

# LENT

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Lent is said to have been formalized by the first council of Nicaea in 325 ce. It is a period of 40 days of fasting, prayer and commemoration of the passion, death and resurrection of Jesus Christ the Son of God. The Lenten season is a special occasion in which Christians reflect on what it is to be a Christian and to show gratitude to what Jesus Christ has done for us on the cross. The 40 days period was said to have been insinuated by Pope Leo I in the 5<sup>th</sup> century. Let's take a journey back into the days of the bible, shall we? Before lent was even celebrated did you know that Jesus was the first person to celebrate Lent? Before Jesus began his ministry, he went into the desert spending 40 days and nights without food or water. When the 40 days were over, he was weakened and hungry. The devil Satan tempted him three times but Jesus succeeded in not giving into temptation.

## Quiz Time!

- What is lent?
- Who celebrate the first occasion of lent?
- What did pope Leo I do?
- What is usually done on Lent?
- Did Jesus give into temptation or not?

## Activity Center

- *Get to know God's Word:*

I know this one is for every short story but this time is a very important time of the year where we remember Jesus. If now more than ever you can spend time reading the bible and getting to know Jesus, there are many apps that help you keep on track and there are also bible apps for kids, so no one gets left behind. I recommend the NLT version for new beginners.

- *Give something:*

During this time of reflecting, you can choose to give up something that you are very attached too as a mini-fast and choose to pray for someone instead.

- *Build a fun little PRAY-FAST-GIVE plan!*

Like in the image show bellow, draw on a cardstock paper the words "LENT" in the way you desire and color and decorate it as you like. For the three pockets of Pray, Fast and Give you can use a stapler to hold the paper firmly in its place. Then, write a list of friendly possible things that you come up with for the children to Pray, Fast and Give. These ideas can be simply written on strips of paper or anything you have. Then place each on their respective pocket.

The ideas is to have the children pick up 3 strips of paper in the morning, one from each pocket, with the goal to accomplish them by the end of the day! Then the next day to pick up other three! Like that they can have a little sacrifice and an offering to give until the end of the 40 days of Lent :)

*For better guidance and help, see this: [www.looktohimandberadiant.com](http://www.looktohimandberadiant.com)*

- *Create a little Resurrection Garden!*

I LOVE this idea! This fun craft is just as one would build a Nativity scene about Jesus's birth. But in this case, it IS an Easter scene about His sacrifice and victory. The crafting process is so sweet in itself! I'll leave you a link for a better guidance and help to build it up. ENJOY!

For better guidance and help: [www.farmwifecrafts.com/resurrection-garden](http://www.farmwifecrafts.com/resurrection-garden)

