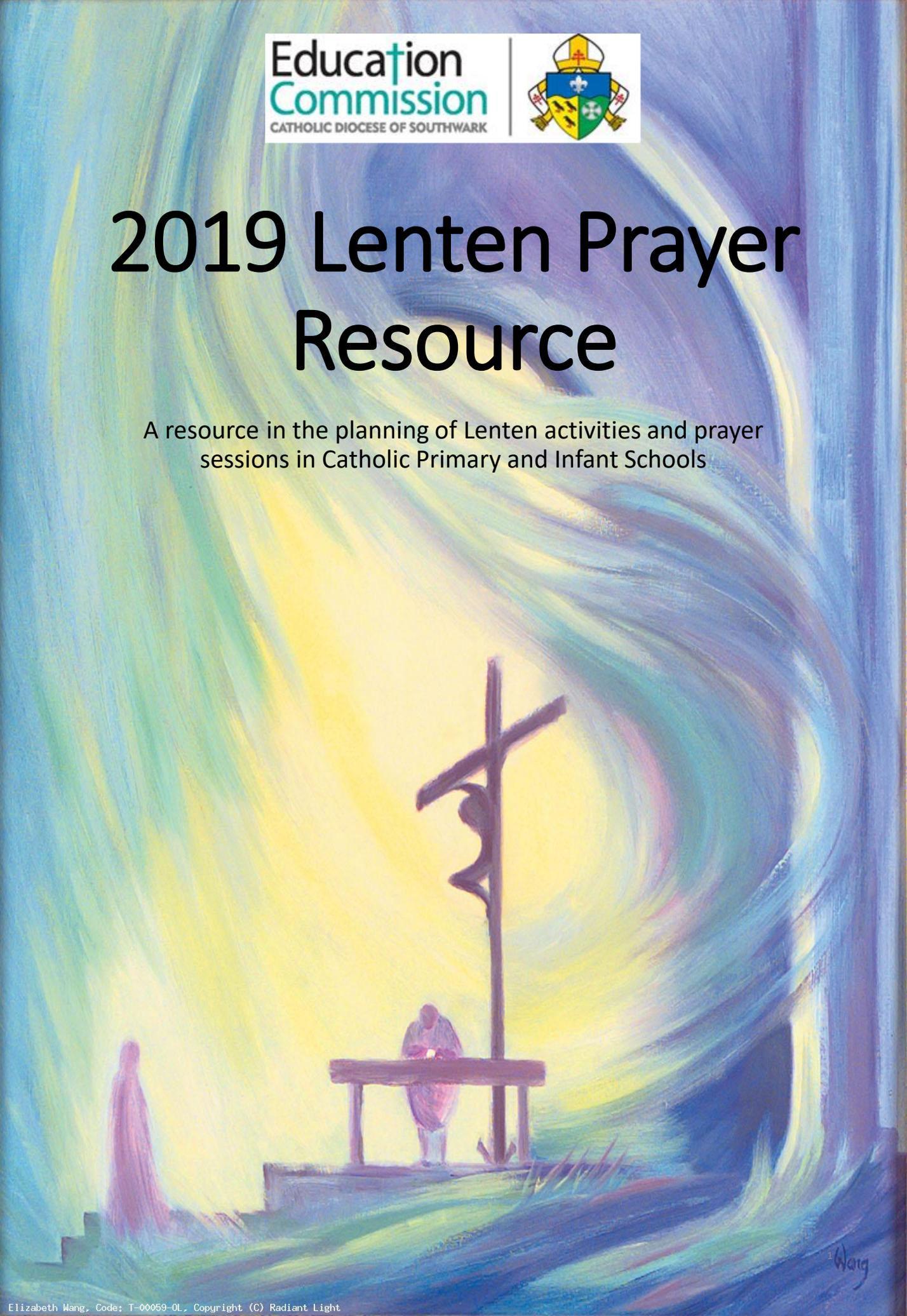




2019 Lenten Prayer Resource

A resource in the planning of Lenten activities and prayer
sessions in Catholic Primary and Infant Schools



Wang

Introduction

Nurturing Children's Spirituality

"A powerful reaffirmation and exploration of the importance of childhood spirituality for the ministry and mission of the church, which will be welcomed by all working in this field."

