

RE – Opportunities

Lent- an opportunity to do good

Over Lent we remember the sacrifices Jesus made for us. We use it as a time to fast from something such as food. We spend more time in prayer and we give to charity.

Lent- fast, pray & give



Jesus in the desert

Recognise Talk about Describe Wonder

Lent

Lent begins on Ash Wednesday and lasts a period of 40 days, to remind us that Jesus resisted temptation in the desert for 40 days. Over Lent we fast, pray and give. It is a time to do good things for others.

Holy week

Holy week is the final week of Lent. It begins on Palm Sunday, which is the day we remember that Jesus travelled through Jerusalem on a donkey. On Maundy/Holy Thursday we remember that Jesus had the last supper with his Disciples, and told them he was going to die. He broke bread and wine which represented his body and blood. He also washed their feet. On Good Friday, Jesus was crucified on the cross. On Easter Sunday, he rose again. The stone had rolled away from his tomb and the angels told the women to go and spread the news.



The order of Holy week:

Palm Sunday, Maundy Thursday, Good Friday and Easter Sunday.

Dear God,

Help us to create new and good opportunities each day over Lent. Thank you for your son and that he gave his life for us.

Amen

Crucified	Nailed to a cross
Temptation	The desire to do something, often something wrong or bad.
Fast	Refrain from eating a certain food or drink
Disciples	Followers of Jesus
Tomb	A large enclosure, usually in a rock.