

# Lent



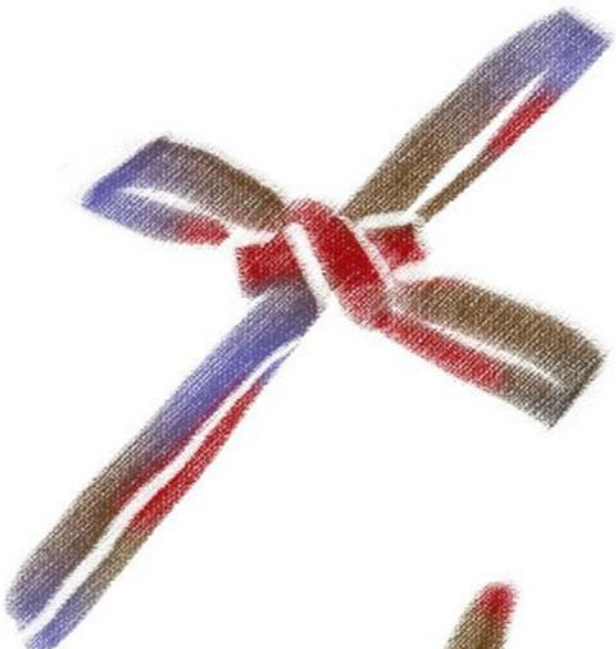
**In the name of  
the Father  
and of the Son  
and of the  
Holy Spirit.  
Amen.**





Today is the first day of Lent  
Today is ...

Ash  
Wednesday







The ashes for Ash Wednesday come from burning the palms from the preceding year's Palm Sunday. On Palm Sunday, the Sunday before Easter, parishioners are given palm fronds to represent the fronds that people waved as Jesus returned to Jerusalem for the final time before he died.

Ash Wednesday is a time when we can think about doing the right thing and saying sorry for some of the wrong things that we have done.



During Lent we do our best to be like Jesus in the way we live and in our everyday actions.



PRAY



FAST



GIVE



During Lent we try to pray a little more.  
Praying for others – those who are less  
fortunate than us.  
We pray to be more like Jesus – in all that  
we do.



# FAST

Jesus fasted in the desert

We often give up things that we enjoy –  
such as chocolate, sweets, cakes, meat  
and so on.





# GIVE

We make links to Jesus and how he gave himself for us.

We often give a little more at this time of year.

We may give money to charities or give time to someone else.

Time to help others.

It might be that we help our families at home.

**You are created by God, to be like God.**

**You are God's people, his saints. God loves you.**

**You should be kind and gentle, and patient and forgiving, and loving like God.**

**You are all different.**

**You come from different places, speak in different ways, have different customs.**

**But the important thing is that you are God's children.**

**So love one another, help one another, be at peace with one another, and let the love of Jesus fill your hearts and minds.**

Based on Colossians 3: 10-17  
(God's Story 2)

During Lent how will you try to be more like Jesus? What will you do during Lent? Can you think of your own Lenten promise and share it with your class and your family?



PRAY



FAST



GIVE



Maybe you can put aside a few minutes today to make a Lenten promise to fast, pray or give during this Lenten season.





Sometimes we will have ashes in school but you may also be able to attend one of the Parish Ash Wednesday services.





Mass times for our Parish of St Wilfrid

<https://www.stwilfridswidnes.uk/>

Please check the Parish link above to check for times when you will be able to receive ashes.



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and of the Son  
and of the  
Holy Spirit.  
Amen.**



