

Year 4 Unit Lent (commitment) 2.6c Week 1

date

Learning to identify the steps needed to prepare for an event.

Remember to

Think carefully about how we prepare for an event

Discuss the steps and why they are necessary



Let your breath
be your teacher.

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Glossary

new word

picture

What does it mean?

temptation



the desire to do something, especially something wrong or unwise.

fasting



Not having all or some kinds of food or drink for either a religious or medical reason.

repentance



sincere regret or remorse saying your sorry and meaning it.

Shrove



past tense of shrive. Shrive means to confess your sins and be good again.

Glossary

new word

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What does it mean?

Prodigal



spending or using large amounts of money, time, energy, etc., especially in a way that is not very wise

Lent

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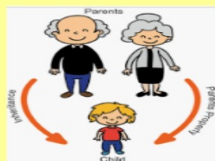
in the Christian religion, the 40 days before Easter, a period during which, for religious reasons, some people stop doing particular things that they enjoy.

Ash
Wednesday



the first day of Lent in the Christian religion

inheritance



money or objects that someone gives you when they die

The lesson

What sort of times and events do people prepare for in special ways?

Discuss times of preparation and the different ways in which people prepare. Think about sports, holidays, school, even a trip to the shops.

Share your own experiences of this.

If you know someone who has been on a retreat e.g. to think about the next steps in their life, you could invite them to talk/answer questions.

If you had extra time to prepare for an event, how would you use it?

Discuss how the preparation affected their approach to the task

Tasks To Do

Task:	What equipment do I need?
1	
2	
3	
4	

- Create a task board for getting ready for school
- Create a task board for a day at the zoo
- Create a task board for a family holiday
- Create a task board for a wedding

What have we learnt?

WTS: Identify important beliefs and values of faith communities

EXS: Identify key beliefs and values from stories and sources. What lessons believers can learn about the way to lead their lives? Can you link actions of individuals to beliefs and values?

GDS: Explain the impact of acting on beliefs and values for individuals and communities

Big thoughts..

Skills practised..

Ask questions about this picture....



Year 4 Unit Lent (commitment) 2.6c Week 2

date

Learning to identify temptations for Jesus and themselves

Remember to

Think about what tempts you

Discuss why Jesus behaved the way he did when tempted

Think about how you would behave when tempted



Glossary

new word

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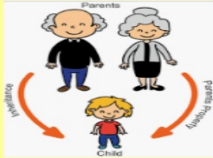
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Where is this?
Who is the person?
How are they feeling?

Stick the image in your book. Answer the questions and think of your own questions.



The lesson

What beliefs and values affect the way believers live?

Whoosh drama Jesus in the wilderness
page III



Explain that Jesus needed time to think about the special job that God had given him to do.

Tell the story of his 40 days in the desert and explore how it made him feel strong enough to face the times ahead.

What does the word temptation mean?

Jesus was tempted to use his special gifts from God in the wrong way.

When do we feel tempted?

How do we resist temptation?

In pairs, try to tempt each other into eating something you shouldn't, owning something you shouldn't, taking over in a game you didn't start.

How did it feel to be tempted?

Identify the effects of your actions on others.



Draw pictures of what Jesus was tempted by. Why he tempted and what he did? Also what would tempt you and what would the consequences be.

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Big thoughts..

Skills practised..

Year 4 Unit Lent (commitment) 2.6c Week 3

date

Learning to explain what Lent is and how it affects Christians

Remember to

Think about what is essential in your life

Think about how you could change things to help others



Glossary

new word

picture

What does it mean?

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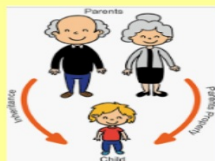
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The lesson

Lent is a time of preparation for Easter, when Christians think especially about Jesus' death and how it brings them forgiveness for the wrong things they've done.

Let's work out on the calendar how long Lent lasts.

Why do you think it might be 40 days?

How does commitment affect the lives of believers?

