

# Peeking Through the Palms



Stickers & Stories for Lent

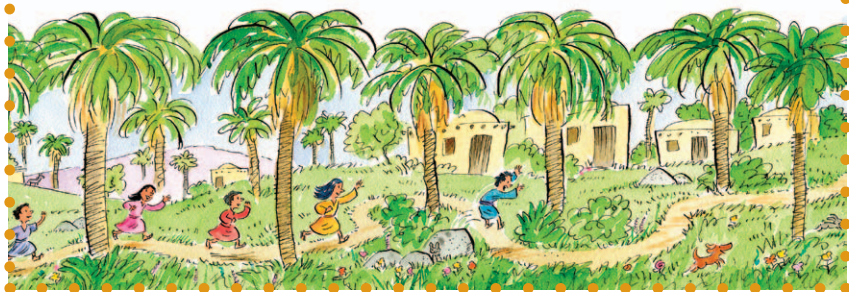
# Peeking Through the Palms

Peek through the palms! See Jesus travel through Jerusalem to do God’s will. He proclaims God’s Word. He cares for the poor and sad. He goes apart to pray. He rides the road to his resurrection. “Hosanna!” God’s People sing.

Peek through the palms! See the Church travel through Lent and Holy Week to do God’s will. We listen to God’s Word. We care for the poor and sad. We go apart to pray. We remember the resurrection of Jesus. He is risen! He will never die again! He calls us to live with him—forever. “Hosanna!” God’s People sing.

Each day this Lent “peek through the palms” by finding a sticker to place on the Palm Poster that comes with this booklet. You’ll find God’s Word to inspire you, together with the answers to all your questions about Lent. Well—at least *some* of your questions about Lent! (Why *is* Lent 40 days long, anyway? Why *do* we “give up” things in Lent?)

**Come, peek through the palms with us!**



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## Ash Wednesday

*“By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus.”* Catechism of the Catholic Church

Peek through the palms and see—the number 40!

Lent is 40 days long. Find a calendar and put today, as day 1. Now write the numbers from 1 to 40 on the calendar but LEAVE OUT SUNDAYS. You should end with the number 40 on a Saturday. Which day is this? The next day should be Easter. Can you find out what day Easter will be this year?



Place the calendar sticker on the poster to remember our journey to Easter.

## Thursday after Ash Wednesday

*“He walked 40 days and 40 nights to the mountain of God.”*

—1 Kings 19:8

The number 40 comes up in the Bible many times. That’s because it was a phrase in Hebrew that meant “a long time.” The prophet Elijah hid from an angry king. Then he walked for 40 days (or a long time) in the desert. Before Jesus returned to God in heaven, he spent 40 days (or a long time) with his disciples.



Place the number 40 sticker on the poster to remember we are getting ready for the greatest holiday of our year: **Easter**.

## Friday after Ash Wednesday

*“For forty days and forty nights, heavy rains poured down on the earth.”* —Genesis 7:12

Peek through the palms and see—40 days with Noah in the ark. God brought Noah and his family into a great boat called the ark. Noah and his family brought in every kind of animal. Then they waited through a long storm. Their stories tells us that the storm flooded the land for forty days and forty nights. God kept Noah and his family and all the animals safe all that long time.



Noah trusted in God. Find the ark sticker and place it on the poster to remember to trust in God.

## Saturday after Ash Wednesday

*"Moses was there with the LORD for forty days and forty nights."*

—Exodus 34:28

Peek through the palms and see—40 days of Moses on the mountain.



Moses climbed the mountain of Sinai to come close to God. He left behind food, to come closer to God. He spent his time in prayer, to come close to God. Moses listened so closely to God that he heard the way God wanted God's people to live. He carved what he heard on stone tablets. He brought this gift back to the people of God.

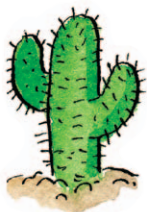
Moses came close to God to hear his law. Find the ten commandments sticker and place it on the poster to remember that each of us can come close to God.

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## Sunday, Week 1

*"Jesus remained in the desert for forty days."* —Mark 1:13

Peek through the palms and see—40 days with Jesus in the desert.



