

## WHAT DOES THE CURRICULUM SAY ABOUT LENT AND EASTER?

### LEVEL 3

#### Teacher's notes



*These statements are from the Catholic Preschool and Primary Religious Education Curriculum for Ireland and are taken from the Strand; Liturgy and Prayer. Individual class teachers can decide which of the knowledge and concepts to explore in greater detail with their class group/s during the*

*Lenten and Easter Seasons. The resources offered this year will respond to some of the knowledge and concepts outlined by the curriculum at each level.*

*Relevant knowledge and concepts from the other Strands will be used and indicated where appropriate.*

- Lent is a time to turn back to God, repent of our sins and believe the Good News.
- Lent lasts for forty days, beginning with Ash Wednesday and ending the day before Passion (Palm) Sunday.
- Lent is a time to grow and change through prayer, fasting and almsgiving, to prepare for Easter.
- The ritual of Ashes on Ash Wednesday reminds us of the need to turn back to God, to repent of our sin, and to live the gospel.
- On Ash Wednesday Catholics fast as Jesus did in the desert.
- Holy Week is a time to remember that Jesus shared the gift of himself: at the Last Supper/on the cross.
- On Holy Thursday the Church recalls the events of the Last Supper.
- On Good Friday Jesus' followers recall his death and burial by reflecting on the Stations of the Cross. The cross reminds Christians of the sufferings of Jesus and of his love for the Father and for us. Easter is the greatest feast of the Church's year when Christians celebrate the death and Resurrection of Jesus.
- During the Easter Season Christians celebrate their new life in the risen Lord

Teacher's  
notes



- Lent is a time to turn back to God, repent of our sins and believe the Good News
- The ritual of Ashes on Ash Wednesday reminds us of the need to turn back to God, to repent of our sin, and to live the gospel
- Lent lasts for forty days, beginning with Ash Wednesday and ending the day before Passion (Palm) Sunday.
- Lent is a time to grow and change through prayer, fasting and almsgiving, to prepare for Easter.
- On Ash Wednesday Catholics fast as Jesus did in the desert
- Jesus helped people to change and 'grow' (conversion).

*(Christian Faith Strand: Level 3)*

*The Ash Wednesday Prayer Service offers an opportunity to reflect on the opportunity offered to us in the season of Lent to turn back to God and live as friends of Jesus. It also suggests that the children are given a template to use for writing down their Lenten Promise. This template can be found on **page 6** and completed at home or in school after a discussion based on the text on **pages 4 and 5**. This discussion will help the children to understand the nature of the Lenten season and Jesus' call to each one of us to change and grow through their faith in him.*

Teacher's  
notes



- The bible is the name given to the Sacred Scriptures for Christians. It contains the Old Testament writings sacred to the Jews. *(Word of God Strand Level 3)*
- The New Testament has twenty-seven books that deal with the life and teaching of Jesus and the early Christian community. *(Word of God Strand Level 3)*
- Jews believe in God. Jesus was a Jew. Friday sunset – Saturday sunset as God's special day; Sabbath, day of rest, worship and the family meal. Going to the synagogue to worship. Irish synagogues. *(Christian Faith Strand; Level 3)*
- Islam: worship in the mosque, the holy book is called the Qu'ran- how it is treated *(Christian Faith Strand; Level 3)*

*Use the text and activities on **pages 7-9** to explore these concepts with the children.*

Teacher's  
notes



- **Word of God Strand: Temptations Lk 4:1-13; Mt 4:1-11**  
This year Matthew's version of this gospel is read during Lent. Use the activity on **page 10** to discuss it with the children

Teacher's  
notes



- **Word of God Strand: Ten Commandments EX 20:1-17**  
Use the original text on **page 11** and the more children friendly text on **pages 12-13** to begin talking about the Ten Commandments with the children. Begin by telling them that the words Jesus used in the desert from the activity on **page 10** is the second commandment that God gave to Moses. Use the activity on **page 14** to begin to consolidate their learning.

Teacher's  
notes



- **Holy Week is a time to remember that Jesus shared the gift of himself: at the Last Supper/on the cross.**  
Use the information on **pages 15 and 16** to help the children explore the events of Holy Week

Teacher's  
notes



- **On Holy Thursday the Church recalls the events of the Last Supper.**  
The activity on **page 17** will enable the children to retell the story of the Last Supper

Teacher's  
notes



- **On Good Friday Jesus' followers recall his death and burial by reflecting on the Stations of the Cross. The cross reminds Christians of the sufferings of Jesus and of his love for the Father and for us**  
Use the Power Point, 'Stations of the Cross; Third and Fourth Classes' to help the children to become familiar with the fourteen Stations of the Cross. The activity on **page 18** will help to consolidate learning.