Find out about some of the things Christians do during Lent.
Shrove Tuesday explore the traditions of eating pancakes.
Explain links with Jesus' life and fasting during his time in the wilderness. 

What is Lent?

Lent is a special time in the Church's calendar that takes place each spring in the run up to Easter. It begins in either late February or early March with Ash Wednesday.

Lent lasts for 40 days and ends the day before Easter Sunday, on Holy Saturday.

It is a solemn time when Christians remember how Jesus spent 40 days and nights alone in the desert, being tempted by the Devil. Jesus used this time to prepare for His work by fasting (going without food) and praying to God. You can read about this in Matthew 4:1-11 and Luke 4:1-13.

Did you know?

If you count the days from Ash Wednesday to Holy Saturday you will discover that this adds up to 46 days - 6 days too many! This is because the 6 Sundays are not included in the calculations. Lent is a serious time but Sundays are always a day of celebration in the Christian church and so they're not included in the 40 days of Lent.

How are Christians learning to 'do Lent generously'?

For hundreds of years Christians have given things up over Lent. People ate pancakes on Shrove Tuesday to use up all the unhealthy treats in the cupboard before they went through 40 days of 'fasting' - or going without. But many Christians today are choosing to do Lent a bit differently. Instead of Lent being a time when people give things up, it has become a time to give something back.

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40 Acts is a campaign led by Christians that challenges people to spend the 40 days of Lent doing acts of kindness to others. Every day during Lent, those who have signed up receive an email with an idea for a way that they could be generous that day. People are then encouraged to share their pictures and stories with others on social media. It is not only churches that have pledged to 'do Lent generously'. Many schools have taken up the challenge.

16 Simple Lent Activities that Christians complete

1. **Give up something as a family.** Jesus fasted for 40 days. That is a very long time! It would be meaningful to teach your children about fasting by giving up something for the entire Lenten season or on Fridays during Lent. It could be giving up desserts, not going out to eat, or drinking only water. The key is that it has to be something you enjoy and want to do/eat/have. If you hate brussels sprouts and decide to give them up during Lent, you may need to reevaluate.
2. **40 bags in 40 days.** Instead of or in addition to giving up something for Lent, you could purge a bag's worth of stuff every day during Lent. You choose the size of the bag, and you should definitely make it a family affair. Just think of how clean your home will be by Easter!
3. **Build a [Lenten Cross](#).** Similar to an Advent wreath, you light one or more candles each night during dinner for the entire Lenten season. I want to get this going with my family this year.
4. **Observe Passover with a [Christian Passover Dinner](#).**
5. **Attend a Maundy Thursday church service or have your own at home.** My church has a Maundy Thursday service where the pastor washes everyone's feet. You could do this with the Christian Passover Dinner, instead of it, or on another day.
6. **Read Easter books.** Some of our favorites are [The Parable of the Lily](#) and [The Jesus Calling Bible Storybook](#). [One Spring Lamb](#) is really precious for littler kids.
7. **Read the Bible together every day.** I think this is a given, but it's worth mentioning. You need to be reading the Bible with your kids every day, and this would be a great opportunity to focus on the ministry of Jesus.
8. **Make a [Lamb of God craft](#).** We made these mobiles last year as a way to talk about and remember that Jesus was the lamb of the sacrifice.
9. **Study [A Sense of the Resurrection](#).** These sensory-based activities lead your kids through the crucifixion and resurrection. It is so meaningful for kids and adults alike. Definitely check it out.
10. **Make and study as set of [Resurrection Eggs](#).** I just love these eggs. They are a set of 12 plastic Easter eggs, each containing a trinket related to the Easter story. Using the eggs, children can tell the whole story of the crucifixion and resurrection. We have used them for a lot of years now.
11. **Make a prayer chain.** Write a person or situation on each of 40 strips of paper. Assemble them into a paper chain. Remove one link per day, and pray for that thing with your kids.
12. **Serve 40 ways in 40 days.** Check [60 Acts of Kindness for kids](#).
13. **Make empty tomb crafts.** Here are some really cool ones: [made from dough](#), [made from paper](#), [made from paper plates](#), and [a really elaborate \(and super cool\) one you'd have to start 1-2 weeks before Easter](#).
14. **Grow something.** There are lots of spring bulbs and seeds in stores already, so you should be able to get some inexpensively.
15. **Write a thank you note to your pastor.** Help your kids to thank him or her for teaching them about Jesus's death and resurrection.
16. **Bake pretzels.** Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders. A monk made dough into this criss-crossed shape, and the pretzel was born! You can get a simple recipe for [homemade pretzels at Catholic Icing](#).

