

## Unit 7.4 Lent – Preparation, Prayer and Fasting

### Key Questions

Why is Lent a special time?  
 Why does Lent last 40 days?  
 What is fasting?  
 Why do people fast?

### Key Vocabulary

Lent, fasting, prayer, temptation, Easter, Shrove Tuesday and Ash Wednesday

### Key Experiences

The story of Jesus' baptism and time in the wilderness  
 Comparing Lenten traditions from other denominations with those of the Anglican Church  
 Tasting Lenten and Easter food

### Programme of Study to Include

Story of Jesus' baptism and time in the wilderness  
 How the Church and Christian people mark Lent  
 Lenten foods  
 Lenten disciplines  
 Easter foods  
 Lent in other Christian denominations  
 Making links between Lent and times of fasting in other world religions

**The aim of this unit is to** explore a festival that often goes unnoticed or is simply thought of as the time to 'give up' things.

	Suggested Activities	Possible Level of Achievement
<b>Story</b> <b>AT1</b> <b>Belief</b> <b>AT2</b>	<p>Read the story of Jesus' Baptism and time in the wilderness. (Matthew chapters 3-4 and Luke chapters 3-4)                      What do these stories tell us about Jesus and his character?                      Ask the children to imagine what it would be like to be living in a desert with <u>nothing</u>. What would they miss the most? What would be the essential things they would need in order to live? Play some classical music which gives a sense of vast empty space.                      Watch the '40' CD from the Blackburn Diocesan Board of Education Lent, Holy Week and Easter Ideas and Resources CD. There are many ideas on how to use the images.</p> <p>Paint pictures using only colours to express Jesus' feelings during the 40 days.</p>	<b>Level 1-3</b>
<b>AT1</b> <b>AT2</b>	<p>Discuss the three temptations and Jesus' reaction to the devil. Do the children think that they would have been able to resist the temptation? Ask the children to write about a time when they have been tempted to do something wrong/ break a promise/ try something new.</p>	<b>Level 2-3</b>
<b>AT2</b>	<p>Put the children in groups and challenge them to create a short sketch about temptation.</p>	

## Religious Education Syllabus for Church Schools

<b>AT1</b>	Jesus' time in the wilderness, spending time with God helped him to prepare for his ministry. How do the children prepare for special jobs?	<b>Level 1-3</b>
<b>AT1 Impact</b>	Lent is the forty days leading up to Easter. It is a time when we/Christians remember Jesus in the wilderness but it is also a time to reflect on our lives and give time to God in preparation for Easter. Why does Lent last for forty days? This would be a good homework research task.	<b>Level 3-4</b>
<b>AT1  Belief Impact AT1</b>	The day before Lent, Shrove Tuesday, was a time to empty the house/cupboards of rich foods. What can the children find out about the traditions of Shrove Tuesday? Shrove Tuesday pancakes! Eating the rich foods before the Lenten fast. What is fasting? Why fast? Or Why eat plain food? Pretzels are traditional Lenten food, compare with rich spicy Easter foods - hot cross buns, Simnel cake etc. How does food help you think about/remember things?	<b>Level 3</b>
<b>AT1</b>	Lent is a time for thinking, Easter is a time for celebrating, how does the food reflect this? Compare food the day before a birthday party and food on the day of a birthday party.	
<b>AT1  Belief Impact</b>	Lent begins on Ash Wednesday if possible attend an Ash Wednesday Service or invite the Clergy to re-enact an Ashing Service for you. Ask a member of the Clergy to come and explain how the Church will be observing the festival Lent e.g. Ashing Services, no flowers in Church, special Bible studies, wearing purple vestments. Different churches mark Lent in different ways if possible visit or meet members of the Catholic Church and Methodist Church.	<b>Level 3-4</b>  <b>Level 3-4</b>
<b>AT1  Impact</b>	Talk about people giving something up or taking something on for Lent to enable them to think more about God and others rather than themselves. The Vicar or other members of the congregation may then talk to the children about their Lenten discipline. As a class you could give up something e.g. sweets or start a special five minute 'Thought of the Day' slot or an additional prayer time during Lent. You could do a special 'helping others' project during Lent.	
<b>AT1</b>	Make links between the time of Lent and times of fasting, preparation and repentance in other faiths for example the time of Ramadan in the Muslim calendar and Yom Kippur in the Jewish calendar.	<b>Level 3-4</b>
<b>AT1  AT2</b>	The colour of Lent is purple, why? Do the children think this is a good colour? During Holy Week and Easter the colours change, to what? Why? What messages do the colours give? Discuss with the children which colours have special meaning or symbolism to them e.g. the colour of their football team, the wallpaper in their bedroom.	<b>Level 2</b>
<b>AT1</b>	Give the children the challenge of writing 'A Guide to the Season of Lent'.	<b>Level 2-4</b>