Alister McGrath.

We need a guide to seeing, feeling and evaluating our practices and setting for their spiritual quality.

Rebecca Nye in *Children's Spirituality* (Church House Publishing 2009), *What it is and why it matters*, offers six criteria that lies at the core of evaluating good practice" for spirituality in children's work. She uses the acronym

S-P-I-R-I-T

Space

Providing a place of sanctuary or quiet, a holy space within the school lends itself to children understanding that "God is here";

Process

Giving children time to process their thoughts in moments of reflection;

Imagination

Using children's imagination when developing biblical stories and liturgical themes releases elements of creativity. Pope Francis calls this "**Wasting time with God**";

Relationship

Regular opportunities for students to pray for each other or share together enhances their relationship;

Intimacy

Creating a safe and supportive environment is a gradual process for children to "come closer" to God;

Trust

Spirituality is a process of trusting in God and in the childhood ability to demonstrate trust.



Lent

Lent is a time to notice God's work and to receive God's mercy. **Fasting, Charitable works (Almsgiving) and prayer** are the **three traditional practices** during Lent. The scriptures during this time, challenge us to also consider how we can **repair** our relationship with God and with others. Developing activities around memory and **remembrance** enables children to reflect on the love that Jesus has for them. **Restoring** our relationship with God and with others requires us to return back to prayer.

Lent is a time to REPAIR⁽ⁱ⁾:

Inward challenge: It might be relationships that we have neglected, or promises that we have broken, and saying sorry is a start to repairing the hurt;

Outward challenge: To raise the concerns of those in the world who are disadvantaged, and support them through are charitable giving.

Lent is a time to REMEMBER⁽ⁱⁱ⁾:

Inward challenge: By remembering the times we have been shown mercy and love, compassion and understanding;

Outward challenge: Lent is the time to remember the many people, who in a thousand quiet ways, have stretched out their hands and given us hope to make a new beginning.

Lent is a time to RESTORE⁽ⁱⁱⁱ⁾:

Inward challenge: Building regular prayer space in our the day to listen and speak to God using the **TeaSPoon** Prayer starters;



**Five
Finger
Prayer**

Outward challenge: Creating opportunities for children to spend time praying for others using prayer tables or walls. **Why not** create a 40 days of Lent book of prayers written by the children.

A Guide to Reflection

This pack is intended to support the development of Lenten Liturgies within the classroom and provide ideas for faith teams and Chaplaincy groups in school.

Lent is a time of reflection and opportunity for children to “Waste time with God” – Pope Francis. Taking 15 minutes at the beginning or end of the day is all that is required. Asking a small group of supervised pupils to lead times of Lenten prayer during lunch is often a commitment they are happy to undertake.

<https://www.guidedchildrensadoration.com/> provide structured liturgies for children that can be used for adoration.

[Adoremus](#) have produced detailed liturgies for adoration which can be adapted

Below is the structure of a short liturgy.

WE GATHER

Opening prayer

- Return to God with all your heart
- The source of grace and mercy
- Come seek the tender faithfulness of God

WE LISTEN

- Scripture Focus: Joel 2:12-13 - for example
- Breaking Open The Word /Reflection

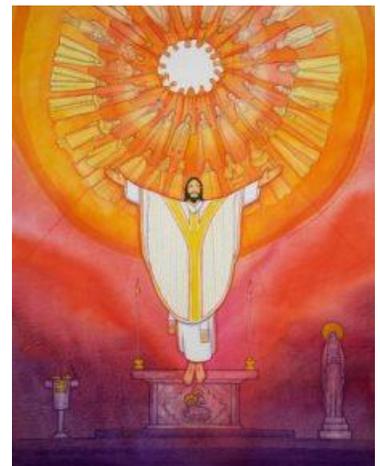
WE RESPOND

- The Leader may offer a reflection or the group may then take time in silence to reflect