What do Christians do during Lent?

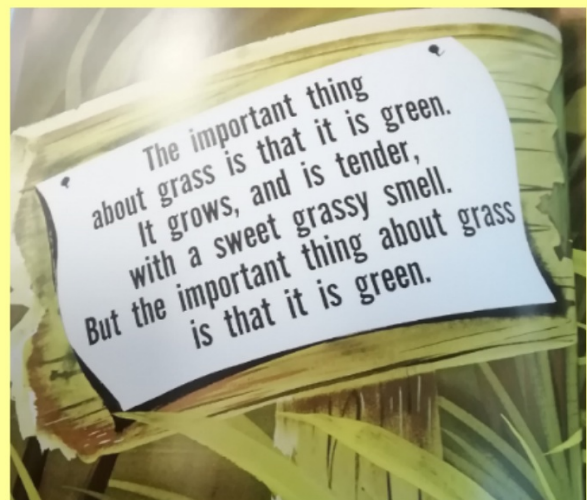
Christians spend the 40 days of Lent preparing for Easter Day. They set aside time to think about whether they are living in a way that makes God happy. They will ask for God's forgiveness for the times they mess up, and for his help to live in the way that he wishes.

Christians specially remember all that Jesus did for each of them when he died on the cross on the first Good Friday. They also remember how he beat sin (the things which hurt God and people) and death when he came back to life on Easter Sunday.

Many Christians during Lent will give up eating certain foods or other luxuries, to help them concentrate on God. This is also a reminder of the fact that Jesus did not eat for the 40 days that he was in the desert. Many Christians will also set aside whole days of fasting and praying.

The levels of challenge

Write or draw an
important thing poem.



What have we learnt?

WTS: Identify important beliefs and values of faith communities

EXS: Identify key beliefs and values from stories and sources. What lessons believers can learn about the way to lead their lives? Can you link actions of individuals to beliefs and values?

GDS: Explain the impact of acting on beliefs and values for individuals and communities

Big thoughts..

Skills practised..

Year 4 Unit Lent (commitment) 2.6c Week 4
date

Learning to discover the importance of beliefs and values for believers.

Remember to

Think about the impact on you

Discuss what you can go without



Glossary

new word

picture

What does it mean?

temptation



the desire to do something, especially something wrong or unwise.