Teacher's  
notes



- **Easter is the greatest feast of the Church's year when Christians celebrate the death and Resurrection of Jesus.**
- **Word of God Strand: Jn 20:1-9 Peter and John at the Tomb**  
The activities on **pages 19 and 20** will help the children to explore the story of the Resurrection

### **ASH WEDNESDAY: A FAST DAY**

The fasting rule applies to people between the ages of eighteen and fifty-nine. Fasting means that we eat only one full meal and two small meals during the day. We eat nothing between meals. Fasting also means that we don't eat meat. Everyone over fourteen is asked to fast from meat.

### **FORTY DAYS**

The season of Lent lasts for forty days. It begins on Ash Wednesday and ends on the day before Palm Sunday. During these forty days we are given an opportunity to grow and change through prayer, fasting and almsgiving so that we can prepare for

### **ASHES**

The ashes used to mark our foreheads with the Sign of the Cross on Ash Wednesday are made from burning the palms that were used in churches on Palm Sunday last year. The ashes are then mixed with Holy Water. We wear the ashes to show that we believe in Jesus and want to be more like him.

### **OUR LENTEN JOURNEY**

**LENT** is a time when people of the Christian community prepare to celebrate the most important feast in the Church year, Easter. It is a time for prayer and fasting from some of our favourite food or activity. It is also a time to give alms which means to give or do something for those who are in need of our help. When we do this we are trying to be like Jesus, who spent forty days and nights in the desert and who always helped those who were in need.

## LENTEN PROMISE 2017

It can be hard to decide what promise to make for Lent and when we do decide whatever promise we make can be hard to keep! Remember that God loves us always. He loves that we try to keep our Lenten Promise and if we fail we can always start again.

### THREE PILLARS OF LENT



Try to focus your Lenten promise on at least one of the three pillars of Lent

### Think about how you could:

**Pray:** spend a little more time with God

**LOOK UP**

**Fast:** from something that keeps you from spending time with others or being as active or healthy as you can be  
You could also decide to start doing something that will help you to be more like Jesus

**GIVE UP**

**START UP**

**Give Alms** Adding to your Trócaire box, helping someone who does not have as much as you have, sharing with those you care about

**Lift Up**

Choosing the right Lenten Promise can be challenging. Talk about the different options in class, with your friends and with your family. Consider if there is something that you could do together. Even if you break your promise remember that our God loves us to keep trying so just start again! Imagine how proud of yourself you will be on Easter Sunday if you have done what you said you would do! Write your Lenten Promise in the heart and sign it. Ask someone at home to witness your signature so that they know what you are doing and can help by encouraging you during the next forty days. Cut out the heart and place it somewhere you can see it every day.



**LENT 2017**

I promise to

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## WHY FORTY DAYS?



Forty is an important number in the bible.

The bible has two parts; the Old and New Testaments.

We believe that the bible is the word of God

The Old Testament has 46 books in it. These books are also sacred to the Jewish people. Jesus would have heard and read stories from the Old Testament when he was a boy.

The New Testament has 27 books in it. These books tell us stories about the life of Jesus and what he taught people who followed him. They also tell us what life was like for the first followers of Jesus, the early Christians.

### Find the following references to the number 40 in your bible

- In Genesis the flood was caused by forty days and forty nights of rain  
(Genesis Chapters 7-8)
- When Moses led the Israelites out of Egypt they spent forty years in the desert before they reached the promised land  
(Deuteronomy 29 1-9)
- Moses fasted and prayed for forty days while he was on Mount Sinai receiving the Ten Commandments  
(Exodus 34:28)
- Jesus fasted and prayed for forty days and nights in the desert before he began his work of spreading the Good News  
(Matthew 4:1-2)

### In your bible find the names of the first five books of the Old Testament:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

## JUDAISM

The Jewish people call the first five books of the Old Testament the Torah.

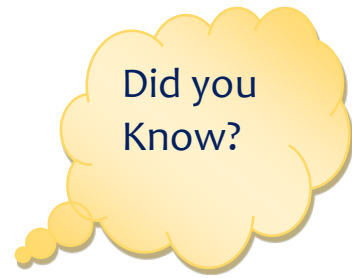
The Torah is a large scroll of parchment upon which the Five Books of Moses are written.

Jewish people go to the Synagogue to pray.