When Jesus was a grown man, he was baptized. Immediately he went to the desert, where God had spoken long ago to God's People. Jesus prayed in the desert, for forty days. Jesus listened to God. Jesus heard God's love for all people. Jesus left the desert to bring God's good news to everybody he met.

Like Moses, Jesus drew close to God. Find the cactus sticker and place it on the poster to remember the desert where Jesus listened.

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## Monday, Week 1

*"The truth will make you free."* —John 8:32

Peek through the palms and see—why we "give things up" for Lent.



Some people say, "I'm giving up candy for Lent!" "I'm giving up television for Lent!" We give things up during Lent for two reasons. We practice freedom. We practice sharing. You'll find out more this week if you do the stickers each day, so don't give stickers up for Lent!

Today find the sticker that says "Lent" and place it on the poster.

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## Tuesday, Week 1

*“It is the Passover sacrifice for the Lord.”* —Exodus 12:27

Peek through the palms and see—God’s People eating the Passover meal.

For more than two thousand years, the Jewish feast of Passover has remembered God’s gift of freedom. Our Jewish brothers and sisters gather together. They share stories and a special meal. They tell how God led them to freedom. For eight days, they give up ordinary bread to remember this special gift.



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## Wednesday, Week 1

*“He brought his people out.”* —Psalm 105:37

Peek through the palms and see—God’s People traveling to freedom.

In Lent, we remember how our Jewish brothers and sisters traveled from slavery to freedom. We practice a different kind of freedom when we give something up. If we have to have candy or television—we’re not really free.



**In Lent we practice: we give up something for a little while.**

**We taste freedom instead of candy! What do you feel you have to have? What could it be like to give it up—just for a little while?**

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## Thursday, Week 1

*“Whatever you did for one of these...you did for me.”*

—Matthew 25:40

Peek through the palms and see—people sharing time.

Another reason we “give things up” during Lent is to have more to share. When we give up television, we have more time to give to others.

Maybe you can help do the dishes or fold laundry without being asked. Maybe you can play with a younger sibling who likes your company.



## Friday, Week 1

*“Lavishly he gives to the poor.”* –Psalm 112:9

Peek through the palms and see—people sharing money.

Another reason we “give things up” during Lent is to have more money to share. When we give up candy, we have more money to give to others. We can use that money to help the poor. We can use that money to help the Church help others, too.



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## Saturday, Week 1

*“Come, follow me.”* –Matthew 19:21

Peek through the palms and see—a different way of life.

Jesus still has many followers who want to be like him. They pray, the way Jesus did. They learn to say “no” to things they might want, the way Jesus did.



What would the world be like if more people chose to live the way Jesus did? How would the world be different?

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## Sunday, Week 2

*“Jesus took Peter, James, and John and led them up a high mountain.”* –Mark 9:2

Peek through the palms and see—Jesus on the mountain top.



Jesus and his friends went to the mountain top. His friends saw Jesus shine as brightly as the sun. “Let’s stay here forever, Jesus,” said Peter. But Jesus would not stay there. Jesus wanted to bring God’s love to all people.

They climbed down the mountain together. They began a long walk to Jerusalem.

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## Monday, Week 2

*“Give to the one who asks of you.”* –Matthew 5:42

Peek through the palms and see—why Lent is a special time to help the poor.

When we give up something, we practice sharing. Sharing with the poor is the first and best way to share. God wants all people to have enough to eat. God wants all people to be warm and safe. God expects God's People to do whatever it takes to make this happen all over the world.



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## Tuesday, Week 2

*"Five loaves and two fish are all we have."* –Matthew 14:17

Peek through the palms and see—5 loaves of bread!

Two fish and five loaves of bread are what Jesus used to feed 5,000 people. Jesus shared the food with every person there.



Make a snack for your family: ask a grownup to help you make popcorn, and share it with your friends.

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## Wednesday, Week 2

*"Sell what you have and give to the poor."*

–Matthew 19:21

Peek through the palms and see—one new way to share with the poor.

The Church asks us to put the poor first.  
Can you think of one new way to do that? You might have a simple meal of soup and bread this week.  
Give the money you save to the hungry.



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## Thursday, Week 2

*"I have found the coin that I lost."* –Luke 15:9

Peek through the palms and see—a treasured coin.

