Discovering Lent's SECRETS

Activities for Lent & Holy Week



Imagine if Lent were a treasure hunt: we could search for clues to find something valuable that might change our life. Every clue would lead us closer to the hidden treasure. Why? Because in Lent, we are getting ready for something hidden–and something wonderful!

What clues will we find?

We'll look at stories and stained-glass windows. We'll see Jesus in the desert and Jesus on the mountain. We'll see the friends of Jesus long ago and the friends of Jesus today. We'll see candles, cooking–even a peek at Christmas! We'll discover the days of Lent and the one, great surprise for which we get ready every single day of Lent!

So grab your magnifying glasses, binoculars, telescopes, microscopes and spyglasses: let's look for the clues to discover the treasure of Lent.



ASH WEDNESDAY

Your Father who sees in secret will repay you. —Matthew 6:6

Shh! Jesus Has a Secret

Ash Wednesday is a clue about the whole season of Lent! When we "look inside" Ash Wednesday, we see people gathered together to listen to Jesus. To pray to God. To give to others. To get ready to make changes. We listen to the Gospel, and hear Jesus tell us all about the things we do for Lent. And the first thing Jesus tells us is: keep it secret! Only God needs to see what we do in Lent. Whatever you choose to give up or do for Lent can be your secret to tell Jesus!



Activity

Tell Jesus a secret. What change would you like to make during the 40 days of Lent?

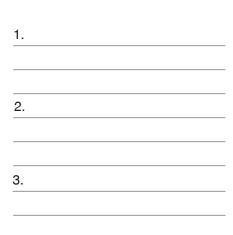
THURSDAY after Ash wednesday

Your almsgiving may be secret. —Matthew 6:4

Give in Secret

The word **alms** means a gift to those in need. **Almsgiving** means the gifts we give to those in need. Some people give money to charity. Others volunteer at a soup kitchen to feed the hungry. Others donate food to a food bank. You and your family can look at what clothes, toys, or other items you can give to others. Can you choose items that are good and almost new?





Activity

Take a closer look at almsgiving! Can you look at the illustration and find 5 secret ways people are giving to others? Talk this over with your family: how do we give to others?

FRIDAY after Ash wednesday

Pray to your Father in secret. —Matthew 6:6

Pray in Secret

Sometimes we pray together with words we all can hear. Jesus prayed that way, too. But sometimes we pray in secret, alone with God. Jesus did that often! He would go apart even from his best friends to be alone with God.





Activity

Look at the illustrations above. What do you think each child is saying to God?

SATURDAY after Ash wednesday

When you fast, do not look gloomy. —Matthew 6:16

What Lent is Like?

So far, we see that Lent is for giving to others. Lent is for praying to God.

Lent is for fasting, too! The word fast means different things. When we run, we like to run fast! But the word fast also means to "give up" something.

Maybe we give up chocolate-and save that money for almsgiving.

Maybe we give up an extra half hour of video game—and spend that time playing with a younger brother or sister.



Wash

Activity

Unscramble the letters above and you'll read what Jesus wants us to know about how we can give and pray and fast! (*Need a clue? Look at Matthew* 6:16-18.)

ISt SUNDAY Of Lent

The Spirit drove Jesus out into the desert. —Mark 1:12

Windows of the Word

Some of our churches have stained glass windows with pictures that tells stories from the Bible. Does your church have any windows like this? When we look at these windows, we can see stories that matter most to us. Each week, we will look at the story of each window all week long. In this window we see Jesus in the desert. The Devil tempts him with food and power, but Jesus stands up for himself and remains true to his beliefs.





Activity

This window needs a hot desert sun and warm desert sand. Can you make this window glow with color?

