

Lenten Quest

This Lent we are asking children across the diocese to go on a quest. On their quest, children will search for ways to put their faith into action and grow closer to God.

Resources

Lenten Quest worksheet

Each child will be given a Lenten Quest worksheet to track their own individual journeys. The worksheet shows their path through Lent, with a pebble for each of the 40 days. At the beginning of Lent, each child can write down their own Lenten promises on their pebbles. By fulfilling their promises, the children will complete their Lenten Quest.

Online Resources

<http://www.cathchild.org.uk/resources/>

Card sort

A card sort of ideas is also available. Pupils can sort the cards into Fast/ Give/ Pray activities to help them think of their own Lenten promises.

Fast/Give/Pray Activity

To introduce the Lenten Quest, we have created a series of activities exploring how we fast, give and pray during Lent. These can be delivered as **three 30 minute lessons or one 90 minute lesson**.

Weekly stories

Six of the pebbles on the Lenten Quest path are already filled in. We would love pupils to learn more about the children they have helped through supporting the Catholic Children's Society. Using the stories on our website, we would like you to read a reflection and lead a prayer for local children in need. We hope that this will remind children of the wonderful difference they are making with their Lenten boxes.

Fundraising

Collecting boxes

Collecting boxes will be sent to all participating schools. We would really appreciate it if you could encourage pupils to gather as much support as possible, whether that be from home, in school or within their community

CCS Day

On Friday 9th March we are asking schools to join together for CCS Day. Catholic schools across London, Hertfordshire and the South East will be holding a non-school uniform day or organising other fundraising events to show their support for CCS. Special online reflections and prayers will also be available online. We would be so grateful if you could get involved and help us to support even more disadvantaged children and families. A poster is available to download from our website.

If you have any questions or require any additional resources please email kimberleyt@cathchild.org.uk or call our main office 0208 969 5305.

Thankyou so much for supporting us this Lent!

Fast/Give/Pray Activity

Three 30 minute lessons or one 90 minute lesson

Aims:

- To reflect on what we can do during Lent to grow closer to God
- To plan how we will do these things during Lent

Resources: PowerPoint (available online)

Starter

Ask pupils what are the three things we should do during Lent? Can they guess what they are from the pictures?

Explain that we will be looking at why fasting, almsgiving and praying are so important and we will plan how we can do these things during Lent to grow closer to God.

Fasting Activity

Key Questions: *What is fasting?*
Why do we fast?
How can we fast?

Preparation: Print and photocopy worksheet 1 (enough for each team one per 3-4 children) (available online)



What is fasting?

Main activity

Hand out worksheet 1. Pupils imagine that they have travelled to Egypt on a school trip. They are in the middle of a tour of the desert when the bus pulls away without them.

The classmates are left stranded in the middle of the desert with just one rucksack of provisions. The rucksack contains 12 items.

Pupils work in teams of 3-4 to decide which items are the most important, ordering the items 1-12 from most important to least important and explaining their decisions

1= most important 12= least important

Pupils share their decisions with the class. Tell pupils what an expert would decide (table below)

Item	Ranking	Comments
Sunglasses (one pair each)	7	The intense sunlight of the desert could be a problem. Sunglasses will make you all much more comfortable.
Hat (one each)	8	Useful, but you can use blankets instead.
25 litres of water	3	Your biggest threat is dehydration. You could probably survive a maximum of 3 days without water. The blankets are more important because it is better to cut down the moisture lost through perspiration. This amount of water will not significantly increase survival time, but will help to prevent the early effects of dehydration.
20 blankets	2	Blankets can have multiple uses. By wrapping them around you, you can slow down dehydration. The blankets will prevent the hot, dry air from circulating next to the skin and cut down moisture lost through perspiration. You can also use them as hats/ head scarves to protect against sandstorms. At night they can be used to keep you warm.
Book ("Edible Animals of the Desert")	11	Your main problem is dehydration rather than starvation. Hunting will mean that you waste energy and lose water.
Torch	4	The torch will help you call for help at night. With the mirror, you have a 24 hour signaling capability.
Insect repellent	12	As there is no water there are no insects so no need for repellent
Large floor sheet	5	Could provide shelter from the sun
Cosmetic mirror	1	The mirror is your best chance of someone finding and rescuing you. In sunlight a simple mirror can generate 5 to 7 million candlepower of light. If you had no other items you would still have better than 81% chance of being spotted and picked up within the first 24 hours.
Map of the area	10	Your best chance of survival is rescue rather than walking in such difficult conditions.
Magnetic compass	9	Your best chance of survival is rescue rather than walking in such difficult conditions.
Plastic raincoat	6	Could be used to collect water. Dig a hole and place a raincoat over it. This will collect moisture on the underside of the plastic, but perhaps not much water.