Jesus once taught that God was like a woman searching for a lost coin. She turned the house upside down until she finds it. Then she celebrates! When we find a way to share our own coins with those in need, we celebrate, too. Life is better when all have enough.



Tonight, work together with a family member to turn a jar into a piggybank.

## Friday, Week 2

*"I have found my lost sheep."* —Luke 15:6

Peek through the palms and see—a loving shepherd and his sheep.



Jesus told another lost-and-found story: a shepherd loses a sheep. Even though he has 99 other sheep, he immediately goes out to look for the sheep until he finds it. Who loves you enough to care for you whenever you need it?

Play a “sheepish” version of hide and seek with your friends. Everyone who hides is a sheep. The one who finds them is the Good Shepherd, who looks for the “lost!”

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## Saturday, Week 2



*"He was lost and has been found."* —Luke 15:6

Peek through the palms and see—a lost-and-found son.

Read Luke 15:11-24. When the runaway son comes home to his father, his father loves him, in spite of what he did. He’s just happy that he’s home.

Who are you happy to have in your life?  
Write them a letter and tell them!

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## Sunday, Week 3

*"Whoever drinks the water that I shall give  
will never thirst."* —John 4:14

Peek through the palms and see—a woman at a well.



Jesus is thirsty and asks a woman for a drink of water from the well. She thinks he has a lot of nerve! “Your people don’t even talk to mine,” she tells him.

But Jesus tells her, “I have water to give, too. Living water that will last forever.” What would you say to Jesus next?

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## Monday, Week 3

*“Hold fast to the traditions that you were taught.”*

—2 Thessalonians 2:15

Peek through the palms and see—spring!

The word *Lent* means spring. The word *tradition* means something we do over and over again. Some of our traditions for Lent and Easter come from the season of spring. Some of our traditions come from stories of Jesus.



What does your family do every Easter?  
That’s your family’s special Easter tradition!

This week we’ll look at more traditions of Lent and Easter

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## Tuesday, Week 3

*“Behold, your king.”* —John 19:14

Peek through the palms and see—purple!

Look around your Church next Sunday. Do you see the color purple? We use the color purple in Lent because, long ago, purple was the color of kings and queens. We remember King Jesus in Lent. He never wanted riches or crowns, but we honor him with the color purple.



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## Wednesday, Week 3

*“They were continually in the temple praising God.”* —Luke 24:53

Peek through the palms and see—pretzels!

Pretzels are an old Lenten tradition. Long ago, people gave up eating milk, butter, eggs and lots of other goodies during Lent. To make the plain bread they ate more interesting, they twisted bits of dough into pretzel shapes. Take a good look at a pretzel: it’s supposed to look like arms crossed in prayer. Today find a pretzel and look at it while you say a prayer. Then munch!



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## Thursday, Week 3

*“They found the stone rolled away from the tomb.”* —Luke 24:2

Peek through the palms and see—Easter eggs!



Easter eggs reminded some Christians of the tomb where Jesus lay hidden. When the tomb opened, Jesus rose to new life. Some Christians call out, “Alleluia! Christ is risen!” when they break open a decorated hard-cooked egg.

On a separate piece of paper, draw some designs you can use when you and your family dye Easter Eggs. You can draw right on your eggs with colored pencils.

### Friday, Week 3

*“I never boast, except in the cross of our Lord Jesus Christ.” –Galatians 6:14*



Peek through the palms and see—the cross.

The cross is something we remember in Lent. One tradition is saying the Stations of the Cross. Find the Stations of the Cross on the wall of your church. Go to the last one and pray. Remember: Jesus is risen. Jesus will never die again.



### Saturday, Week 3

*“Make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.” –Matthew 28:19*

Peek through the palms and see—a saint and a three-leaf clover.

Every year we remember Saint Patrick, a bishop and teacher in the green country of Ireland. Patrick used a common three-leaf clover to teach people about God. He touched each leaf and named, “God the Father. Jesus Christ. The Holy Spirit.”

What can you use to teach people about God?



### Sunday, Week 4

*“I am the light of the world.” –Matthew 28:19*

Peek through the palms and see—a man ready for light.

