

TOTALLY LENT!



A KID'S
JOURNEY TO
EASTER 2019

For Intermediate Grades





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A CHILD'S JOURNEY TO EASTER 2019

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ABOUT THE AUTHOR

Jean Larkin has been writing and editing material for children and young people for more than thirty years. Her *Totally Lent!* book for the primary and teen grades is also available from Pflaum Publishing Group.

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Zone in on LENT

When Jesus knew his time to be crucified was drawing near, he went into the desert for forty days. He fasted and prayed. He concentrated totally on making his spirit strong. As you might say today, he was “in the zone.”

Lent is time for us to be “in the zone.” In union with Jesus, we try to make our spirits stronger. The stronger our spirits get, the more we grow in faith.

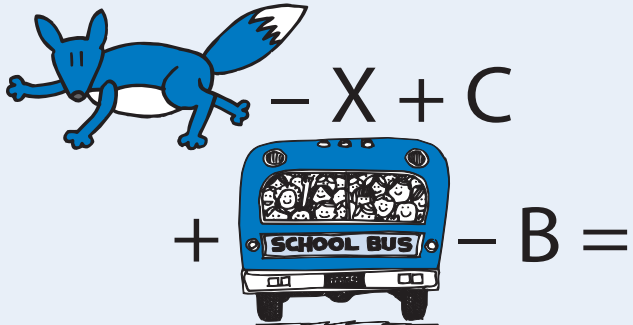


When you see this symbol, go to page 62 and put a small dot in the corresponding space. You'll find out why when Lent is over. Go ahead and do this one now.



Get your head in the game!

Getting strong in spirit requires concentration. It's like getting your “head in the game” or being “in the zone.” Right now, concentrate on this rebus and discover another word for paying close attention.



Working Line

Answer: _____

Focus on Prayer

Throughout the Gospels, we often see Jesus praying. His spirit grows stronger each time. Prayer makes your faith stronger, too.

During your forty days of Lent, you can pray.

Prayer is important every day of the year, but Lent is a time for extra prayer. Prayer will keep you focused on your faith and on your Lenten journey with Jesus.

Make this prayer personal by filling in the blanks.

My Lenten Prayer

Lord, as I walk with you to Calvary this Lent, I am trying to

as my Lenten sacrifice. Please give me the strength and the will to stick with my intention. By your Cross and Resurrection, Lord, you have set me free. You are the Savior of the world. Amen.



After you have completed the activity on each page of this book, look for this symbol as a reminder to say your special Lenten prayer each day.



Focus on Fast

During his forty days in the desert, Jesus fasted and abstained.

Fasting has to do with the amount of food you eat. Jesus did a “complete” fast. This means he ate nothing at all. Adult Catholics do a “partial” fast. On Ash Wednesday and Good Friday, they eat only one full meal each day, plus two small meals.

Abstaining has to do with totally doing without something. Catholics who are 14 or older abstain from eating meat on Ash Wednesday and on the Fridays of Lent.

During your forty days of Lent, you can fast and abstain.

Right now your body is still growing. You need three good meals each day. So you should **NOT** fast by cutting back on your meals. But you **CAN** cut back on foods that are not necessary or that are not good for you.

You can totally give up (abstain from) a special treat. Or you can abstain from a bad habit, like talking back to your parents.

Here are some ideas. Circle those that are **NOT** necessary or that are **NOT** good.

Potatoes	Potato chips	Be bossy	Disobey teacher
Sass parents	Make your bed	Cookies	Read books
Bananas	Do dishes	Apples	Argue
Video games	Ice cream	Set table	Eggs
Jelly beans	Candy bars	Soda pop	Gum

Which of these things could you give up during Lent? Or maybe you have a better idea. Write on this line what you plan to do.