ISt MONDAY Of Lent

He remained in the desert for forty days. —Mark 1:13

Jesus Goes to the Desert

What do you imagine when you hear the word **desert?** The People of God had many desert stories. Now Jesus goes to the desert to have his own desert story. Jesus travels to the desert, just as many of God's People did before him. He stays there for forty days. Jesus lives with the hot sun, burning sand and jagged rocks, to come as close as he can to the God of us all.



brought [Elijah] bread and meat in the morning. (1 Kings 17:6)



Moses led God's people in the desert for 40 ______ (Numbers 32:13)



John the _____ appeared in the desert. (Mark 1:4)

Activity

Find the desert stories above and finish their titles!

Answer: Ravens,years, Baptist

ISt TUESDAY Of Lent

He remained in the desert, tempted. —Mark 1:13

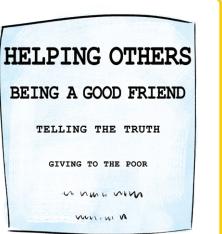
Tempted in the Desert

When we are tempted, we have to choose: will we be ourselves at our best?

Peek at the eye doctor's chart to the right. Who was Jesus at his best? What did Jesus choose to do?

Circle the one that matters most to you. Are there any we left out?

Activity



Now make your own chart: Who are you at your best?



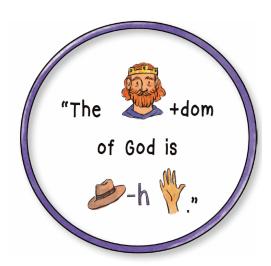
ISt WEDNESDAY Of Lent

He was among wild beasts, and the angels ministered to him. —Mark 1:13

Messages from God

The word **angel** means messenger. Angels in the Bible all do one thing: they bring messages from God. When Jesus was in the desert and was tempted, angels were with him. Messages from God helped Jesus choose to say and do what was best.

As soon as Jesus came back from the desert, he had a message, too!



Activity In this window, you can find a message from Jesus–written as a puzzle.

ISt THURSDAY Of Lent

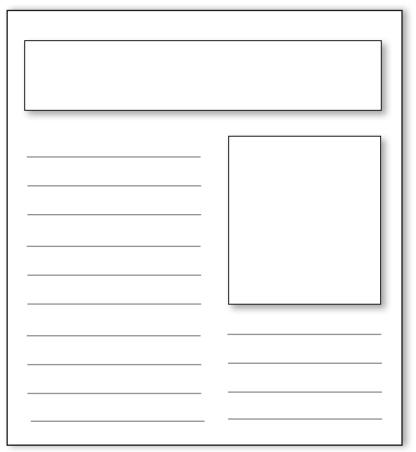
Jesus came to Galilee proclaiming the gospel. —Mark 1:14

Good News

The word **Gospel** means: good news! Jesus brought good news from God for the whole world. He said, "Now is the time!" He said "All God's promises will now come true." He said, "Now God's way of life will come to all the earth."

Activity

Can you find your own words or pictures to tell God's good news to others?



ISt FRIDAY Of Lent

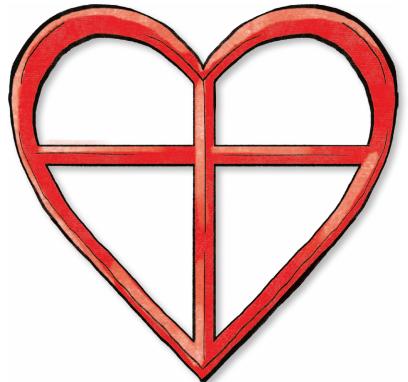
Believe in the gospel. —Mark 1:15

Believing Good News

Every Sunday we say the Creed together. The word Creed comes from the word for heart. We give our hearts to God. We give our hearts to Jesus. We give our hearts to the Holy Spirit. It's a way we have of saying we love God and trust God with all our hearts. What if there was a window into your heart? Would it show what you loved? Don't worry– there's room in our hearts for everything and everyone we love!

Activity

Fill the heart below with the names of God, Jesus, and the Holy Spirit-then with the names of everyone and everything else you love, too.