WE GO FORTH

Closing prayer

- Leader: Let us encourage one another on the journey during Lent as a sign of peace
- All: Peace be with you



Lenten Liturgical Calendar Year C

Sunday	Theme	Scripture	
Lent 1	Wilderness	Luke 4:1-13	LENT
Lent 2	Transfigured	Luke 9:28-36	ENCOURAGEMENT
Lent 3	Repentance	Luke 13:1-9	CHANGE
Lent 4	Conversion	Luke 15:1-3, 11-32	FORGIVENESS
Lent 5	Compassion	John 8:1-11	NEW START
Palm/Passion	Passion	Luke 22:14-23:56	PRAISE
Maundy Thursday	Eucharist	John 13:1-15	EASTER
Good Friday	Sacrifice	John 18:1-19:42	LENT
Holy Saturday	Anticipation	Luke 24:1-12	ENCOURAGEMENT
Easter	Resurrection	John 20:1-9	CHANGE

Lenten Calendars can be downloaded from the Wednesday Word.

Why not explore the themes of the week by asking a group of children to prepare a short liturgy using either the theme, the scripture or the Wednesday word. This could be shared with the class. Use a quick format below

- ✓ Opening prayer – *Jesus be in our thoughts*
Jesus be on our lips
Jesus be in our hearts
- ✓ Read the scripture or introduce the theme
- ✓ Silently reflect on the meaning of the theme/scripture for one minute
- ✓ Ask the children to make doodle prayers



Prayer Doodles

How To Pray:

- Write a name for God, the name of someone you're praying for, or words from a scripture verse.
- Draw a shape around it and begin to doodle.
- Pray as you draw. Ask God to be part of this prayer time.
- Keep drawing as you release these prayers to God.
- For more information: www.prayingincolor.com



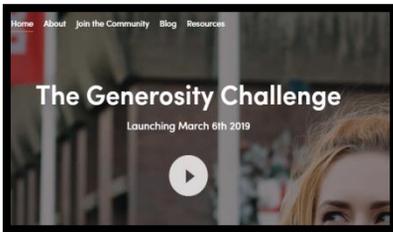
Suggested Themes

The Unlikely Heroes



Come to the Water

The Gift of Happiness



40 Days-40 Ways

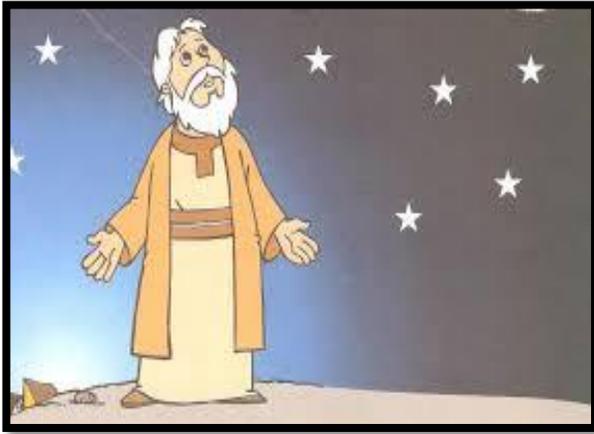
Walking in the footsteps of Christ



Living our lives with love

The Unlikely Heroes

The Lenten Liturgies will often include Old Testament stories of the Prophets Moses, Abraham & Isaiah. God forms his people by sending the prophets as messengers of His word



Abraham – A sign of FAITH

Genesis 15:5-12, 17-18

God made Abram wonderful promises and even renamed him Abraham, which means father of many nations. God kept his promise to Abraham.

Why not make a Lenten Promises display.

