

# Soon it will be Lent!

For most of the year, we sing and say, "Alleluia!" It means "Praise the Lord!" This is a happy word we use to celebrate that Jesus is risen and with us again. To prepare for Lent and Easter, make an *Alleluia!* banner. Copy this on paper or cloth using fabric or permanent markers. Color and decorate it with your happiest colors! On Ash Wednesday, you will see what you can do with this banner.



Alleluia!

**TWENTY-THIRD PUBLICATIONS**, a Division of Bayard

977 Hartford Turnpike, Unit A, Waterford, CT 06385; (860) 437-3012 or (800) 321-0411;

[www.twentythirdpublications.com](http://www.twentythirdpublications.com)

ISBN: 978-1-62785-734-5 | Cover and Art: ©stock.adobe.com

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# Sssh!!!!!!

Today is the first day of Lent. Lent means “spring” and is a special time to get your heart ready for Easter. We will use different ways to do this.

**First, “bury” your Alleluia banner.** Don’t say the word, just quietly take it to a good hiding place. A drawer? A book? Under a bed? Leave it there to remind yourself not to use that happy word for the next six weeks. Instead, you will think and pray about other important things. **On Easter morning, you will bring the banner out and add it to your Easter celebrations.**



NOTE TO SELF: I put my banner

Remember to get it out

on Easter!

Dear Jesus, as I begin this special Lenten time, please help me come to know you better so I can really celebrate your resurrection on Easter! Amen.

## Praying

In our ancient Church, people have observed Lent in three ways for years and years. The first is prayer. There are many ways to pray. One way can be called “quiet prayer.”

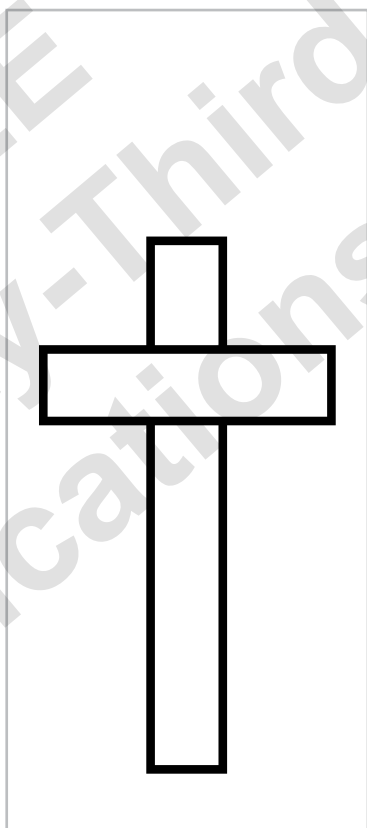
We know that Jesus often went to a quiet place to pray. Create your own special prayer place, perhaps in a corner in your house or even up in a tree! Make a cross for this space.

**Trace or copy this drawing.**

**Choose how you will decorate**

**it:** color it brown and black to show it was made of wood, draw Jesus on it, use colors you love, or tape on pictures of people you will pray for.

**Place the cross in your prayer place. Add other things that help you pray. Sit quietly there for a few minutes each day.**



Jesus, I want to pray quietly, as you did.  
Show me how to pray! Amen.



# Fasting

The second way we observe Lent is by fasting. To fast means to give up something for a while or to eat less.

**Below are some suggestions for fasting.**

- Underline the one you can fast from today.
- Circle three others you might do in the coming days.

## Fast from...

Arguing with  
a sibling or  
friend

Candy

Chips

Cookies

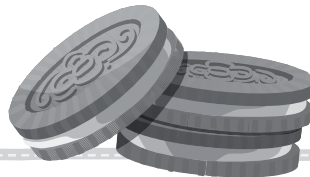
Movies

Not listening  
to adults

Online games

Social media

Wasting time



Jesus, I wonder what will happen if I fast from something for a while. Please be with me as I try this! Amen.

# Giving Alms

The third way we observe Lent is by giving alms. That means giving to others who are in need. **Talk with a grown-up who can help you decide which of these you can collect and give to others:**

Food \* Clothing \* Money  
Toys or other things that are yours



## Together, make a plan:

Which of these are you able to give?

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How can you do this?

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Who will you give them to?

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When will you give your collection of things?

**Jesus, you ask us to share with others. Help me learn how to do this now and show me ways all my life. Amen.**

## Jesus Had to Make Choices

In today's Gospel, the evil one, called the devil, wanted to get Jesus to do things that Jesus knew God the Father would not want him to do. Sometimes we also have the same feeling Jesus had that day. **What is the word for this feeling?**

Color these letters orange:

**A E I M  
N O P T**

Color the other letters blue.

