

Name \_\_\_\_\_ Date \_\_\_\_\_

**ACTIVITY**

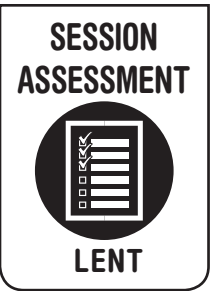


**LENT**

# Observing Lent

**Directions:** For each week of Lent, write one way you will fast, pray, or give alms. To help you keep your promises to God, pray the Scripture each day.

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|---------------|--|
| <b>Week 1</b> | Lord, you are good and forgiving,<br>most merciful to all who call on you. <i>Psalm 86:5</i><br>This week I will fast by _____<br>_____.                                   |
| <b>Week 2</b> | This is how all will know that you are my disciples, if you have<br>love for one another. <i>John 13:35</i><br>This week I will pray by _____<br>_____.                    |
| <b>Week 3</b> | His mercy is from age to age<br>to those who fear him. <i>Luke 1:50</i><br>This week I will give to others by _____<br>_____.  |
| <b>Week 4</b> | [And] be kind to one another, compassionate, forgiving one<br>another as God has forgiven you in Christ. <i>Ephesians 4:32</i><br>This week I will fast by _____<br>_____. |
| <b>Week 5</b> | Blessed are the peacemakers,<br>for they will be called children of God. <i>Matthew 5:9</i><br>This week I will pray by _____<br>_____.                                    |
| <b>Week 6</b> | Amen, amen, I say to you, whoever believes has eternal life. <i>John 6:47</i><br>This week I will give to others by _____<br>_____.  |

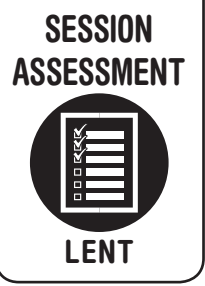


# Lent

A. Circle the letter of the choice that best completes each sentence.

1. The season of Lent begins on
  - a. Ash Wednesday.
  - b. Palm Sunday.
  - c. Good Friday.
  - d. none of these.
  
2. After Jesus was baptized, he was led to the desert by
  - a. Satan.
  - b. his disciples.
  - c. the Holy Spirit.
  - d. Mary and Joseph.
  
3. Ashes are a sign of
  - a. fire.
  - b. penance.
  - c. mortal sin.
  - d. joy.
  
4. The ashes we receive on Ash Wednesday are made by burning
  - a. palms.
  - b. fireplace logs.
  - c. bushes.
  - d. campfires.
  
5. In the desert, Jesus
  - a. fasted for 40 days.
  - b. prayed for 40 days.
  - c. prepared for events to come.
  - d. did all of these.
  
6. Fasting means that we
  - a. slow down all day.
  - b. limit our food and drink.
  - c. keep our commitments.
  - d. pray and read the Bible.
  
7. We pray the Stations of the Cross as a way to
  - a. rest when we are tired.
  - b. get some exercise.
  - c. walk in Jesus' footsteps.
  - d. practice the virtues.
  
8. Fasting for Lent can also include
  - a. eating lots of treats.
  - b. giving in to temptation.
  - c. taking a vacation.
  - d. giving up something we enjoy.

Name \_\_\_\_\_ Date \_\_\_\_\_



# Lent

**B.** What is the significance of the Stations of the Cross?  
Why do we pray this devotion?

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**C.** What helps you keep your Lenten commitments?

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