ISt SATURDAY Of Lent

For forty days. —Mark 1:13

Lenten Word Search

The purple days of Lent last from Ash Wednesday until Easter Sunday, but we only count forty days because we never count the Sundays. Go find a calendar for this year and try for yourself!



2Nd SUNDAY Of Lent Jesus led them up a high mountain. —Mark 9:2

Jesus on the Mountain

Now we find another clue about Lent: Jesus is on the mountain top. His friends Peter, James, and John are with him. The prophets Moses and Elijah are with him. The voice of God, from a cloud, is with them all. In this story God shows the glory of Jesus, who shines like the sun. What do you think that looked like?





Activity

2nd TUESDAY Of Lent

He was transfigured before them. —Mark 9:2

Changing with Jesus

The word transfigured

means "changed"-but an amazing kind of change! On the mountain, the friends of Jesus see him shine with God's glory. They see old heroes of God, Elijah and Moses, talk to Jesus. Elijah and Moses tell Jesus about God's love long ago. Peter says to Jesus, "It is so good that we are here!"

Activity What would you say to Jesus?

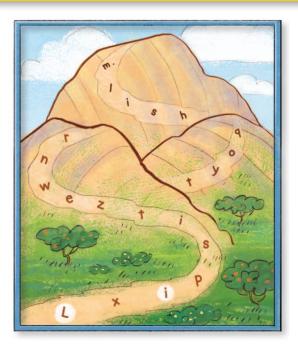


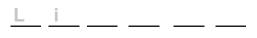
2Nd WEDNESDAY Of Lent

It is good that we are here! —Mark 9:5

Up the Mountain with Jesus!

The friends of Jesus were glad they had climbed the hard mountain to be with Jesus. They were glad to hear God's words. They were glad to see him shine with light.







Look at this picture to see a map of a mountain. You can find how to join the friends of Jesus on the mountain by circling every other letter on the map's puzzle!

2nd THURSDAY Of Lent

Elijah appeared to them, along with Moses. —Mark 9:4

Elijah and Moses

We met Elijah and Moses already, in desert stories.



Draw a line to match the names below with the right

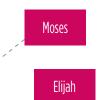
stories. There are clues in the Bible if you need them!



Heard a still, small voice. (1 Kings 19:12-13)



Brought down the Ten commandments. (Deuteronomy 5)





Led God's people. (Exodus 14)



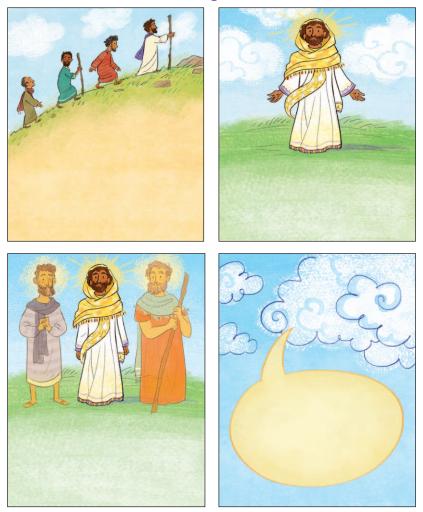
Fed by ravens. (1 Kings 17:6)

Answer: Moses: Ten Comandments & Led God's people; Elijah: Fed by ravens & Heard small voice



From the cloud came a voice. -Mark 9:7

A Storyteller



Activity

Look at the pictures above to find a storyteller who needs your help. The four panels show the story of the Transfiguration but the words are missing! Can you finish the story? Look for help in Mark 9:2-8.

2Nd SATURDAY Of Lent

Listen to him. —Mark 9:7

Close to Jesus

The story of Jesus on the mountain tells us many things about Jesus. The story tells us that Jesus wants to be with his friends. The story tells us that God is happy to show Jesus to his friends. The story tells us that God wants us, the friends of Jesus, to listen to Jesus.



Activity

The family above wants to stay close to Jesus. What ideas does each family member have?