<b>Z</b>	<b>T</b>	<b>W</b>	<b>E</b>	<b>X</b>
<b>M</b>	<b>S</b>	<b>P</b>	<b>F</b>	<b>T</b>
<b>Z</b>	<b>A</b>	<b>T</b>	<b>W</b>	<b>X</b>
<b>I</b>	<b>S</b>	<b>F</b>	<b>Z</b>	<b>W</b>
<b>X</b>	<b>S</b>	<b>O</b>	<b>N</b>	<b>F</b>

Write the orange letters in order on these lines:

\_\_\_\_\_

**Jesus, you were hungry and lonely when the devil tempted you. You were strong and did not give in. Please help me when I have temptations. Amen.**

# The Lord's Prayer, Part 1

Jesus prayed often to connect with God the Father. His followers asked him how they should pray. Jesus' answer is called "The Lord's Prayer" or the "Our Father." If the words are puzzling, use the Word Help.

Our Father,  
who **art** in heaven  
**hallowed** be **thy** name;  
**thy kingdom** come;  
thy **will** be done  
on earth as it is in **heaven**.



**art:** is or are

**hallowed:** holy or honored

**thy:** your

**kingdom:** The way God wants us to live: loving, peaceful, helping others; "thy kingdom come" means the time when people on earth live God's way

**will:** here this word means "what God wants"

**heaven:** we can't explain this to each other very well, but it is often thought of as where souls of people who have died can be with God

With an adult, read the Word Help  
and then pray the words together.

# The Lord's Prayer, Part 2

Here we continue our Word Help for the important prayer Jesus gave us:

Give us this day  
our **daily bread**;  
and forgive us our  
**trespasses**  
as we forgive those who  
trespass against us;  
and lead us not into  
**temptation**,  
but **deliver** us from evil.



**daily bread:** humans need certain things all the time (food, water, love, etc.)

**trespasses:** in this case, things we do that are wrong or bad

**temptation:** when we must choose between doing something that is right or wrong

**deliver:** this means "to rescue" (it's not about getting pizza!)

Read the prayer and Word Help with an adult.  
Remember that Jesus gave us this prayer. Pray it together.



## Repent!

In Lent, we talk about repenting. When we have done something wrong and decide not to do it again, this is called repenting. It also means being convinced that there is a better way, God's way.

You can learn to say "repent" in five more languages!

**Match the word with the language.**



- |           |                |
|-----------|----------------|
| 1 Spanish | A nadim        |
| 2 Chinese | B hurgai       |
| 3 Arabic  | C bereuen      |
| 4 German  | D metanoia     |
| 5 Greek   | E arrepentirse |

**Jesus, you know that people often do the wrong thing.  
I know you always love us anyway. Thank you! Amen.**

# The Golden Rule

All over the world, there are people who live by this rule:  
"Do to others whatever you would have them do to you."

It is so important, it is often called the "Golden Rule."  
Here is a list of different religions.

## Golden RULE

Put a check  
in front of  
those that  
teach this way  
of living.

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Buddhism     | <input type="checkbox"/> Native Spirituality |
| <input type="checkbox"/> Christianity | <input type="checkbox"/> Sikhism             |
| <input type="checkbox"/> Hinduism     | <input type="checkbox"/> Taoism              |
| <input type="checkbox"/> Islam        | <input type="checkbox"/> Unitarianism        |
| <input type="checkbox"/> Judaism      |  |

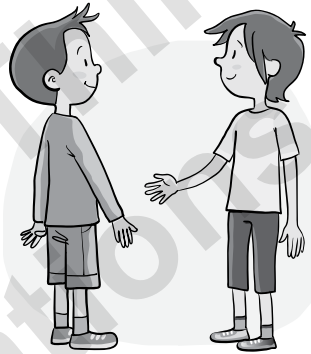


Jesus, thank you for showing us how to live  
in a way that is good for everyone. Amen.

# Forgiveness

Jesus tells us that forgiveness is very, very important. There are different ways to think about forgiveness. **Choose the phrase you like best to finish this sentence:**

**When you forgive someone or you ask for forgiveness...**



- you often resolve the problem.
- you settle your differences.
- you bring peace between you.
- you can live in harmony.
- you can move on.

Why do you especially like the statement you chose?

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**Jesus, forgiveness is important, but it is very hard. Please help me with this! Amen.**

## Meet God's Helpers

# Nelson Mandela

For many years, South Africa had unfair laws to keep people separated by race. This caused great suffering for most of the people. Nelson Mandela, a lawyer, worked hard to change those laws. For this, he was put in prison for 27 years! Yet, even in prison, he found ways to work for change. When the laws were finally changed, he was released from prison. He then worked with the president to make things fair and helped people to forgive those who had hurt them. These two men won the Nobel Peace Prize together. A few years later, Mandela was elected president. He continued to work for justice for the rest of his life.



**What would you like to ask Nelson Mandela?**

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**Jesus, thank you for giving courage and a loving heart to people so they can bring good to the world. Amen.**