A man who had been blind his whole life long came to Jesus. He asked Jesus to heal him. That was his prayer to Jesus. “I am the light of the world,” Jesus told him. He washed his eyes. The man could see.

How do you pray to Jesus?

## Monday, Week 4

*“Take Mary, your wife, into your home.”* –Matthew 1:20

Today we remember Saint Joseph, who took good care of the child Jesus and the mother Mary. He helped feed Jesus. He taught Jesus to listen to God and pray.



Who takes care of you? How do they do it? Now think: is there a way you can take care of that good person today?

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## Tuesday, Week 4

*“Is he not the carpenter?”* –Mark 6:3

Look through the palms and see...a hammer!

Jesus must have learned how to hammer and build from Joseph. What do you think Joseph and Jesus built together? Find some sheets and chairs and “build” a fort today (without a hammer!) Who can you invite into your fort?

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## Wednesday, Week 4

*“Jesus would withdraw to deserted places to pray.”*

–Mark 6:3

Look through the palms and see...hands in prayer.

Why do we pray? In Lent, the Church asks us to spend extra time in prayer. We pray to come close to God. We pray to remember all those who need God’s help—including us. We pray because, like Jesus, we were born to pray!



Can you pray to God right now? God always listens!

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## Thursday, Week 4

*“I come in the name of my Father.”* –Mark 6:3

Look through the palms and see...Jesus, listening.

Jesus never turned away those who wanted to talk to him or ask him for something. He especially loved children. He scolded his disciples if they tried to shush children and keep them away!



If you could ask Jesus for one thing, what would it be?

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## Friday, Week 4

*“Forgive others their transgressions.”* –Matthew 6:14

Look through the palms and see...forgiveness and peace.



Jesus said that if we want to pray well, we must forgive others. What does it feel like when someone tells you, “I forgive you. It’s okay.” Who would like to hear those words from you today?

*If you could ask Jesus for one thing, what would it be?*

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## Saturday, Week 4

*“Lord, teach us to pray.”* –Luke 11:1

Look through the palms and see...Jesus’ own prayer.

The friends of Jesus asked him to be their teacher. “Teach us to pray,” they said. Jesus taught them the most famous prayer in the world: the Our Father. Ask your family to pray with you:

**Our  
Father**

Our Father, who art in heaven, hallowed be thy name.  
Thy kingdom come. Thy will be done, on earth as it is  
in heaven. Give us this day our daily bread, and forgive  
us our trespasses, we forgive those who trespass  
against us. And lead us not into temptation, but deliver us from evil.

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## Sunday, Week 5

*“Lord, I have come to believe.”* –John 11:27

Look through the palms and see...Jesus’ friend Martha.



Not all the friends of Jesus traveled with him. Martha kept a home near Bethany with her sister Mary and her brother Lazarus. When Lazarus died, Mary and Martha cried. But Martha said to Jesus, “I know you are God’s chosen one. I know my brother will rise.”

Jesus gave Lazarus new life—before he himself died and rose again.

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## Monday, Week 5

*“The angel Gabriel was sent from God.”* –Luke 1:26

Peek through the palms and see—an angel with mother Mary.

God sent an angel to Mary. Through the angel, God asked Mary to be the mother of baby Jesus, Mary said, “Yes!” We celebrate the angel’s wonderful “announcement” today.



Make a paper megaphone. Ask your family to take turns announcing one good thing that happened to them today. Then give thanks for all God’s good gifts.



## Tuesday, Week 5

*“Indeed the word of God is living.”* –Hebrews 4:12

Peek through the palms and see—another gift of Lent.

Why do we read the Bible in Lent? We call the Bible “God’s word.” People wrote the Bible, but when we read it we can hear how God’s People have listened to God’s words for thousands of years.



Find your family’s favorite Bible. Find the table of contents. See if you can find today’s verse in the Bible. (The words might be different.)



## Wednesday, Week 5

*“All scripture is...useful for teaching.”* –2 Timothy 3:16

Peek through the palms and see—the waters of baptism.

When people are getting ready to be baptized, they spend time reading the Bible. Long ago, people might spend two years reading the Bible with teachers before they were baptized.



Ask a parent or grandparent to tell you the story of your baptism.



