

# Lent



## 1. As pupils enter

Have the webpage open. Play your chosen music and display a focus image.

## 2. Introduction

Tell the assembly that today they will be finding out about the Christian festival of Lent. Explain to the group that this is an important period leading up to Easter, when Christians show their dedication to God. While they watch the video, ask them to think about the reasons that people often give something up during Lent.

## 3. Play the video

The duration is 4' 28". Final words: '...Easter Sunday even more special.'

## 4. After the video - Time to talk

Ask: **Please turn to the person next to you and ask them if they are giving anything up for Lent, and if so, what it is. Or: If you were to show your inner strength by giving something up for six weeks, what would it be?**

Then lead a discussion about the video to help consolidate learning:

- **When does Lent take place?** (Spring - the 40 days before Easter)
- **Can anyone remember some of the ways the devil tempted Jesus in the desert?** (Turn rocks into bread; be saved by angels; earthly riches). Follow up with: **Jesus managed to resist these temptations. What do you think this proved to the devil?** (That Jesus' love for God was absolute. Look for awareness that Jesus only needed his faith in God)
- **Why do Christians give up something during Lent?** (To remember the 40 days Jesus spent in the desert and copy his sacrifice)
- **Why traditionally do we make pancakes on Shrove Tuesday?** (Eggs, milk and butter would go off in Lent - so people made pancakes)
- **Can you remember what happens in church on Ash Wednesday?** (People are marked on the forehead with a cross of ashes). Follow up with: **What does the cross of ashes represent?** (It reminds Christians of their sins and symbolises dependence on God)
- **What do the chocolate eggs we eat at Easter represent?** (The egg represents new life, to celebrate Jesus being resurrected - but the chocolate is also a tasty treat after 40 days of Lent!)

## 6. Opportunity to sing

If your assembly is to include a song this would be a good time to sing.

## Video page



## 7. Opportunity to reflect

Sit quietly now and in the stillness think about a luxury that you might give up for Lent...

Think about the fact that many people around the world might never have an opportunity to enjoy that luxury...

Making a Lenten Sacrifice helps Christians show their dedication to God...

And the festival of Lent can teach us all to be thankful for the things we enjoy the rest of the year...

## 8. Opportunity for prayer

Begin with your usual form of address (Dear God, Dear Lord, Let us pray, etc) and:

**We understand that there are times when we may feel tempted.**

**Give us the strength to resist temptation.**

**Help us to be grateful for the luxuries we enjoy and to find ways to help those who are less fortunate.**

**Amen.**