3rd SUNDAY Of Lent

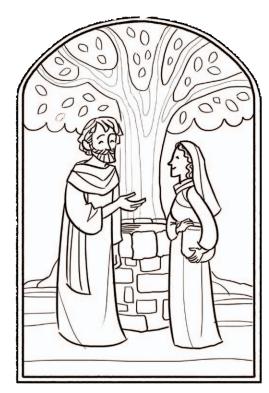
Jesus sat down there at the well. —John 4:6

Jesus and the Woman at the Well

Back to church to find another unfinished stained glass window! Jesus meets a woman getting water from a well. He asks her for a drink, and she is surprised. He's a stranger, and she doesn't talk to strangers! Jesus tells her if she knew who he was she would give him a drink–and then he would give her one. But his drink would give her eternal life with God. She no longer sees a stranger. Now she sees that Jesus is the Messiah.

Activity

This picture needs the colors of a clear, happy day with friends. Can you make this picture glow?



3rd MONDAY Of Lent

Jesus, tired from his journey, sat down. —John 4:6

Jesus Gets Thirsty!

We get thirsty when we run and play. We get thirsty when we eat salty foods. We get really thirsty when we walk a LONG time under a HOT sun. That's what Jesus did in today's story: walk a long time under a hot sun. Jesus is the Son of God, but he's a human being, just like us. He gets sad. He likes to laugh. Sometimes he wants to be by himself. Many times he wants to be with friends. He gets hungry. He gets thirsty.



Activity

So Jesus needs to find his way to the village well! Help him find his way in the maze above.

3rd WEDNESDAY Of Lent

A spring of water welling up to eternal life. —John 4:14

Water of Baptism

In Lent, some of us are getting ready to be baptized and join the Church! We call these people "the elect," or "the chosen": God has chosen them to be baptized. They have chosen to say "Yes!" to God.





Ask a parent to tell you the story of your baptism, when you were chosen by God.

3rd THURSDAY Of Lent

"Sir, give me this water that I may not be thirsty." —John 4:15

Jesus Chooses a Helper

Jesus invited the woman at the well to give him water. Why did she come alone to the well? Was she tired and thirsty, too? We know the answers to some questions: Q. Why did Jesus ask her for water?

A. Because he was thirsty! Q. Why does the woman ask him if he is the Messiah or Christ?

A. The word Messiah or Christ means anointed. The friends of Jesus and the woman at the well were all waiting for a person who would be sent by God, called the Messiah. God's Messiah would save all people. Q. Is Jesus the Messiah for whom they wait? A. Jesus says, "Yes. I am he." We believe him and call him Jesus Christ.

When the woman hears this, she runs into town. Now she helps Jesus in a new way. Now she tells all the people in her town about Jesus.

Activity

Draw up the letters from the well and put them

into the words here to find out what she says to the people. (You'll find clues in John 4.)

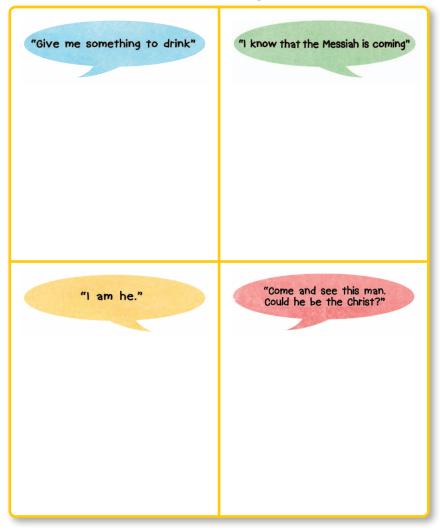


Co e _ee a ma__. Cou_d _e po___ibly be the __hris__?

