Scripture

When you fast, do not look gloomy like the hypocrites Matthew 6:16-26 – Gospel for Ash Wednesday

Luke 4 1:13 Jesus in the desert.

Sacraments

Reconciliation

Christian Beliefs

Salvation

Created by God – 'you are dust and to dust you shall return'

Reconciliation/Forgiveness/ Conversion/Repentance

Prayers/Tradition

Ash Wednesday Service

Lent

Lenten calendar

YEAR 4

Lent/Easter Self discipline

Hymns

Freely <u>Freely</u>
Come back to me
Serving each other
(John Burland)

Experiences, feelings and ideas

Have you ever experienced doing something really hard because you knew it was the right thing to do? How did it make you feel? Idea – start a Lenten journal or use a Lenten calendar

Art/Images/Artefacts

Ashes on forehead

http://en.wikipedia.org/wiki/Ash Wednesday#mediaviewer/File:Cro ssofashes.jpg

The Gospel – 'repent and believe the good news'

Christian Life; Beliefs and Values

Living a holy life –

Witness

Sacrifice

Change for the better

Charity

Prayer, fasting and penance





Lent is part of the Liturgical Year when people unite themselves with Christ. During Lent we grow in selfdiscipline through the practices of prayer, fasting and almsgiving. We celebrate growth of new life in Christ, in preparation for the feast of Easter.



SELF DISCIPLINE

Year 4 Topic 6



OUR BIG QUESTION

Is self-discipline important?



REFLECTION

Lord, when I am hungry give me someone to feed;

When I am thirsty give water for their thirst.

When a burden weighs upon me lay upon my shoulders the burden of my fellows.

Lord, when I stand greatly in need of tenderness, give me someone who yearns for love. May your will be my bread;

Your grace my strength; Your love my resting place.

KEY VOCABULARY

potential penance contrition Lent

fasting almsgiving

SCRIPTURE

Matthew 6:2-4

Matthew 27:39-56

Luke 6: 27-28, 32-36

Matthew 6: 2-4

John 13: 4-9, 12-15

Mark 15: 23-41

Mark 16: 2-8