Moses – A sign of SERVICE

Deuteronomy 26:4-10; Exodus 3:1-8, 13-15

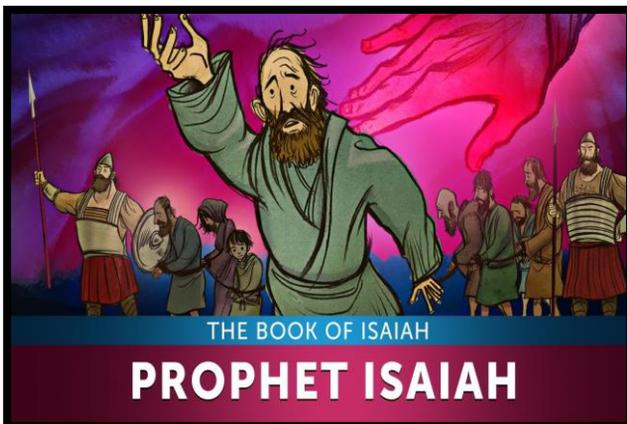
Moses was chosen by God to lead the Israelites out of slavery in Egypt to freedom. Moses didn't feel ready, but showed courage and humility. **Why not** find out about children who are refugees click this link [Kids, refugee and questions](#)



Isaiah – A sign of UNITY

Isaiah 43:16-21

Sometimes people fight and have wars, but Isaiah tells us that there is a time when we will live in unity with one another. He tell us that a “new King” will bring a time of peace and harmony. This is Jesus, the Lord of Love.



Why not have an **Unlikely Heroes Board** for students to nominate and celebrate others in the school community who have been a sign of faith, service and unity during the day or week.

Come to the Water

Jesus is the Sources of Eternal Life
John 4:11-14



The story of the Woman at the Well begins with Jesus asking her for water because he is thirsty, but Jesus uses life-giving water as a sign of eternal life with God. This means that we are truly happy when we are close to him.

Why not develop a time of reflection using the story of the Woman at the Well. Think about the following questions

- When do you feel close to Jesus?
- What can you do to grow closer to him?

Ask Jesus to help you grow closer to him everyday.



Water is a resource that all children can directly relate to in their every day experience. Clean water, decent toilets and good hygiene are basic human rights. They should be a normal part of daily life for everyone, everywhere – but they aren't.

Go to

<https://www.wateraid.org/uk/why-wateraid> for further information.



That's why WaterAid need help. **Why not...**

Join WaterAid on their

[March for Water](#)

this year.

The Gift of Happiness

Matthew 5:1-12

This is based on the Beatitudes, which can be extended throughout the year. Jesus is teaching us to be happy by showing:

Mercy and Compassion
Working for Peace
Gratitude
Kindness and forgiveness

Make the Beatitudes Come to Life

Happy are the merciful

“Holiness is doing God’s will with a smile”

St Teresa of Calcutta

Click the image for a youtube clip about her life. **Why not** create a happiness jar filled with activities children can do to encourage happiness in others



Happy are the pure in Spirit

St Oscar Romero fought for the needs of the poor and those whose human rights were not respected. CAFOD have developed resources Click the image to download.

Happy are the humble

Fr Werenfried van Straaten

This is a multi-media resource for KS2 RE, which is especially relevant during Lent by Aid for the Church in Need (ACN). Click the image to download



The Beatitudes

The “Happy” Attitudes

Matthew 5:1-12

Happy are those who know they are spiritually poor;
The kingdom of heaven belongs to them.

Happy are those who mourn;
God will comfort them!

Happy are those who are humble;
they will receive what God has promised!

Happy are those whose greatest desire is to do what God requires;
God will satisfy them fully!

Happy are those who are merciful to others;
God will be merciful to them!

Happy are the pure in heart;
They will see God!

Happy are those who work for peace;
God will call them his children

Happy are those who are persecuted because they do what God
requires;
the Kingdom of heaven belongs to them!



40 Days-40 Ways

Beginning on **Ash Wednesday**, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

Why not use interactive prayer calendars for the forty days.

CAFOD's online Lent calendar 2019

Follow our 2019 online Lent calendar to reflect, pray and take global justice actions throughout the season of Lent.