## Thursday, Week 5

*“Do this in remembrance of me.”* –1 Corinthians 11:24

Peek through the palms and see—the word at Mass.

Long ago, people had to wait to be baptized. Until they knew the



Bible, they couldn't be baptized. Until they were baptized, they couldn't listen to the whole Mass. The word helps us get ready for baptism, get ready for Mass, get ready for Easter!

Next time you're at Church, watch what the reader does to read God's word with care.

## Friday, Week 5

*"The Word was with God, and the Word was God."* —John 1:1

Peek through the palms and see—the word at Easter.



The word helps us get ready for Easter. When we come together for the great vigil on Easter eve, we'll light candles and listen to God's word. We'll hear how God made the heavens and the earth. We'll hear how God brought his People out of Egypt. We'll hear the best word of all: that Jesus is risen, and we will live with him forever.

## Saturday, Week 5



*"The word is near you, in your mouth and in your heart."* —Romans 10:8

Peek through the palms and see—the word in your own heart.

What's your favorite story in the Bible? Tonight, ask this question of each member of your family. Share your stories together!

## Palm Sunday



*"Hosanna! Blessed is he who comes in the name of the Lord!"* Mark 11:9

Why were people "peeking through the palms" to honor Jesus? Palms were a tree that grew all around Jerusalem. God's People used palm branches to honor kings or to celebrate feasts. In one feast, they would shout, "Hosanna!" which means "Save us, Lord!"

As Jesus rode into Jerusalem, people waved branches to honor him. "Hosanna!" they shouted. "Save us, Jesus!"

And Jesus did.

## Monday, Holy Week

*“Others spread leafy branches they had cut from the fields.”* Mark 11:8

Peek through the palms and see—our own gifts to wave for Jesus.



Most of us don't have palm branches near our house.

Go outside today: what do you have nearby? Dandelions growing through sidewalks? Fallen branches or twigs or leaves in your yard? Bird feathers caught in a bush? Choose one or more of these to wave in honor of Jesus. Hosanna!

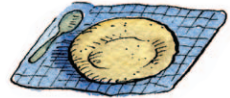


## Tuesday, Holy Week

*“My children, I will be with you only a little while longer.”* John 13:33

Peek through the palms and see—Jesus at dinner with his friends.

This week we remember Jesus, and all he did for God's People when he walked among us. Almost the last thing he did was something so ordinary we do it every day. He ate a meal with his beloved ones.



Tonight at dinner, look at each person at the table and know: Jesus is with him. Jesus is with her. Jesus is with me.



## Wednesday, Holy Week

*“The spirit of the Lord is upon me.”* Luke 4:18

Peek through the palms and see—oil to remember the Christ.

Tomorrow morning oil will be blessed and set aside in honor of Jesus, the Christ. What does the word *Christ* mean? It means one who has been anointed. Long ago, people were anointed with oil running onto their head. But Jesus tells us that his anointing is different. God has chosen Jesus and anointed him with the Holy Spirit.



And God has anointed you, too! You have been given that same Holy Spirit in baptism.



## Holy Thursday



*“He poured water into a basin.”* John 13:5

Jesus knelt in front of his friends and washed their feet. In Jesus’ day, this was one way to make a guest feel especially welcome. We don’t do that anymore!

How do we make people feel welcome to our homes?  
Today, take turns with your family making each one of you feel especially welcome.

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## Good Friday



*“Jesus knew that his hour had come.”* John 13:1

Today is the day we remember how God made the whole world new, through Jesus, our brother. Go for a walk today with a family member or friend. Aloud or silently, thank God for seven beautiful things you see in God’s great new world.

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## Holy Saturday, Easter Vigil

*“I remember you through the watches of the night.”* Psalm 63:7



We peeked through the palms to see Jesus with God’s People long ago. We peeked through the palms to see God’s People today remember and celebrate the life and work of Jesus.

Tonight we will remember the whole story of God’s People and Jesus in the Easter Vigil. We will light candles together to remember: Jesus is our Light—and we are his lights for the world.

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## Easter Sunday

Alleluia! Christ is risen! Tell the good news to your family and friends. Then look in a mirror and tell yourself, too! Alleluia!

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