3rd FRIDAY Of Lent

We have heard for ourselves. —John 4:42

A Second Storyteller



Activity

The four panels of the picture tell the story of the Woman at the Well but this time the pictures are missing! You be the storyteller and draw the pictures. 3rd SATURDAY Of Lent My food is to do the will of the one who sent me. —John 4:34

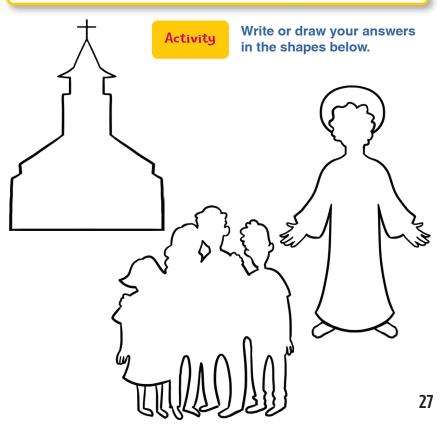
Anointed with The Spirit

We said the word **Messiah** means "anointed." But what does anointed mean? It usually means something is poured or rubbed on the body. In days even before the days of Jesus, kings had special oil poured on their heads. Jesus, however, is anointed with the Holy Spirit of God – AND SO ARE YOU! God anointed Jesus with the Holy Spirit so he could do what God wants done on all the earth:

- · Feed the hungry.
- Tell God's good news.

• Love those in need most of all. How does your Church do

this? How doese your family do this? How did Jesus do this?



4th SUNDAY Of Lent

There was a Pharisee named Nicodemus. —John 3:1

Jesus and Nicodemus

This stained glass window shows a scene at night! Nicodemus sneaks out at night to see Jesus in secret. Nicodemus is a teacher, but he wants to meet God's own Teacher: Jesus. Jesus teaches him something new that he doesn't expect. Those who stay in the darkness of night can't see God's light. "God's light" is the way God wants us to live. When we look at how Jesus lives, that's what we see: God's light. Nicodemus will have to choose: will he stay in the night or follow Jesus? This is new teaching for Nicodemus! Think about a time when you learned something new. What difference did it make to you?

Activity

This window needs the light of moon and stars so two teachers can talk by night. Can you make this picture glow?





He came to Jesus at night. —John 3:2

Nicodemus Comes at Night

One surprise in this week's Gospel is that Nicodemus comes to Jesus at night. Nicodemus likes to hear Jesus teach, but he is afraid that others will be angry with him for listening to Jesus. Not everyone wanted Jesus to keep teaching.

The story of Nicodemus also tells us something about Jesus:

Jesus is a kind of light. When we turn on a light, we can see things we can't see in the dark. When we come close to Jesus, we see things in a new way. When we turn on a light, we feel less fear. When we come close to Jesus, we feel less afraid.

When Nicodemus gets close to Jesus, he'll be less afraid, too. Help him find his way.

Activity

For each verse that you finish, draw a flame on one of the candles.

- God said, "Let _____ light." (Genesis 1:3)
- 2 The Lord is my light and _____. _____. (Psalm 27:1)
- Whoever lives the truth _____ __ __ ___ ___ ___

- ____ 3

the light.

4 Live as _____ of light, for light produces every kind of _____. (Ephesians 5:8-9)

4th TUESDAY Of Lent

God so loved the world that he gave his only Son. —John 3:16

God's Best Gift

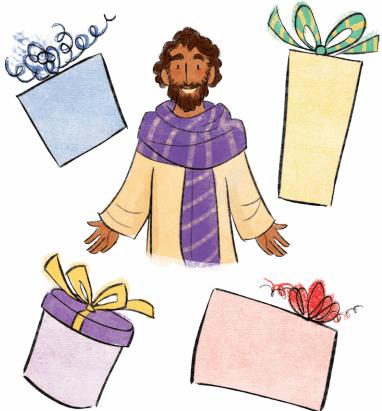
All day long God gives us gifts: the light of morning. Water to drink. Food to eat. People to love, and people who love us.

Best of all, God gives Jesus

for every grown up and every child in the whole world. What gifts from God do you love best? We've put God's best gift, Jesus, right in the center.

Activity

Write or draw other gifts from God in the gift boxes below.