To receive weekly Gospel reflections via email please sign up to our [e-newsletter for weekly reflections](#)

Download our [Lent calendar for children](#) or our [calendar for young people](#).



Why not collect forty items that can be given to the homeless

Why not light a candle for those who need our prayers for forty days

for the global environment (Laudato Si)

for conflict in our world

for peace in our homes

Why not sign up for the 40 days, 40 reflections, 40 challenges to make a difference. Click the image



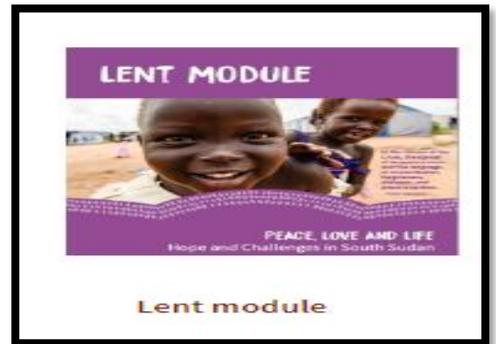
Living our lives with love

Pope Francis calls us to build a kingdom of Love, Justice and Peace. We gain true happiness by faithful practice of love of God and love of others.

GAUDETE ET EXSULTATE on the Call to Holiness in today's world

Caritas have developed resources entitled Peace, Love and life. wide range of resources are available in both the South Sudan module and the Lent module for 2019. Teachers and students are encouraged to use the Lent module for the first and last week of the Lenten period.

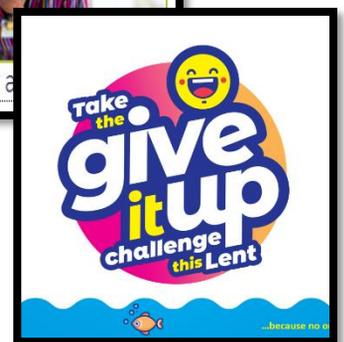
<https://caritas.org.nz/lent-schools>



CAFOD have launched their Give it Up challenge for Lent with resources The Campaign aims

- For pupils to understand how CAFOD is working with communities around the world to support people in poverty;
- For pupils to see the relationship between taking action and supporting communities overseas;
- For pupils to understand that every child has the right to food.

<https://cafod.org.uk/Education/Primary-teaching-resources/Lent>



The Catholic Children's Society theme of our 2019 Lenten Appeal is 'Shine Your Light.' Pupils will think about how they can use their talents to make the world a brighter place.

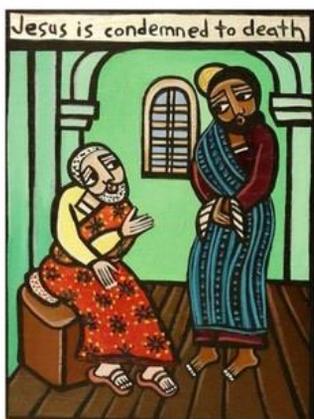
Each week during Lent pupils can learn about a child that has been helped by the Catholic Children's Society. These stories will remind pupils of the wonderful difference they are making with their Lenten boxes.



Contact kimberleyt@cathchild.org.uk for further information.

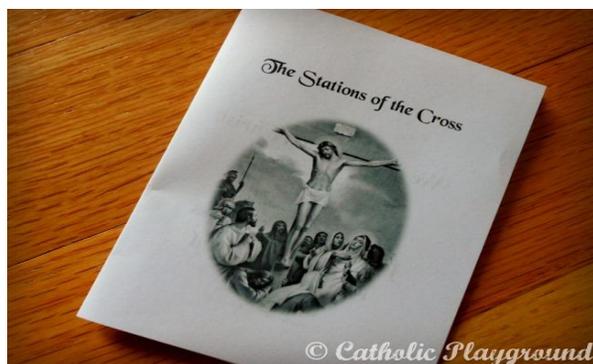
Walking in the footsteps of Christ

A series of fourteen devotions representing Jesus's condemnation, crucifixion and burial



[Lucille Perrotta Castro](#) has developed a very simple reflection on the Stations of the Cross for Children. This can easily be adapted for the classroom setting.

