Faith Formation ***SAMPLE LESSON draft to give ideas of what you can do; this is a large group catechesis Gr. K-6***

Topic: The Season of Great Lent
Date: _____ **Location:** _____ **Time**: 1.5 hour session/can be adapted

Objective: To explain how Great Lent is a time of spiritual training where we undertake certain Lenten practices to help our faith grow stronger.

Materials Needed: "Spiritual Training" parent handout; Craft – "Offering Box"; Lenten Plan Activity; pencils; Prayer table – icon or statue of Mary, Children's Bible, a Cross, and a Candle (battery); DVD – "Prodigal Son" (playtime – 6 mins); Laptop; amp; Projector; cookies, juice. Flash cards for the words, and word chart. Mini football & hoop. Prizes.

Video: Prodigal Son, 4 minutes, YouTube https://www.youtube.com/watch?v=BTiiJVt_Qek

Vocabulary: Great Lent; Ash Monday; Glorious Resurrection; Sacrifice; Fasting; Penance.

Liturgy/Saint: Stations of the Cross during Church visit.

Catechism/Scripture Reference: CCC #1169**; Scripture** 1 Cor 9: 24-27; Heb 12: 1-2

Set expectations (as needed): Important to explain that if they have a question or answer to raise their hands, we need to be mindful of others, so if someone is talking we need to listen to them, to wait our turn, to be respectful, etc.

TIME	THEME	NOTES
_____PM **Large Group**	**Welcome the children**. **Opening** – (Play a game football through hoola hoop… illustrate that it takes practice, more you try the better you become. What else takes practice to be better and to be our best? (study, sports, dance, music, etc). This coming Monday our Maronite Church gives us a season to practice so we can be our best. We practice being loving so we can be saints! **PRAYER** – Gather around the prayer table. *Our Father, Hail Mary, Glory Be* **Catechesis:**(hold a mini football) What do you think that the (Team Name) had to do to win the Superbowl? (*Train and practice for a long time*). That is why they are a great team because they train and practice a lot. ● Athletes train before a big competition, we need to train spiritually. This is why we have the season of Great Lent which begins _____. We need to stretch our love muscles and get into shape before the big celebration of Easter. ● Great Lent for Maronites begins on Ash Monday. On Ash Monday, we receive ashes on our foreheads. This reminds us that we are entering a new time in the Church for our spiritual training. Great lent is when the Church helps us to grow closer to Jesus and to one another in love and forgiveness. Does anybody remember how long Great Lent is? (Great Lent is *40 days leading us to Easter, the Glorious Resurrection, when Jesus rose from the dead).* ● Great Lent is a time to remember Jesus' sacrifice on the Cross (*hold up Cross*). Why did Jesus die on the Cross? (*Because he loves us and wanted to save us from our sins)* ● Great Lent is a time when we grow and change into strong disciples for Jesus.	

Approx _____PM Small Groups K-3 & 4-6	During Great Lent, we are not going to train with footballs. We're going to <u>train with prayer and sacrifice</u>. Train yourself to <u>pray</u> every day. How can you pray during the 40 days of Great Lent? *(Answers will vary)* Train yourself to make a <u>sacrifice</u> every day. What is <u>sacrifice</u>? (*It is giving something up or taking on something for your good and for the good of the other person.)* Sacrifices help us grow strong spiritually. What sacrifice can you make during Great Lent? *Answers will vary* What is a <u>kind deed</u> that you can do during Great Lent? (*<u>to give</u> more of our time to help others in their needs, to be more patient, to be more forgiving, to give some of our money to the poor (w/ parent's permission) …Answers will vary.* Some other sacrifices are <u>fasting</u>. Fasting means giving up the things we like, foods (candy, soda…) or games on our phone, computer or x-box. All Maronites, who are able, are required to fast from food on Ash Monday and Great Friday. Explain the Maronite Fast. **Application –** 1. Activity: What can I do in Lent to grow in my love for Jesus? (*Each child to think about their own Lenten resolution w/* "My Plan for Lent" activity). **Catechesis cont.** Great Lent is a time for <u>Penance</u>. Penance is something we do to make up for our sins. We have to show God that we are really sorry for being selfish sometimes and doing the wrong thing. We need to ask God to forgive us. This is called penance. Let us watch a short video of a Bible story called the Prodigal Son, which tells us all about asking for God's forgiveness. **Video** Prodigal Son (4 mins) RECAP – What was your favorite part? When the younger son asked for money from his father, was he doing the right thing? (*No, he was not showing respect for his father, he left his father to go spend all the money).* What happened to the younger son when all his money was gone? Was he happy? (*No, all his friends left him, he was so hungry and people were mean to him. Then he remembered his father's great love).* How did the younger son show his Father that he was sorry for what he did? (*He decided to go back home to ask his Fathers' forgiveness.).* What did the Father do when he saw the younger son? (*He ran out to meet him. The father hugged and kissed him, and gave him a robe, sandals, a ring, and a big party).* That's what God does for us every time we come back to Him and tell Him we are sorry. We must say sorry to God. We must say sorry to the people we have hurt. We should ask for forgiveness for the times we have been rude, for not listening to our parents and teachers, for calling kids mean names, for not sharing. We need to be sorry for all our selfish choices. This is called penance. If you have received your holy communion, during Great Lent you should go to Confession and ask God for forgiveness.	**Activity –** Lenten Plan **Design an activity**
4.00PM	**Snack Time (**simple & quick/they clean up)	
4:10PM	**Craft** – "Offering Box": we sacrifice to help the poor (*Make sure the children write their names on their activity and craft)*	**Craft** – Offering Box
4.20PM	**Visit to the Church** *Remind all of Church manners.* Introduce the children to praying the 14 Stations of the Cross pointing them out. This devotion is prayed every Friday in Lent in our Maronite Churches, and here at (your parish) the Stations will be every Friday at _____	We will pray the stations together during Great Lent.

	Explain the Maronite Benediction of the Cross service (if time).	
4.30PM	**Wrap – Up:** Next class is on _____. Children need to be supervised until a parent picks them up. Give out the parent handout as they pick up their children and explain that they should review at home. **Thank you and God bless you!!**	Handout on Spiritual Training

Activities/ Parent Handout can be taken from Faith of the Mountain Series per age group

Craft – your choice