The Torah is kept in a very special place in the Synagogue called the Aron Kodesh or the Holy Ark

The Holy Ark is situated in the front of the synagogue. The Ark is the holiest place in the Synagogue.

In most synagogues the Holy Ark is on the Eastern wall, so that when the Jewish people face the ark, they are facing the holy city of Jerusalem, where the Holy Temple once stood.



You can find out more about the Torah by going to

[http://www.chabad.org/kids/article\\_cdo/aid/389118/jewish/Torah-Scroll-Facts.htm](http://www.chabad.org/kids/article_cdo/aid/389118/jewish/Torah-Scroll-Facts.htm)

## ISLAM

Muslim people have a holy book called the Qu'ran  
They believe that it is the 'word of God.'

Muslim people believe in one God who they call Allah.  
What Muslims believe and how they live is rooted in the Qur'an.

They pray from the Qu'ran every day

Muslims treat the Qur'an with great respect because  
they believe that the Qur'an is from Allah, and every  
word and every letter is sacred.

It is usually placed on a special wooden stand to be read.

Muslim people go to the Mosque to pray.

The Mosque is decorated with patterns and words from the Qu'ran

You can find out more by looking at this website

<http://www.primaryhomeworkhelp.co.uk/religion/Islam.htm>

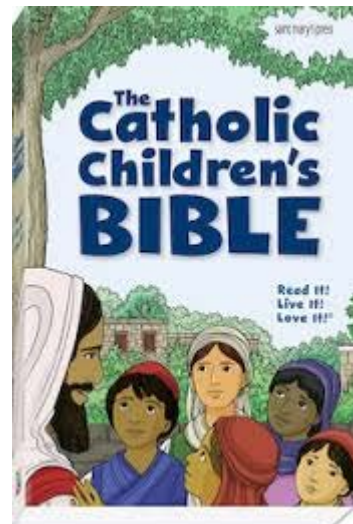




## CHRISTIANITY: CATHOLICISM

Now find the names of the four gospels in the New Testament

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_



How many chapters in the gospel of Luke?

\_\_\_\_\_

How many chapters in the gospel of Matthew?

\_\_\_\_\_

Can you find the names of three other books in the New Testament?

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_

When do we listen to stories from the Old and New Testament?

\_\_\_\_\_

Listen carefully at Mass next Sunday and see if you can remember which books of the bible that the readings come from.

## JESUS IS TEMPTED

In the first of the Lenten Gospels we hear that Jesus spent forty days and forty nights in the desert. This year we hear the story from the gospel of Matthew. You can find it in your bible in **Matthew 4: 1-11**. Read the story and unscramble the words in the speech bubble below to see what Jesus said to devil when he was tempted the third time. Then you can colour the picture of Jesus and write the full sentence in the space beside the picture

oyu	usmt	porhws	hte

ordl	oyur	dGo	nda	resve

mhi	laoen

Jesus said; scripture says

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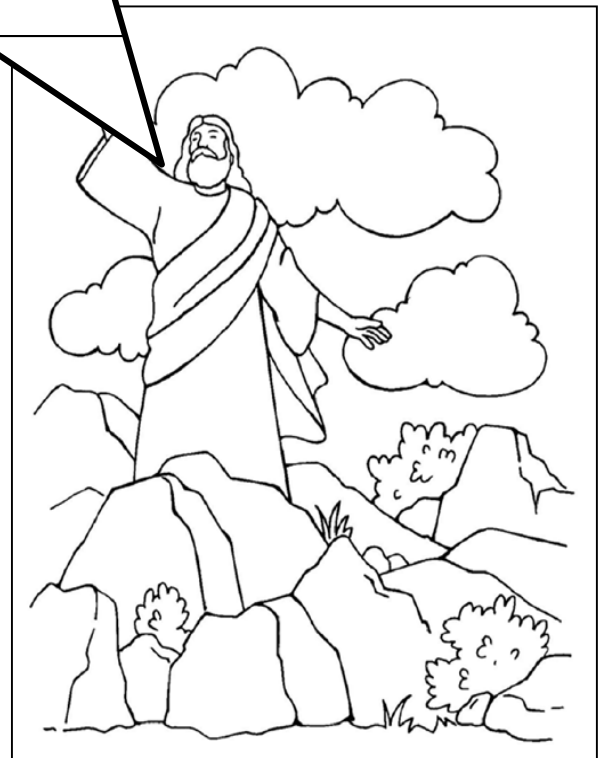
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## THE TEN COMMANDMENTS:

EX 20:1-17

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the Sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.



