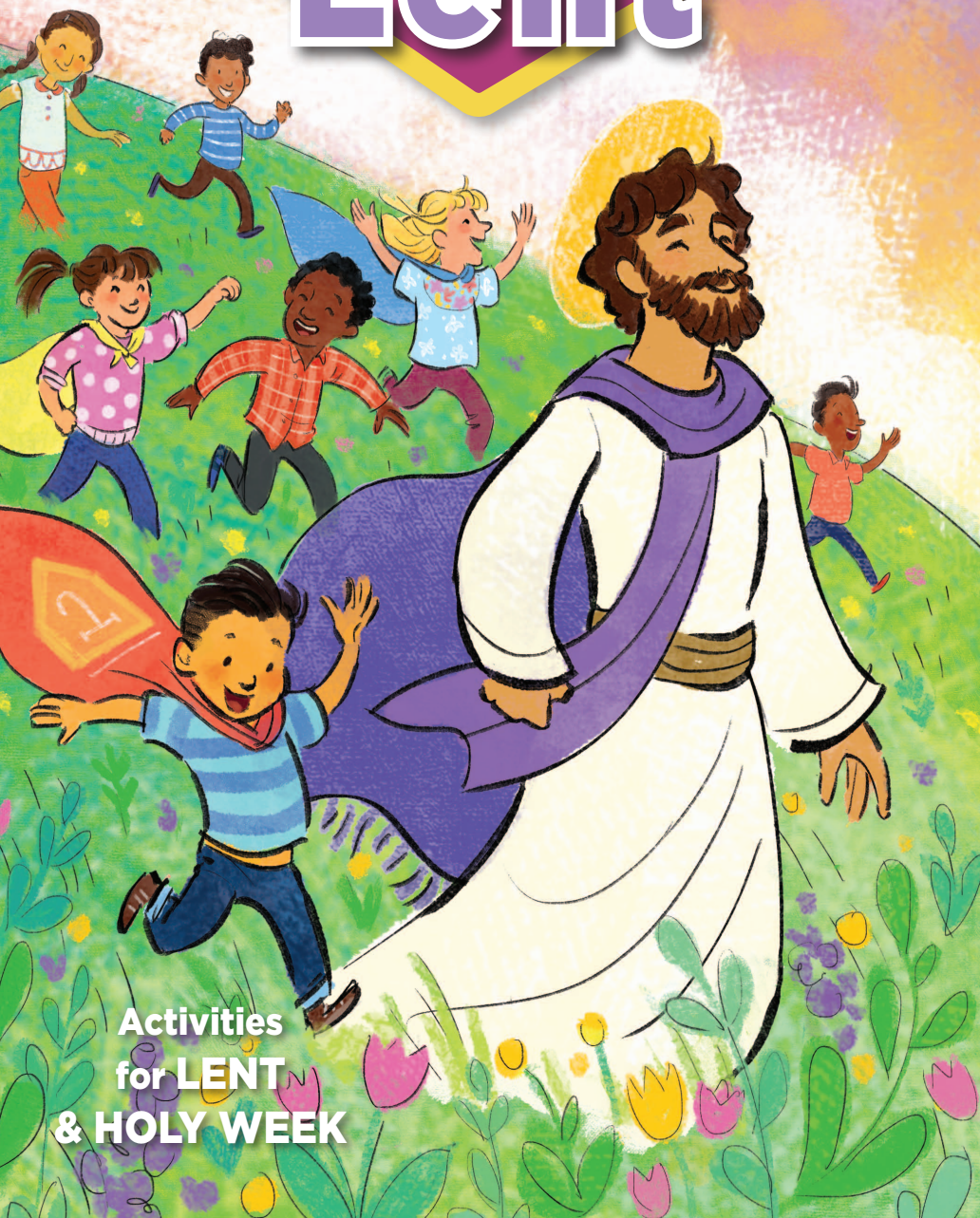


# Heroes FOR Lent



Activities  
for LENT  
& HOLY WEEK



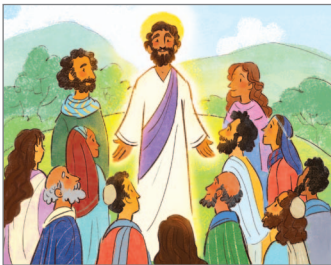
## Heroes for Fun, Heroes for Real

Do you like to watch superheroes on television or at the movies? Do you like to read stories about them in comic books? Which heroes are your favorites? What do they do that's different from other heroes? Usually we like our superheroes because they stand for what's best in life: for truth, for justice, for kindness.

People have always loved stories about heroes—even in the Bible! The Old Testament tells hero stories about Moses! Moses was hidden from his enemies as a tiny baby floating in a basket on the river. When Moses grew up, he stood up to the most powerful ruler in the world. He talked this ruler into letting God's people escape from their slavery. He was helped by other heroes, too. His brother Aaron helped Moses speak to the ruler. His sister Miriam led the women in song as they crossed the river to freedom.

In the New Testament we meet more heroes. Blessed Mary says "yes" to God, and baby Jesus comes to our world. Just like Moses, he was saved from his enemies—even while he was still a baby. Just like Aaron, he spoke to powerful rulers for God's people. Just like Miriam, he sang praise to God even on the hardest day of his life.