fasting



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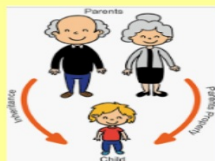
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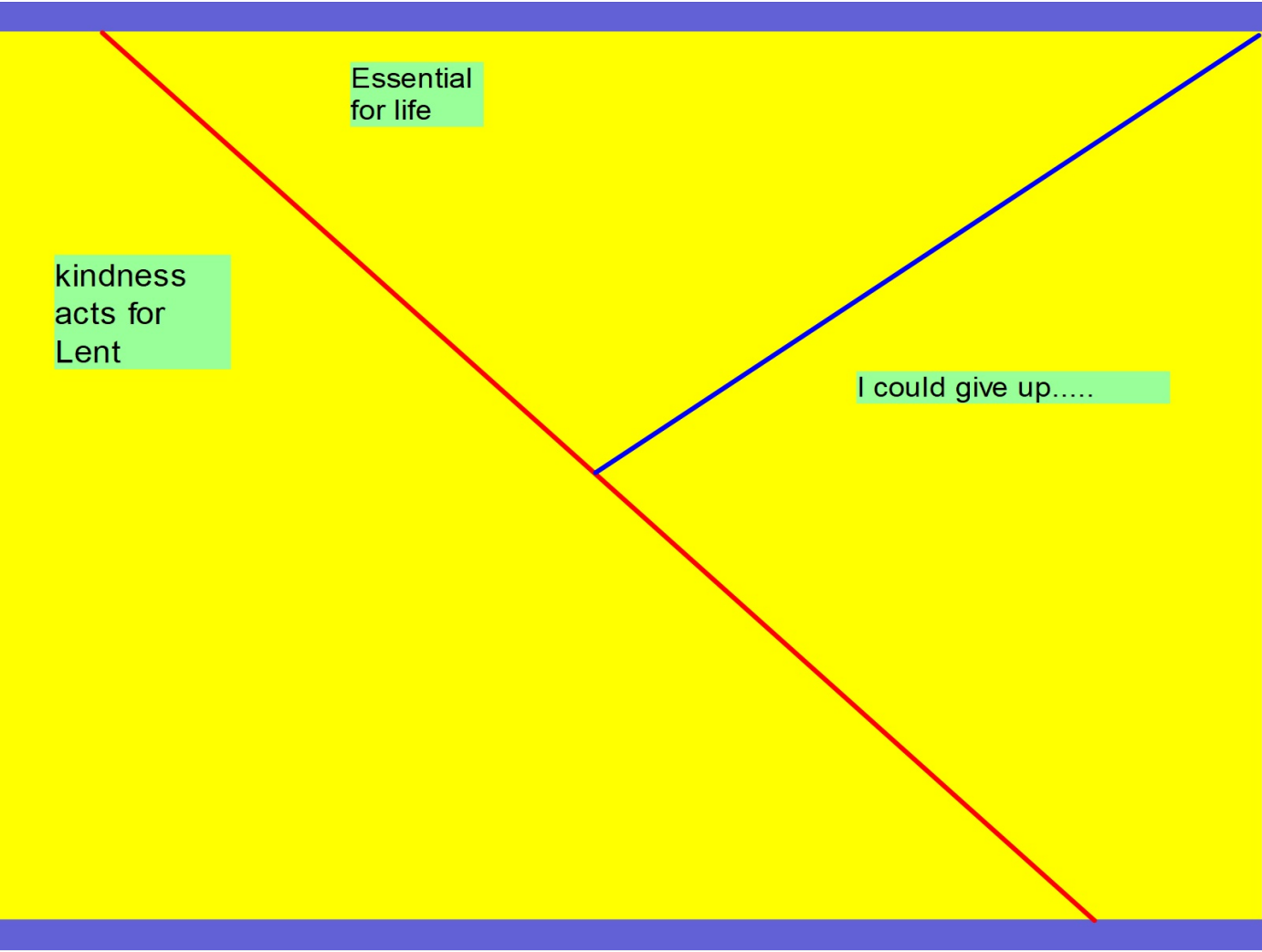
The lesson

Lent is a time of [redacted] for [redacted], when [redacted] think especially about Jesus' [redacted] and how it brings them [redacted] for the wrong things they've done. Why do they think it might be 40 days?

How does commitment affect the lives of believers?

What is Fasting?

How does fasting link to the story of Jesus in the wilderness?



If I gave up..... I could instead. Draw your ideas adding key words

If I gave up..... I could instead Draw or write your ideas and explain the impact on your lives and how you would feel during and after Lent.

If I gave up chocolate I could clean my house instead. I would be jealous of people eating chocolate but proud when I got to Easter. I would feel sad but happy I had challenged myself.

What have we learnt?

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EXS: Identify key beliefs and values from stories and sources. What lessons believers can learn about the way to lead their lives? Can you link actions of individuals to beliefs and values?

GDS: Explain the impact of acting on beliefs and values for individuals and communities

Big thoughts..

Skills practised..