## THE TEN COMMANDMENTS EXPLAINED



The first commandment is to **put God first**. This means that nothing should be more important than God – your iPad, Xbox, Play Station, DS, television programmes, sports, even your friends and family should not be more important than God.

The second commandment is harder to keep. It's broken all the time. God wants us to **use his name with respect**. Many people use God's name like a swear word, or say it when they're upset. God wants us to use his name when we're talking to him, or telling others about him in a nice way. To use it any other way is disrespectful.

The third commandment should be easy, we are to **remember God's Sabbath** or Sunday, is a holy day. God wants us to take one day of the week to spend time with him, with our families and to rest.

The fourth commandment tells us to **respect our parents**. Sometimes you might think you know what's best, or you get frustrated because your parents won't let you do something. Remember your parents were once kids just like you, and they are trying to keep you safe and from making the same mistakes they've already made.

Which commandment is next...oh right, it's the fifth commandment. This commandment says don't kill or put it another way **don't hurt others**. Now imagine for a minute if everyone in the whole world obeyed this rule like God wants us to. We probably wouldn't have any jails and we would all get along with one another.

*Adapted from DLTK's Bible Activities for Kids*

## THE TEN COMMANDMENTS EXPLAINED



The sixth commandment is written for the adults who are married. God wants us to be **faithful in marriage**. He wants us to love our wife or husband and treat them with respect.

The seventh commandment is **don't steal**. This means that we shouldn't take something that doesn't belong to us.

The eight commandment is **don't lie**. It is always better to tell the truth, and while you're at it don't do anything that would make you want to lie.

The ninth and tenth commandments sound like they are for adults as well but really what they are telling us is not **to be envious of others**. This means that we shouldn't wish to have things that someone else has.

There is always something new, a phone, a game, clothes, there is always something that we want to get.

But we should try and remember that these things aren't really important.

*Adapted from DLTk's Bible Activities for Kids*

## UNDERLINE THE COMMANDMENTS IN THE BIBLE TEXT ON PAGE 11

*Now number the commandments correctly from 1 -10 and write them out in the correct order in the space provided*

	You shall not steal
	You shall not commit adultery
	You shall not take the name of the Lord your God in vain
	Honour your father and your mother
	You shall not covet your neighbour's wife
	I, the Lord, am your God. You shall not have strange gods before me.
	You shall not kill
	You shall not covet your neighbour's goods
	Remember to keep holy the Sabbath Day
	You shall not bear false witness against your neighbour

## The Ten Commandments

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

## HOLY WEEK

This holiest week of the Church Year begins on Palm Sunday and ends on Holy Saturday night.

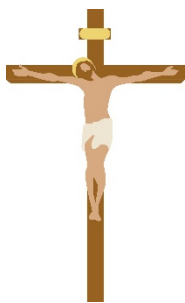


**PALM SUNDAY** is the beginning of Holy Week. There are two gospels for this Sunday. The first one is read at the beginning of Mass and reminds us of how Jesus came to Jerusalem to celebrate the feast of Passover with his friends. You can find this story in your bible in Matthew 21: 1-11. He arrived into the city on a donkey and on a colt and the people waved palms and shouted '*hosanna to the Son of David*' as he passed by. This was their way of showing that they believed that Jesus was indeed the '**Messiah**,' the one sent by God to save them. This is why palms are blessed and carried in procession into the church at the beginning of Mass on Palm Sunday. Then we take the palms home with us and put them somewhere that we can see them during the coming year. The priest wears red vestments today because red is the colour of blood and reminds us of Jesus' death on the cross.

The second gospel is the story of how Jesus was crucified. We call it the Passion and we will hear this gospel again on Good Friday. You can find this gospel in your bible in Matthew 26: 14-75 and Matthew 27:1-66.

**The last three days of the week are Holy Thursday, Good Friday and Holy Saturday.**

On **Holy Thursday** we celebrate the Mass of the Lord's Supper. This is when we remember that Jesus did two very important things during the final meal that he celebrated with his disciples. Firstly, he washed his disciple's feet and then he took bread, broke it, blessed it and shared it with his friends. He did the same with the cup of wine. He told his disciples to '*do this in memory of me.*' So when we come to Mass we are remembering what Jesus did at the Last Supper and doing what he did.



On **Good Friday** we remember that Jesus died on the cross. In church on Good Friday we listen to the story of Jesus' death and then we are invited to come and kiss the cross. On this day we celebrate Jesus' triumph over death and that is why we call the day 'Good.'