[Printable stations of the Cross](#) give children the opportunity to reflect and be creative. For the older children they may want to create their own resource.



[Multimedia Stations of the Cross](#) can be used if space and time are limited or as a prayer moment at the beginning or end of the day.

Why not organise a visit to your local Parish Church and invite the Priest in the parish to support the students by explaining the stations of the Cross or accompanying the children as they animate the stations of the cross. Parents could also be invited to attend.

Lent Calendar 2019

	M	T	W	Th	F
Week:			6 Mar	7 Mar	8 Mar
One	11 Mar	12 Mar	13 Mar	14 Mar	15 Mar
Two	18 Mar	19 Mar	20 Mar	21 Mar	22 Mar
Three	25 Mar	26 Mar	27 Mar	28 Mar	29 Mar
Four	1 Apr	2 Apr	3 Apr	4 Apr	5 Apr
Five	8 Apr	9 Apr	10 Mar	11 Apr	12 Apr
Six	15 Apr	16 Apr	17 Apr	18 Apr	20 Apr



...because no one should go hungry.

Interactive Lenten Calendar - CAFOD

Mission Together Lenten Calendar 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Together in Jordan	5 March Pancake Day Shrove Tuesday	6 Ash Wednesday What is the ash made from?	7 Help children overseas by fundraising for Mission Together	8 What sacrifice can you make this Lent?	9 Help at home by tidying your room	10 Pray for children who can't go to school
11 Say the Mission Together Prayer today as a class	12 Why is it good to love your neighbour?	13 Think of something you are thankful for and thank God for it	14 Keep an eye out for someone who needs cheering up	15 Read your Mission Together children's newsletter	16 What can you find out about Jordan?	17 St Patrick's Day Who was he?
18 Find out why purple is the colour of Lent	19 St Joseph's Day Let's pray for all fathers	20 Remember to put another coin in your Mission Together Red Box	21 Try the Mission Together Lent Activity. What do you hear?	22 Draw a picture of someone who cares for you	23 Get some fresh air. Go outside with your family	24 Thank God for three people who are special to you
25 Sing a hymn for Lent	26 What is your talent? How could you use it to help others?	27 What can you find out about the Mission Rosary?	28 Find out why we give chocolate eggs at Easter	29 Make a new friend today	30 Make a small sacrifice and put a coin in your Mission Together box today	31
1 April Tell someone why we fast in Lent	2 Can you put a coin in your Mission Together box and say a special prayer?	3 Think of a kind thing to say to everyone you meet today	4 Pray for children overseas using your Mission Rosary	5 Say a sorry prayer for anything that has gone wrong this week	6 Give a family member a hug today	7 Share any worries you have with God and remember that he loves you
8 Make a class plan to be 'children helping children' this week	9 How old are you? Can you make that many people smile today?	10 Act out a Bible story from the passion of Jesus	11 Say thank you to a person who has been kind this week	12 Make some Easter decorations using colourful materials	13 Say a private prayer. Is there anything you want God's help with?	14 Palm Sunday What did people sing?
15 Find out about the Stations of the Cross	16 Make an Easter card to give to someone	17 Count all the money you raised in your Mission Together box. Thank you!	18 Maundy Thursday Read the story about Jesus in the Garden of Gethsemane	19 Good Friday Write a prayer of thanks to Jesus	20 Holy Saturday Spend time with your family today	21

Children helping children

Mission Together is the children's branch of

This year, Mission Together is fundraising for Jordan and aiming to provide refugees children with school supplies. You can order a wider range of FREE Mission Together educational materials by phone, email or online.

Downloadable Lenten Calendar – Missio/Mission Together.

Other Calendars from Loyola Press and Christian Aid can be found on their websites.