4th WEDNESDAY Of Lent

Everyone who believes in him may have eternal life. —John 3:15

We Believe

Remember the Creed? We say it together at Mass to remember what we believe and trust about God: that God is Good. That God is the Maker of everything and everyone. That God's own Son is Jesus, true God and true human being. That God and Jesus give us the Holy Spirit to teach us all things.

Talk this over with your family: what do we believe, as a family? In what or in whom can we always trust?



We believe

We believe

We believe

Activity Ask your family to talk together to finish the three sentences above.

4th THURSDAY Of Lent

Joseph, son of David, do not be afraid. —Matthew 1:20

Christmas in Lent

Well, just a PEEK at Christmas. During Lent every year we celebrate the feast of St. Joseph. Does your family have a crèche Nativity set? Ask a parent if you can set it up. We see the baby-that's Jesus. We see the mother-that's Holy Mother Mary. And we see a father-that's St. Joseph. That's who God asked to take care of baby Jesus and Mother Mary.

Activity

We're going to take two peeks at Christmas. For this week, look in Matthew 1:18-21 to find clues to fill in the words below.



Now this is how the birth of Jesus _____ came about. When his mother Mary was betrothed to Joseph, she was found with child through the Holy Spirit. Joseph, her _____, since he was a _____ man, [was] unwilling to put her to shame. Such was his intention when, behold, the ______ of the Lord appeared to him.

> Next Wednesday we will take our second peek at Christmas!

4th SaturdAy Of Lent

Whoever lives the truth comes to the light. —John 3:21

Candlemakers

Look at the picture below. We are more than halfway finished with Lent, and people are hard at work, getting ready for the hidden surprise. This woman is making and decorating candles. Part of the mysterious surprise is the big candle in the corner.

Activity

Can you find these signs below on the mysterious candle in the picture?





This is a Greek sign called omega, which means "end."



This is a cross, remembering Christ.

2023

This names a year. 5th SUNDAY Of Lent A grain of wheat produces much fruit. —John 12:24

The Wheat that Bears Fruit

In this stained glass window we see a bundle of wheat. Wheat makes flour, and flour makes bread. We eat God's own bread every Sunday at Mass. To make flour, we crush the wheat. To make enough wheat to crush, we bury the wheat in the ground. Then the wheat will spring up with plenty more wheat, wheat to turn into flour and bread to feed to the hungry. Jesus gave bread to the hungry. Jesus broke bread with his friends and followers at the last meal he ate on earth. We call Jesus the Bread of Life: that means, with Jesus we have what we need to live closely to God our whole lives long.

Activity

This window should shimmer gold with the color of the wheat. Can you make this picture glow?





5th MONDAY Of Lent

A grain of wheat falls to the ground. —John 12:24

Grain of Wheat

We come closer to the surprise we talked about right at the beginning of Lent. We all get ready for this surprise in different ways. Some are getting ready to be baptized. Some are making candles for the big night.

And one way to get ready is to grow wheat and see for yourself what happens to a "grain of wheat" that falls into the ground.

Activity

With a parent, buy grass seed or hard red wheat seed at a garden store or natural foods store. You only need a few tablespoons!

Next:

- 1. Soak the seeds overnight.
- 2. Put potting soil in a clay saucer for plants.
- 3. Add water to the potting soil and squeeze it with your hands, until it feels like a damp sponge. This is messy!
- 4. Sprinkle the wet seeds on the soil.
- 5. Sprinkle a bit of dry potting soil over the seeds.
- 6. Keep it moist. You can put some plastic wrap on to help, but take it off as soon as you see a bit of green.
- 7. Now move your saucer to a sunny spot. What happens?



5th TUESDAY **Of Lent**

Give us this day our daily bread. The Our Father

Lenten Bread

In Lent, people once ate a special sort of bread. Its shape reminded them of arms crossed in prayer. We still eat

these today. Peek through the window. Can you guess what bread it is? Pretzels!

Activity

Write a short prayer on the pretzel shapes below. We've given you a few short prayers that we all know, but you could make up your own, too.