Teams can score their answers by working out the numerical difference between their ranking and the expert ranking e. g. if the expert ranking is 7 and they said rank 1, then the difference is 6. The team adds up all of the differences. The lowest score wins.

Ask pupils- What if you did not have any of these items?

Explain that Jesus spent 40 days and 40 nights in the desert without anything!
Ask pupils- How must he have felt?

Jesus gave up food, drink and shelter when he went into the desert. When we give up or cut down on something it is called fasting.

What does the Bible say?

The Temptation of Jesus - Matthew 4.1-11

Then the spirit led Jesus into the desert to be tempted by the Devil. After spending 40 days and 40 nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones into bread." But Jesus answered, "The scripture says 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, if you are God's Son, throw yourself down, for the scripture says: 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'"

Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness.

"All this I will give you," the Devil said, "if you kneel down and worship me." Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'"

Then the Devil left Jesus; and angels came and helped him.

Why do we fast?

Ask pupils- why did Jesus fast?

Ask pupils- why should we fast?

Explain that fasting:

- Helps us to be more self-disciplined
- Reminds us of all of the good things which God has given us
- Helps us think of those who are less fortunate than ourselves

Plenary

How can we fast?

Show pupils some ideas. Pupils think about how they can fast during Lent.

Giving Activity

Key Questions: *What is almsgiving?*
Why do we give?
How do we give?

Preparation: Print and cut up 10x CCS bank notes (available online)
CCS stories (available online)



Starter

What is giving?

Ask pupils: do they know what almsgiving is?
Alms are money or goods given to those in need. We can also give our time and talents to help others.



Main activity

Why do we give?

Show pupils the 10 bank notes. Explain that these notes represent all of the money in London. Ask 10 pupils to stand at the front.

Ask pupils- How should this money be divided between you?
How do you feel about how much money you have? Collect the notes back in.

Hand the notes out like this:

Pupil 1- 5 ½ notes (rip the note in half)

Pupil 2- 2 notes

Pupil 3- 1 note

Pupil 4- ½ note

Pupil 5- ½ note

Pupils 6, 7, 8, 9, 10- 1 note to share

Ask pupils- How do you feel about how much money you each have now?

Explain that this is (approximately) how wealth is divided in London. The top 10% have over half the wealth in London. The bottom 50% have only 10% between them.

Explain that as there is not enough money to share between this bottom group, many are living in poverty. This is the a problem across the UK.

Read one of the CCS stories online to show how and why families are living in poverty.

Ask pupils- how do you feel about the way money is shared between people in the UK?

What does the Bible say?**Matthew 25. 37-40**

'I was hungry and you fed me, thirsty and you gave me a drink; I was a stranger and you received me in your homes, naked and you clothed me; I was sick and you took care of me, in prison and you visited me.'

"The righteous will then answer him, 'When, Lord, did we ever see you hungry and feed you, or thirsty and give you a drink? When did we ever see you a stranger and welcome you in our homes, or naked and clothe you?

When did we ever see you sick or in prison, and visit you?' The King will reply, 'I tell you, whenever you did this for one of the least important members of my family, you did it for me!'

Ask pupils: what is Jesus asking us to do?

**Plenary*****How can we give alms?***

Show pupils some ideas. Pupils think about how they can give during Lent.

Praying Activity

Key Questions: *What is prayer?*
Why do we pray?
How do we pray?

Preparation: Print and stick prayer quotes around the classroom (available online)
Print Worksheet 2 (one per pupil)
Need post-it notes

Starter

What is prayer?

Ask children to pray in silence. After a minute hand out post-it notes. Tell pupils that if they feel comfortable they can write down their prayers. Pupils put their post-it notes to one side.