Interactive Prayer Space for Lent

This is an opportunity to create small prayer spaces in different parts of your classroom for students to go to. You may want to change them each week



Gethsemane Help

Jesus was arrested in the Garden of Gethsemane. Write a 'help' prayer to God on a plant marker and then place into a tray of soil or a bulb/seed to represent new life

Go to [Prayer spaces in school](#) to source some more interactive prayer space ideas

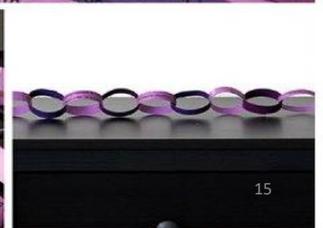
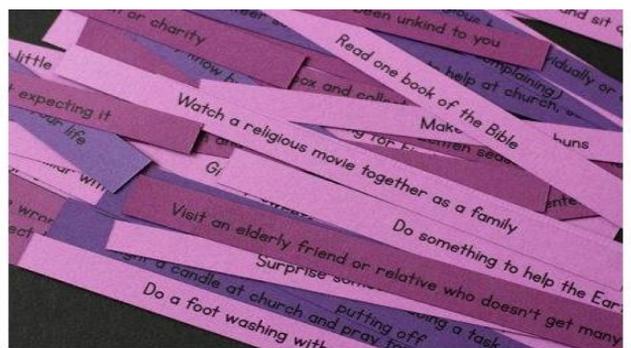
Prayer ideas for your classroom can be found [Bright ideas for your Church](#)



LENT CHAIN CHALLENGE

Ask the children to think up 45 things to add or things to give up for Lent.

Invite 8 students each week to choose a task to complete. The Lenten Chain is built as they complete their challenge.



Appendix 1

Suggested Web Resources

Click on image for resources



Appendix 2

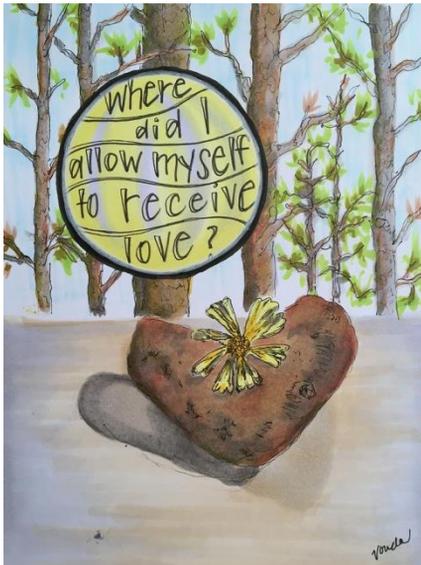
Suggested Hymns & Songs

Titles	Composer
Be with me, Lord, for I am in trouble	M Haugen
On Eagle's Wings	M Joncas
You Are Mine	D Haas
At the Foot of the Cross	Kathryn Scott
Once Again	Matt Redman
Reflective Instrumental Music Calm me Lord O Lord my heart is not proud Be still and know	Keith Duke/Margaret Rizza
Here I am to Worship	Hillsong
You are Mine	David Haas
Humble thyself/Awesome God	O'Neill Brothers
Christ Alone	Stuart Townend
Wait for the Lord Ubi Caritas Laudete Dominum Bless the Lord Eat this bread Jesus Remember me Let all who are thirsty come	TAIZÉ
Contemporary Worship Music	
Instrumental Worship Music	YouTube
worship reflection songs	YouTube