5th WEDNESDAY Of Lent

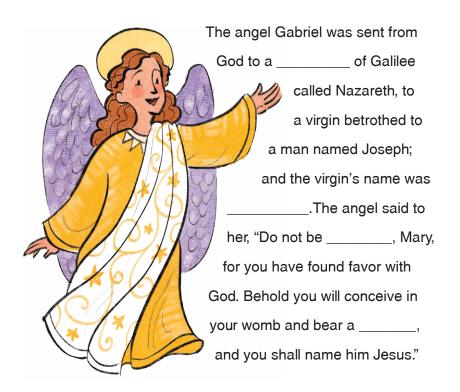
Mary said, "Behold, I am the handmaid of the Lord." —Luke 1:38

Christmas in Lent

Here comes our second peek at Christmas. During Lent every year, we remember how God chose Mother Mary to be the mother of God's own Son, Jesus Christ.

Activity

For this week's peek at Christmas, look in Luke 1:26-31 to find clues to fill in the words below.



5th Thursday Of Lent

I am the bread of life. —John 6:48

Easy-peasy Pretzels

As we said previously, Christians have eaten pretzels for hundreds of years to remember Lent and Lenten prayer.

Activity

Here's an easy way to make some for your family. Ask a parent to help with putting

them into the oven and getting them out!

- 1. Ask a parent to turn the oven on to 350.
- 2. With a parent, break open a tube of refrigerated dough breadsticks.
- 3. Separate into individual "ropes" of dough.
- 4. Butter a baking sheet.
- 5. Shape each rope into a pretzel shape. Can you see the arms crossed in prayer in each pretzel?
- 6. Sprinkle each pretzel with coarse salt and lightly press the salt in.
- 7. Ask a parent to slide the baking sheet into a hot oven. Bake 10-12 minutes.



5th FRIDAY Of Lent

This is the bread that came down from heaven. —John 6:58

Bread From Heaven

The Bible is full of stories of bread from heaven! When the People of God wander in the desert, God feeds them with manna. When Elijah wanders in the wilderness, ravens bring him bread from God. When Jesus teaches 5,000 people in the wilderness, he feeds them all with five loaves of bread.



Activity

Can you find the right "bread" for each story? Draw a line to match the story in the Bible.

- 1. The ravens bring bread to Elijah.
- 2. Jesus feeds 5,000 with five loaves of bread.
- 3. God feeds the people with manna (food).

5th SATURDAY Of Lent Whoever eats this bread will live forever. —John 6:58

Bread of Jesus



Jesus himself is the bread we share at every Mass. Tonight or tomorrow at Mass, look for these items. Can you match their names to the pictures below? Go ahead and label them.

- chalice
- paten
- host
- altar



paim SUNDAY

This is Jesus the prophet, from Nazareth in Galilee. —Matthew 21:11

One More Stained Glass Window to See!

Jesus rides a donkey surrounded by children with palm leaves. Jesus' followers filled the road with palm leaves as Jesus rode into Jerusalem, just as they would for a king riding home in victory. "Hosanna!" they yelled, which means: "Save us! Now!" These people who loved Jesus wanted Jesus to be their king. They wanted to come as close to God as they could, and they knew: Look at Jesus, and he will show you how to live closely to God.

Activity

This window needs the green of fresh palms on a joyful road. Can you make this window shout with color?





Wait for the Lord. —Psalm 27:14

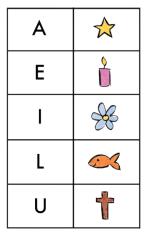
Final Preparations

We have peeked through many windows this Lent, as we draw near to the big surprise of Easter. We have seen people get ready to be baptized. We have seen candles and bread prepared for the big surprise. This week, we will go to Church more than once to get ready! Each day we'll look into the Church to find one more way in which the People of God are getting ready.

Today we see so many changes in the Church that have happened over Lent! We still sing, but the instruments don't play without us.

Activity

This week, crosses and statues and pictures are veiled. And no one says the "A" word! Which word is that? Solve the code below to find out!