Main activity

Explain to pupils that to understand what prayer is we should follow Jesus' example. Jesus prayed lots of times. Some examples of when Jesus prayed are all around the classroom. Hand out Worksheet 2. Pupils go around the room and find the answers to the questions on the grid. When they have finished, they can use their completed grid to answer the question at the bottom of the sheet- Why did Jesus pray?

Feedback answers using Teacher answer sheet (p. 8)

Why do we pray?

To help us understand why we pray, we can think about why Jesus prayed. Ask pupils- why did Jesus pray?

Show pupils the reasons why Jesus prayed (slide 42)

Ask pupils- Did they pray for the same reasons as Jesus? Ask them to stick their post-it notes in one of the categories. If their prayer fits into more than one category (e.g. they asked for help and prayed for others) they can stick their post-it prayer between the two.



Plenary

How do we pray?

Show pupils some ideas. Pupils think about how they can pray during Lent.

Lenten Quest Activity

On their activity sheet, pupils write down one thing they will do every day/ every week during Lent based around fasting, almsgiving and praying. Cards are available to download from our website. You can use these cards to prompt pupils or cut up the cards and ask them to sort the cards into fasting/ almsgiving/ praying before completing their activity sheet.

<p>1. In which passage does God speak from heaven?</p>	<p>2. What did Jesus do after going up a hill and spending the whole night praying?</p>	<p>3. Why did Jesus thank God for listening to him?</p>
<p>John 12.27-28 “Now my heart is troubled – and what shall I say? Shall I say, ‘Father, do not let this hour come upon me’? But that is why I came – so that I might go through this hour of suffering. Father, bring glory to your name!” Then a voice spoke from heaven, “I have brought glory to it, and I will do so again.”</p>	<p>Luke 6. 12-13 At that time Jesus went up a hill to pray and spent the whole night there praying to God. When day came, he called his disciples to him and chose twelve of them, whom he named apostles.</p>	<p>John 11. 41-42 Jesus looked up and said, “I thank you, Father, that you listen to me. I know that you always listen to me, but I say this for the sake of the people here, so that they will believe that you sent me.”</p>
<p>4. Where did Jesus go to pray before he preached?</p>	<p>5. What did Jesus say after he was ‘filled with the Holy Spirit’?</p>	<p>6. Why did people bring their children to Jesus?</p>
<p>Mark 1.35-38 Very early the next morning, long before daylight, Jesus got up and left the house. He went out of the town to a lonely place, where he prayed. But Simon and his companions went out searching for him, and when they found him, they said, “Everyone is looking for you.” But Jesus answered, “We must go on to the other villages round here. I have to preach in them also, because that is why I came.”</p>	<p>Luke 10.21 At that time Jesus was filled with the Holy Spirit and said “Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you wanted it to happen.”</p>	<p>Matthew 19.13-15 Some people brought children to Jesus for him to place his hands on them and to pray for them, but the disciples scolded the people. Jesus said, “Let the children come to me and do not stop them, because the Kingdom of heaven belongs to such as these.” He placed his hands on them and then went away.</p>
<p>7. What does Jesus say about a ‘cup of suffering’?</p>	<p>8. What food did Jesus thank God for?</p>	<p>9. What does Jesus ask God when grief and anguish come over him?</p>
<p>Matthew 26.42-43 Once more Jesus went away and prayed, “My Father, if this cup of suffering cannot be taken away unless I drink it, your will be done”</p>	<p>John 6.11 Jesus took the bread, gave thanks to God, and distributed it to the people who were sitting there. He did the same with the fish, and they all had as much as they wanted.</p>	<p>Matthew 26.36-39 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took with him Peter and two sons of Zebedee. Grief and anguish came over him, and he said to them, “The sorrow in my heart is so great that it almost crushes me. Stay here and keep watch with me.” He went a little farther on, threw himself face downwards on the ground, and prayed, “My Father, if it is possible, take this cup of suffering from me! Yet not what I want, but what you want.”</p>

Why did Jesus pray?

Jesus prayed because he needed God’s support (1,2,4,9)
 Jesus thanked God (3,5,8)
 Jesus prayed for others (6)
 Jesus talked to God (7)