On **Holy Saturday** night we celebrate a Vigil Mass during which we light the Paschal Fire and a new Paschal Candle, we listen to the story of our faith and we bless holy water. On **Easter Sunday** we celebrate the resurrection of Jesus. The Easter season continues until Pentecost Sunday

## PALM SUNDAY

On Palm Sunday, we remember when Jesus entered the city of Jerusalem. People cheered to welcome him. By Good Friday, however, they were shouting for him to be killed. Put the sentences into the correct order in the space below. You can read the full story in your class Bible, **Matthew 21: 1-11**



If anyone says anything to you, you are to say, 'The Master needs them and will send them back directly'

So the disciples went out and did as Jesus had told them.

And when he entered Jerusalem, the whole city was in turmoil.

Great crowds of people spread their cloaks on the road, while others were cutting branches from the trees and spreading them in his path.

They brought the donkey and the colt, then they laid their cloaks on their backs and he sat on them

'Go to the village facing you, and you will immediately find a tethered donkey and a colt with her. Untie them and bring them to me

Hosanna to the Son of David. Blessings on him who comes in the name of the Lord!

[illegible]



## HOLY THURSDAY

When we go to Mass on Holy Thursday, we remember two things that Jesus did at The Last Supper. Firstly, we remember how Jesus washed his disciples' feet before they ate their meal. This was a sign of his love and care for them. We also remember that Jesus took bread, gave thanks and shared it with his friends. He did the same with the cup of wine. Then Jesus said to them, '*Do this in memory of me.*'

When we come to Mass each Sunday, we gather together just as Jesus asked us to. We share stories, we give thanks, and we receive Jesus, the Bread of Life and then we are sent back to our families, our home, our community and our schools to '*announce the gospel,*' to share the good news with everyone we meet.

Jesus also wants us to be of service to others, just like he was.

**Think of some ways that you can follow Jesus' example Write or draw them in the shapes below.**  
**I can follow Jesus' example of serving others by...**



Unscramble the names of these organisations that follow Jesus' example of service. Do some research to find out about the work that they do:

rarcTóei: \_\_\_\_\_  
noerCnc \_\_\_\_\_  
nceVnit ed laPu: \_\_\_\_\_  
aloG: \_\_\_\_\_  
ahBtór: \_\_\_\_\_



## THE STATIONS OF THE CROSS

There are fourteen Stations of the Cross and they tell the story in pictures of how Jesus died for us. You will see these Stations of the Cross in every church. Many people like to spend time praying quietly before each Station especially during Lent and on Good Friday. Can you place the stations from the box in the correct order on the page?



FIRST STATION:

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SECOND STATION:

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THIRD STATION:

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FOURTH STATION:

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FIFTH STATION:

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SIXTH STATION:

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SEVENTH STATION:

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EIGHTH STATION:

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NINTH STATION:

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TENTH STATION:

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ELEVENTH STATION:

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TWELFTH STATION:

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THIRTEENTH STATION:

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FOURTEENTH STATION:

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Jesus dies on the cross

Jesus is laid in the tomb

Jesus receives his cross

Jesus meets the women

Jesus falls the first time

Jesus meets his mother

Jesus is condemned to death

Jesus falls the third time

Veronica wipes the face of Jesus

Jesus falls the second time

Simon helps Jesus to carry his cross

Jesus is taken down from the cross

Jesus is nailed to the cross

Jesus is stripped of his garments

## EASTER SUNDAY

*Read the story of the how Jesus' friends discovered that he had risen from the dead. You can find it in your bible in John 20: 1-9*

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

### Answer the following questions

1: Who was the first to visit the tomb?

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2: How did she know that Jesus was not there?

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3: Which of the disciples did she tell first?

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4: Who was the disciple that Jesus loved? *(You will find the answer in John 19:26-27)*

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5: What did they see when they went into the tomb?

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6: What did all this mean, do you think

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## WORD SEARCH

## EASTER SUNDAY

c n a m j s c c a k s o j s y  
a m e o j p i p k v u k p c b  
w d h s e i o m e v s j p r h  
b n a n i s j z o e e h e i i  
b f o r t r v j c n j t n p h  
m t o l k p y a l m p w v t m  
s d e v e i l e b c d e g u b  
i s r y g c u q l e y l t r i  
p s f y h e k c x f s a v e n  
s m a r y m a g d a l e n e r  
g o n x t e l t j t l i n e n  
g g g k a r e k d o k f z n e  
l c e o k a y q d m x l b f z  
m b d v l a a c c b e n y q n  
x t w d j t w l w f p a y u a



Stone

Linen

Believed

Apostles

John

Scripture

Jesus

Dark

Tomb

Mary Magdalene

Simon Peter