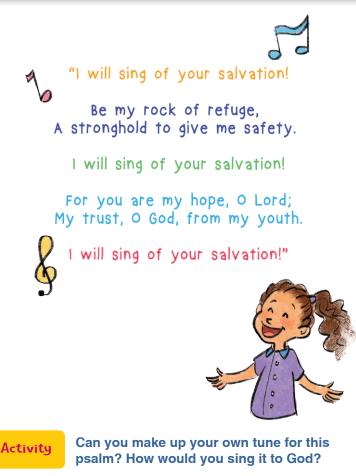


HOIY WEEK TUESDAY

I sing your praise. —Psalm 71:23

The Bible's Holy Songs

The word psalm means "song." There is a whole book of songs in the Bible. Long ago, Jesus sang these songs, too, but we don't know what tunes he used. This week, people gather in the Church to practice the songs they will sing for the big surprise of Lent!



HOIY WEEK WEDNESDAY

For the Lord hears the poor. —Psalm 69:34

Helping the Poor

How does your parish help the poor? Do you collect money in baskets to share with the poor? Do you keep a closet of clothes for the poor? Is there a kitchen in your parish that makes food for the poor? Every day, but especially in Lent, we remember to serve the poor.

Jesus said, "Whatever you do for the poor, you do for me!" You can help the poor, too.

Activity

Choose 5 items you are willing to give to Jesus. Put them in a bag and ask your parent to help you give them to a group that helps the poor.



HOIY THURSDAY

He took a towel and tied it around his waist. —John 13:4

Foot Washing

Tonight at church we see something that is done only once a year. People come up to the sanctuary and the priest washes their feet. Why do we do this?

Activity

Find mixed-up words on the pitchers of water below. Unscramble each word to complete the story and find the answer! *(Find help in John 13:5 and John 13:12-15.)*



Jesus poured ______ into a basin and began to wash the disciples' feet. When he had washed their ______ and put his garments back on and reclined at the ______ again, he said to them, "If I, the master and ______, have washed your feet, you ought to ______ one another's feet. I have given you a model to ______."

GOOd FRIDAY

"Father, into your hands I commend my spirit. " —Luke 23:46

Understanding the Cross

In this picture we see something hard to understand: the cross where Jesus died. God loves Jesus. We love Jesus. Jesus is the true Son of God. Yet just like every human person, Jesus died.

When it was almost the day of Jesus' death soldiers came to arrest him. They asked, "Are you Jesus?" And he answered, "I AM." This is the name of God. God was One with Jesus even as soldiers came. God was One with Jesus even as Jesus died on the cross.

Activity

On the cross, write words from the bottom to the top that are words from Jesus to God. (For example, you can write, "Father, into your hands.")

Now write words from one side to the other that are words from God to Jesus. (For example, you can write the words from Mark 1:11. Look them up!



HOIY SATURDAY

There was a garden, and in the garden a new tomb. —John 19:41

Waiting in Silence

This is the one morning of the whole Church Year in which no one says Mass! The Church is hushed this morning...because the surprise of Easter is almost here. At church all is being prepared for tonight. The Easter candle is ready for the surprise. Those who are to be baptized are remembering what they must do. The bread and wine are made ready for sharing at Mass.

Activity

How will you and your family get ready for the surprise of Easter? Look at how these families get ready, and circle the ways your family gets ready, too.



Easter SUNDAY

Alleluia, alleluia, alleluia! From the Easter Vigil

Easter Means New Life

Now the surprise of Easter is here at last! Now we know why candles were ready to light. Now we know why even the cross is part of our happy celebration.

Jesus is risen! Jesus our light, and we have candles to

show it. Jesus used the cross to go through death and into new life, so we raise even the cross in celebration. His friends in Jerusalem rejoice! We rejoice with them. Hallelujah: Christ is risen.

Activity

One picture shows the Church during Lent. The other shows the Church at Easter. How many differences can you find?



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