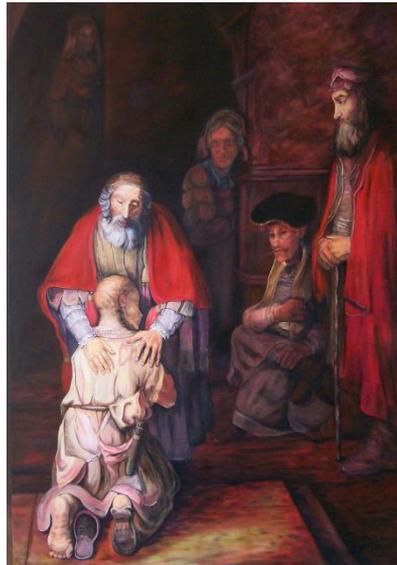
Appendix 3

Suggested Lenten Visual images and Art

The following artists provide images which can be used as a focus for Lent



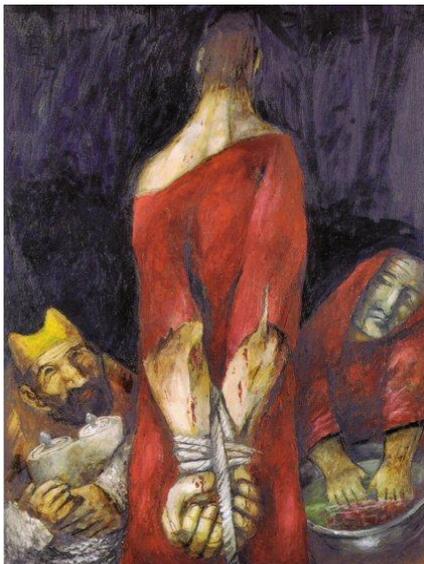
Vonda Drees



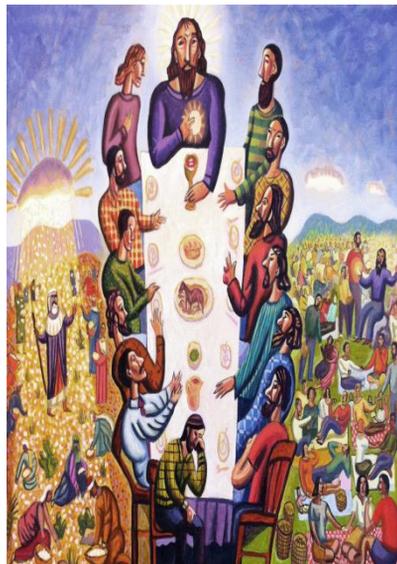
Rembrandt



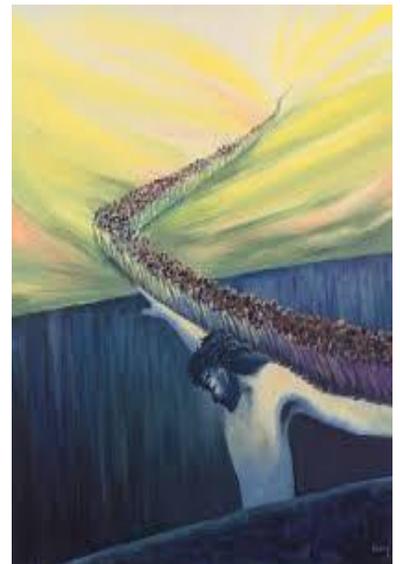
Caravaggio



Sieger Köder



James Janknegt



Elizabeth Wang

Appendix 4- Lent Glossary

	Definition
Absolution	Forgiveness and release from sin
Almsgiving	The practice of giving money or food to poor and needy
CAFOD	Catholic Agency for Overseas Development
Confession	Acknowledgement of sin
Conscience	Acting as a guide to one's behaviour.
Conversion	A process of change and/or spiritual transformation
Fasting	Abstain from food, refrain from eating, deny oneself
Forgiveness	The action or process of being sorry
Laetare Sunday	The fourth Sunday in Lent; a time for celebration
Lent	The period of 40 days which comes before Easter in the Christian calendar
Penance	A Sacrament in which a member of the Church confesses sins to a priest
Reconciliation	To restore relationships
Resurrection	The rising of Christ from the dead
Sorrowful Mystery	Second decade of the Rosary 1. Christ's Agony in the Garden of Gethsemane 2. His Scourging at the Pillar 3. The Crowning with Thorns 4. the Way of the Cross 5. the Crucifixion.
Stations of the Cross	A series of fourteen devotions representing Jesus's condemnation, crucifixion and burial