by helping others.



Check the box with the correct answer

1. Which is the first day of Lent called?

Ash Wednesday	Good Friday	Palm Sunday
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2. Which is the last day of Lent?

Holy Saturday	Good Friday	Holy Thursday
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3. Ashes are applied on the forehead in the shape of a

Cross	star	angel
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4. Where do we get ashes for Ash Wednesday?

By burning old toys	By burning paper	By burning last year's palm leaves.
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5. Repent means

fight with the neighbor	Going for picnic	be sorry and ask forgiveness
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6. Abstinence

To pray to God	To do what we like to do	not to do something we want
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TRUE OR FALSE: T or F

- 1) Ashes remind us the dust from which God made us and we return to dust one day. _____
- 2) Lent is the time before Christmas. _____
- 3) During Lent purple color is used in the church. _____
- 4) Jesus spent 30 days in the desert, fasting and praying. _____
- 5) Holy Thursday also know as Maundy Thursday. _____
- 6) The Church suggests only two special ways of penance during Lent. 1. Fasting 2. Alms giving _____
- 7) Fasting means give up something as an offering of sacrifice. _____
- 8) We eat meat on Ash Wednesday. _____
- 9) During lent we should fast and pray for 40 days. _____
- 10) During lent we turn away from sin and try to please God by our good behavior. _____

STRIKE OUT ODD PICTURE.

Acts of charity.

