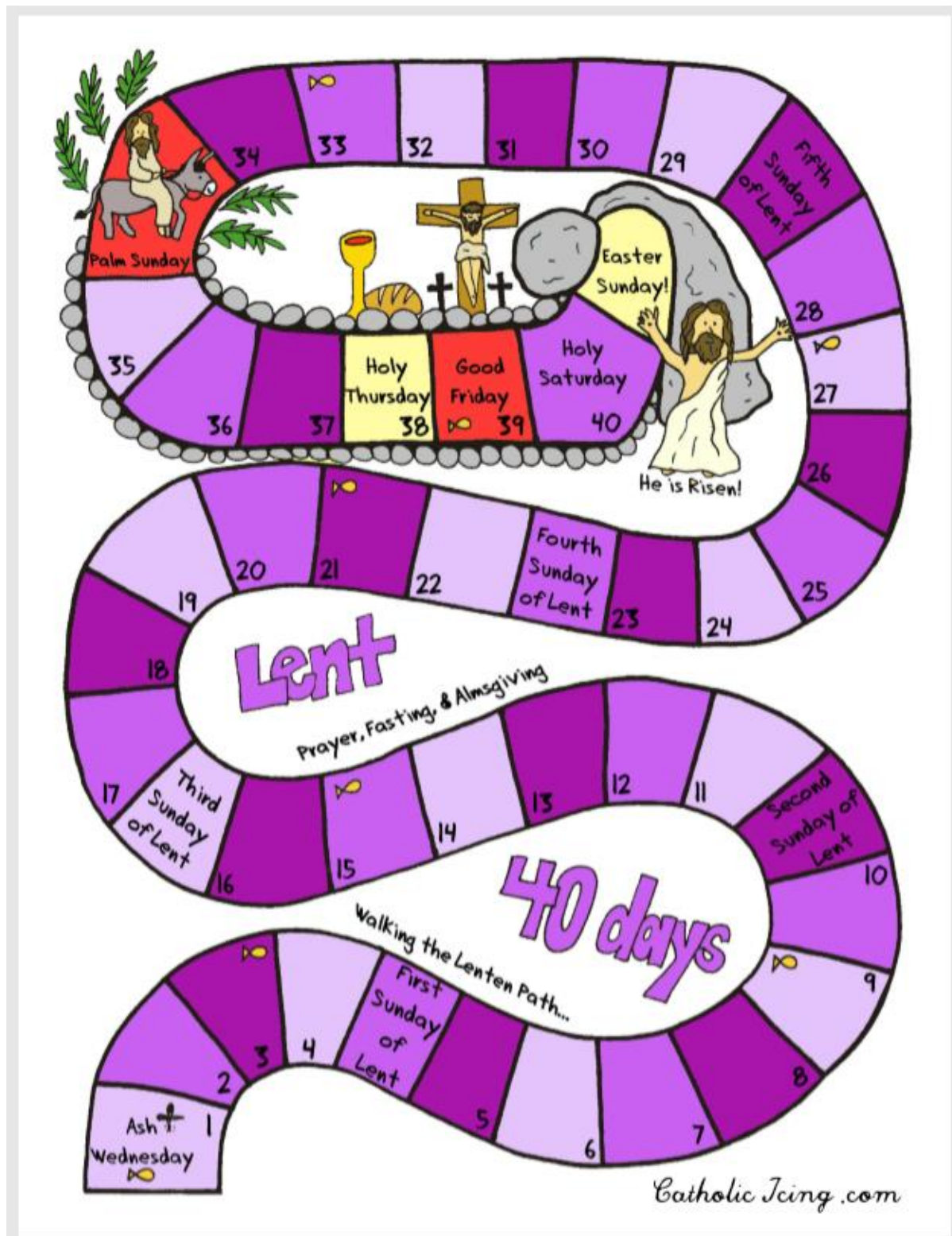


Lent - A Journey with God

Lent, lasts for about six weeks up until Easter. It is a time when we can be thoughtful and think about ourselves and about God. Some people give things up for Lent, some people do extra things for others.

Lent is, in part, about the 40 days and the 40 nights that Jesus was tempted by the devil in the desert. For the story, read or listen to Matthew chapter 4 verses 1 -11. Lent this year starts on Ash Wednesday 5th March and lasts until Holy Saturday April 19th. (We do not count Sundays). Print out the Lent calendar and use as your countdown to Easter!



Lent can be seen as a 'journey' with God, looking out for signs from God that can help us and show us the way that God wants us to live.

Look at the road signs – how many do you know?



Thinking of Lent as a journey, which signs might be useful? (e.g. traffic lights might be useful before deciding on a tough decision – a need to stop (red), think (amber) before deciding and acting (green)).

Taking your favourite road signs in turn, think of ways in which you can respond or act out that sign in your life.

Prayer:

Dear God, please help me this Lent

to look for the signs that will remind me to be kind,

to do my very best, and to be generous when helping others. Amen.

(Activity adapted from St Alban's Diocesan Schools Team resources)

Lent - A journey with God - Finding the right way

Lent can be a time to think about the way we are going on our 'journey' with God. A maze or labyrinth can challenge us to find the right way but it also gives us space to think about the next step and for God to show us the way he wants us to go.

Look at the 'mini-labyrinth' below



Very slowly, follow the route of the labyrinth with a finger.
Every time you reach a turn, pause and think about a different question from the list below:

People who are important to you
People who rely on you
Things you are good at
Things you are not so good at
Future choices you have to make

Colour in the labyrinth or create your own on paper or if the weather is not too cold, create a labyrinth outside, using string or chalk?
Put objects where a question can be asked

Prayer:

Dear God, you are loving and forgiving.
Help me to make the right choices this Lent. Amen.

(Activity adapted from St Alban's Diocesan Schools Team resources)