Year 4 Unit Lent (commitment) 2.6c Week 5

date

Learning to share ideas about right and wrong linked to a story from the Bible

Remember to

Act out the story so that you understand its message

Explore what lent means to Christians



Love all of yourself,
even on
bad days.



Emillypaula

Glossary

new word

picture

What does it mean?

temptation



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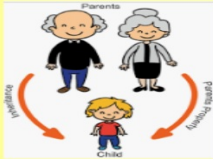
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The lesson

[REDACTED] is a time of preparation for [REDACTED] when [REDACTED] think especially about [REDACTED] death and how it brings them [REDACTED] for the wrong things they've done.

Ash Wednesday services where people have the sign of the cross made on their foreheads with ash as a sign of repentance and forgiveness.

Talk about the words repentance and forgiveness and the sign of the cross and how these relate to Christian teaching.

Tell and act out the story of the Lost Son / Loving Father (Luke 15 11-32).





*What questions do
you have about
this picture?*

Whoosh drama page 125 prodigal son



There was once a man who had two sons.



One day, the youngest son asked his father
for his inheritance money.



The father thought about it and divided what he owned between them, giving his sons their inheritance.



The youngest son moved far away and
very soon spent all of his money.



He was very hungry and had no place to live,
so he decided to get a job. He was given a job
feeding pigs but no-one gave him anything to eat.



The son was very sad and very sorry for what he had done. Back home, even his father's hired men were fed well. He decided to go back home, say sorry and ask his father for a job as a servant.



When the father saw his youngest son returning, he was filled with great joy and ran to greet his returning son. He hugged and kissed the boy.



The father dressed him up in the best robe, some new sandals and put a ring on his finger. The father was so happy that his son had returned that he threw a great feast to celebrate!



While the younger brother had been away, the older brother had been working hard for his father and saved all of his inheritance. When he heard that his brother had returned with nothing and a great feast was being thrown for him, he felt very angry and jealous.



But the father did not want his son to be jealous and angry.
“We must celebrate and rejoice,” he told his older son,
“because it is as if this brother of yours was dead and has
come to life; he was lost and has been found.”



Explore what it teaches about forgiveness.

Discuss times when we're really sorry, who forgives us and how it helps us .

Why did the father act the way he did towards his son?

What does this show?

The levels of challenge

Thought tap the characters as we act out our drama

Draw or write a story of forgiveness

1. Two people who don't share
2. one person has it all and wants to share
3. The person forgives them and they share

What have we learnt?

WTS: Identify important beliefs and values of faith communities

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GDS: Explain the impact of acting on beliefs and values for individuals and communities

Big thoughts..

Skills practised..

Year 4 Unit Lent (commitment) 2.6c Week 6

date

Learning to share ideas about right and wrong
and talk about the challenge of their own
commitments

Remember to

Share ideas

Communicate your ideas to explain your points



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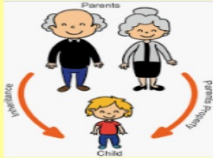
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The lesson

How do beliefs and values affect the way you live?

Written task: Why do Christians like to remember the story of Jesus' temptations?

Why do you think Christians say it is important to trust in God?

Why is it important for Christians to take part in Lent traditions?

How might Christians choose to live their lives differently after Lent?

The levels of challenge

whoosh Jesus' last week
page 114 and Jesus has
risen page 117



What have we learnt?

WTS: Identify important beliefs and values of faith communities

EXS: Identify key beliefs and values from stories and sources. What lessons believers can learn about the way to lead their lives? Can you link actions of individuals to beliefs and values?

GDS: Explain the impact of acting on beliefs and values for individuals and communities

Big thoughts..

Skills practised..

END OF UNIT

ASSESSMENT INFORMATION

WTS: All learners should be able to identify important beliefs and values of faith communities

EXS: Most learners should be able to identify key beliefs and values from stories and sources and talk about the lessons believers can learn about the way to lead their lives

These learners should be able to link actions of individuals to beliefs and values

GDS: A few learners should be able to explain the impact of acting on beliefs and values for individuals and communities



