

# TOTALLY LENT!



A CHILD'S  
JOURNEY TO  
EASTER 2019

For Primary Grades





# **TOTALLY LENT!**

A CHILD'S JOURNEY TO EASTER 2019

Jean Larkin

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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 intermediate grades is also available from Pflaum Publishing Group.

Edited by Karen Cannizzo and Steve Paradis

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Many of the Scriptures in the activities are paraphrased. Direct Scripture quotations contained herein are from the *New Revised Standard Version Bible: Catholic Edition* ©1993 and 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A. Used by permission. All rights reserved.

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# † *The spirit of* **LENT**

Forty days before Jesus suffered and died, he went into the wilderness to fast and pray. He wanted his spirit to be strong for the hard days ahead. Lent is the time when Catholics fast, pray, and do good works to strengthen our spirits, like Jesus did.

## **FASTING** means eating less food

Older Catholics follow the Lenten practices of fast and abstinence. This means they eat only one full meal on Ash Wednesday and Good Friday, and they do not eat meat on Ash Wednesday and the Fridays of Lent.

But your body is still growing and needs good nutrition each day. So, what can you do? You can eat less of the food that your body **doesn't** need, like candy, ice cream, or potato chips. You can “give it up” for Lent.

What could you give up for Lent? Write it here.

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## **PRAYING** is talking and listening to God.

During Lent, Catholics have special prayer services to remind us of the suffering Jesus went through for us. We have penance services and pray the Stations of the Cross.

*On the next page of this book, you will learn a prayer you can say every day this Lent to help make your spirit strong.*

## **DOING GOOD WORKS** means being kind to others and helping the poor.

These are things we should do every day, but Lent is a time to make a special effort. We save money to give to the poor. We collect food for pantries and clothing for shelters. We try to be nicer to our family members.

What good work could you do this Lent?

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# Do you pray...?

- when you are afraid?
- before you eat a meal?
- when someone is sick?
- when you are at Mass?
- when you are happy?
- before you go to bed?

Those are all good times to pray. Lent is also a good time to pray. Here is a special prayer to say on your Lenten journey this year. First, fill in the missing vowels. Then when you see this backpack,  unpack this prayer and say it. Soon you'll know it by heart. And your spirit will grow stronger each time you say it.



## Pack a Prayer for Lent

J\_\_sus, my Sav\_\_or,  
H\_\_lp m\_\_ f\_\_cus  
\_\_ll L\_\_nt l\_\_ng.  
M\_\_k\_\_ my sp\_\_rit  
d\_\_p \_\_nd str\_\_ng.

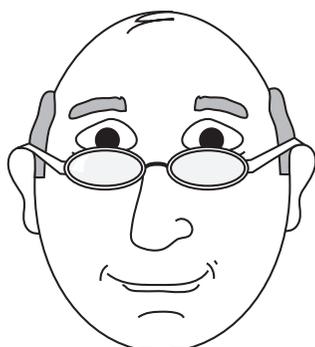
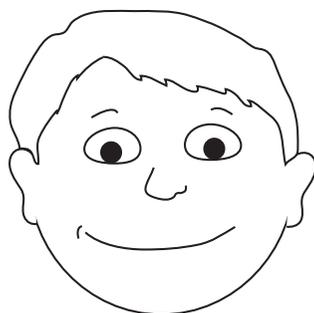
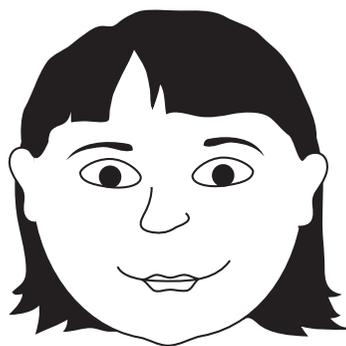
# Ashes...ashes... we all start Lent!

On the first day of Lent, Catholics are blessed with ashes on their foreheads. That day is called **Ash Wednesday**.

The ashes are in the shape of a cross. The cross reminds us how Jesus died to give us new life.



**Draw a cross on each person's forehead. Use a brown or black crayon.**



## Follow This Sign

As you go on your journey through Lent, watch for a little square like this on the pages . Some of the squares will have a cross and some will have a letter. Go to page 62 of this book, find the numbered square in the grid, and fill in the cross or the letter.

 **Go ahead and do this one. On page 62, fill in square 35 with a cross. See how easy that was?**

Most pages will have one square, some will have two, and a few will have none. When you reach page 62, you will have one more thing to do to see a special message.





# ASH WEDNESDAY

March 6

★ Today's Gospel » MATTHEW 1:1-6, 16-18 ★

**On my journey with Jesus, I asked him about Heaven.**

*Jesus said, "If you pray and fast and help the poor just so others will think you are holy, you will have no reward from my Father in heaven" (6:1).*

When Jerome's grandmother comes for dinner, Jerome always sets the table. That would be a good thing if Jerome really wanted to be helpful. But he only does it because his grandmother gives him a dollar and says, "What a helpful boy you are!"

Sometimes, people do good things for the wrong reasons. Prayer is a good thing. But Jesus said there is a right way and a wrong way to pray. **Unscramble the words on this door and write them on the lines to learn how Jesus told us to pray. Go from left to right.**




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You have a special room in your heart, where you can go at any time and pray. **Draw a heart around this door to your heart room.**

