



Nurturing Our Catholic Community

Lent and Easter Resources

PRAYERS

[Creating a Lent Prayer Station for Kids](#)

[Fasting, Giving, Praying](#)

[Lent Resources for Children - CAFOD](#)

[Lenten Prayers and Reflections](#)

[Lent for Kids: Focusing on God's Time](#)

[The Sacrament of Reconciliation for Children](#)

[Stations of the Cross for Children](#)

[Loyola Press: Stations of the Cross for Children](#)

Lent: Moving From “Giving Up” to “Becoming the Change”

- ★ Say sorry. Think about something you have done wrong and say sorry for it.
- ★ Plant some seeds together and care for them as they grow.
- ★ Watch the news and pray for someone or something you have seen on it.
- ★ Say thank you to someone for who they are or what they do.
- ★ Speak with someone you don't normally speak with.
- ★ Ask someone how they are and take time to listen to the answer.
- ★ Make a list of all the good things in your life and thank God for them.
- ★ Think about what might make someone you know happy, then do it.

From: [Mental Health and Wellness for Catholic Schools](#)



ARTS & CRAFTS

[Lenten Resources/Calendar](#)

[Lent: Praying in Colour](#)

[Lenten Countdown Worksheet](#)

[40 Lenten Activities for Catholic Families](#)

[16 Simple Lent Activities](#)

[The Religion Teacher: Lenten Activities and Resources](#)

[Lent Activities for Children](#)

[Resources for Your Best Lent Ever](#)

[40 Ways to Spend 40 Days](#)

[Making Lent More Meaningful for Children](#)

VIDEOS & MUSIC

[CAFOD: A Lent Prayer for Children](#)

[Busted Halo: Lent in 3 Minutes](#)

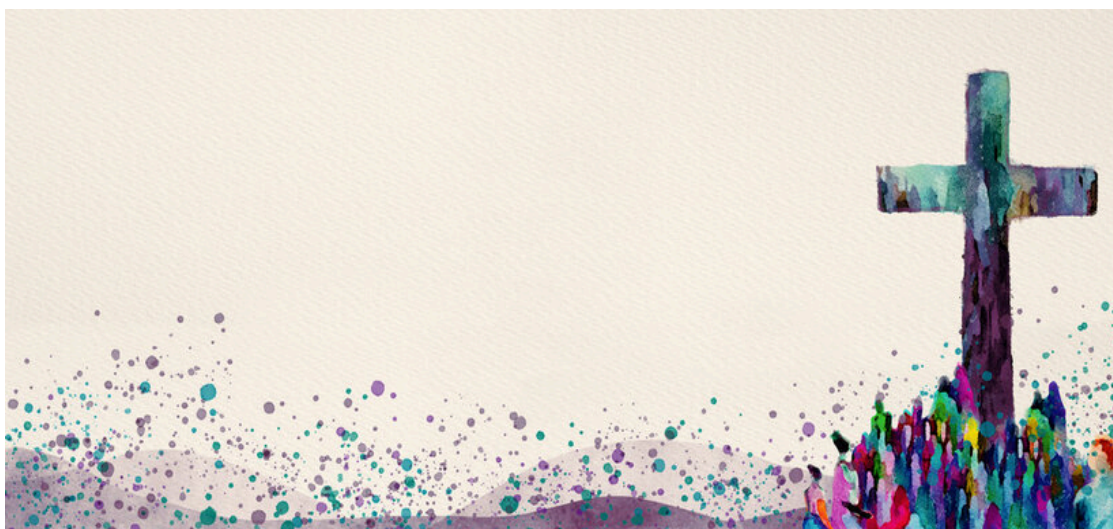
[“Shelter Me” Michael Joncas](#)

[“How Can I Keep From Singing?” NYC Virtual Choir and Orchestra](#)

[Preparing for Lent: Fr. Mike Schmitz](#)

[What’s the Purpose of Lent?: Fr. Mike Schmitz](#)

[Ash Wednesday and Lent in 60 second-with LEGO!](#)



[Were You There? \(For Kids\)](#)

[Catholic Kids Media Resources for Lent \(YouTube\)](#)

[God's Story: Easter](#)

[God's Story: Palm Sunday](#)

[God's Story: The Last Supper](#)

[The Story of Easter: Jesus' Sacrifice](#)

[The Season of Lent](#) - Archdiocese of Toronto

INFOGRAPHIC

We mark our foreheads with ashes to remind ourselves that **we are not of this world** and are made for **eternity with God.**

"For You have made us for Yourself, and our hearts are restless until they find rest in You."
-St. Augustine of Hippo

Ashes are a public sign of our intent to **die to our worldly desires** and **live in Christ.**

Where do the ashes come from?
The ashes are made from the **blessed palms** used in the Palm Sunday celebration of the previous year.



WHY THE ASHES?

As our foreheads are marked with ashes, these words are said: **"Remember, that you are dust, and unto dust you shall return."**

Ashes were used as a sign of repentance in the Old Testament:

"Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession" -Daniel 9:3-4



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What are you doing for Lent?
10 IDEAS FOR A MORE MEANINGFUL LENTEN SEASON

<p>1. Give up sin Show your love for God by keeping his commandments. Turn away from sins.</p>	<p>2. Fast An empty stomach can lead to more attentive prayer. Give the money you saved on food to others in alms.</p>	<p>3. Pray Be in constant prayer. Pray for your family and friends, for those who suffer, and for the Church and the world.</p>	<p>4. Do good works Help those in need. Pray for them and be ready to serve them in their time of need.</p>
<p>5. Give alms Help the poor and support the good works of the Church. Give cheerfully to God who has given us everything we have.</p>		<p>6. Abstain Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.</p>	
<p>7. Do meditative reading Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit, and let God's thoughts and ways influence yours.</p>	<p>8. Control desire for possessions Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.</p>	<p>9. Control desire for entertainment Too much entertainment and other distractions can lead to less or no time for the works of the Lord.</p>	<p>10. Carry out duties in life Serve God by living out your vocation in love each day. God is calling each of us to be a living sacrifice. Offer your daily life through Christ!</p>



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Text from Canadian Conference of Catholic Bishops' "Living Lent"