We have fun when we read stories of heroes in comics or watch them on the screen, but Jesus is the real hero—God's hero. And the best part? Jesus invites us to be heroes, too. Some heroes of Jesus feed the poor. Others care for the sick. Others stand up for justice for all people, in every part of the world.



This Lent, let's follow our real hero, Jesus. We'll learn how he carried out his secret mission. We'll learn to join in his work with our own friends and family. We'll learn that even though there are troubles and trials, Jesus shows us every day how to share in his great victory. This Lent? Be a hero with **Jesus!**

# TODAY IS

## Ash Wednesday

**Today the priest** traces ashes on our foreheads. Maybe we start giving up sweets today. Maybe we trade an hour of video games for spending more time playing games outside—or with our siblings. Maybe we choose to spend more time in prayer.

All this might not sound like fun, but Jesus tells us: do not look gloomy. Jesus

**When you fast, do not look gloomy.**

**Matthew 6:16**

lived a life of true joy. When we live like our hero Jesus, we, too, live lives of joy. Try it and see.

## activity

Imagine that the Church is giving you a set of coupons this Lent. You can use one or more of these coupons every day in Lent to learn how to live more like Jesus. Each day that you do one of these activities, draw a small cross on the coupon in any color you like. How many times can you use these coupons during Lent?



# THURSDAY

after Ash Wednesday

**Most stories** about heroes tell about a choice between good and evil. Heroes always choose the good!

Jesus always chose the good. Sometimes choosing the good is hard, but we can choose to do small good things every day of our life.

See, I have today set before you life and good... choose life.

Deuteronomy 30:15, 19b

## activity

Look at the list below. Can you circle one good choice you could make today—and then do it? Can you add to the list, too? Ask your family to help!

★ **Good choices** ★

1. Pray for a family member
2. Take care of a pet
3. Offer to help with a chore
4. Play with a younger kid
5. Skip a soda or piece of candy
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# FRIDAY

## after Ash Wednesday

Let's talk more about why we give things up during Lent. Think about the hero stories you like. Heroes choose to help the world. They have to be ready to spring into action when the world cries, "Help!" They might have to leave behind their meals, their movies, and their good times to help.

Jesus began his work for God's world by giving up his home, his meals, and even time with his friends for 40 days. At the end of 40 days, he knew what to do to help the world draw close to God.

That's why we fast or give up food,

# Is this what you call a fast, a day acceptable to the Lord?

Isaiah 58:5

television, or other small pleasures for Lent. Not because these things are bad! Jesus loved his friends and God's good food. But like Jesus, we give up good things, for a little while, to make room for other good things: listening to God. Praying with God. Living like Jesus. Helping others.

## activity

Need some ideas? Unscramble the letters on the pictures and choose one good idea today. Don't forget to mark the right coupon on page 3!



2.

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1. Give

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3.

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# SATURDAY

## after Ash Wednesday

**Heroes are everywhere** but they might be hard to spot! There might be a poor man who makes time to help the neighborhood children laugh. There might be a rich person who gives time to the parish soup kitchen. God wants absolutely everyone to be a hero with Jesus!

Jesus knew anyone could choose to follow him. Levi had spent years doing wrong things. He made life hard for his neighbors. He got rich by taking money from the poor.

But Jesus saw past Levi's bad deeds. He looked at Levi and saw: God loves this man, too. Jesus called Levi to

**Leaving everything behind he got up and followed him.**

**Luke 5:28**

leave behind his sinful life and follow. And Levi? He became a true hero. He listened to Jesus and followed him right away.

Some people were mad at Jesus! "This man is a sinner," they said. "Why are you calling him?" There's a big secret hidden in Jesus' answer.

## activity

Look at this secret code and use it to find out the secret here. Then talk it over with your family: What secret did Jesus share about this story?

**Those**

**G S L H V**

**D S L**

**Z I V**

**S V Z O G S B**

**W L**

**M L G**

**M V V W**

**Z**

**K S B H R X R Z M**

**Y F G**

**G S V**

**H R X P**

**W L .**

### Code Key:

A=Z	N=M
B=Y	O=L
C=X	P=K
D=W	Q=J
E=V	R=i
F=U	S=H
G=T	T=G
H=S	U=F
I=R	V=E
J=Q	W=D
K=P	X=C
L=O	Y=B
M=N	Z=A

# SUNDAY

## 1st week in Lent

### Who's your favorite

hero in the movies or in the comics? All these heroes have stories with beginnings. Heroes find out they have a mission to fulfill. They meet problems or enemies almost right away!

This Sunday we hear the story of how Jesus began his mission. Right after Jesus was baptized, God's Spirit led Jesus into the desert. Jesus fasted and prayed to learn *his* mission. Right away he met an enemy who tried to tempt him away from his mission. It wasn't easy for Jesus, but he won his first challenge. This week, we'll hear how.

Imagine it's your job to spread the Good News of the beginning of Jesus. A good story tells us WHO, WHAT, WHERE, WHEN, WHY.

### activity .....

Fill in the good news story on the newspaper to tell everyone the Good News of our hero, Jesus. If you're not sure how to write one of these lines look for clues in today's gospel Luke 4:1-13.



Jesus...was led by the Spirit into the desert for forty days.

Luke 4:1-2

### GOOD NEWS NEWSPAPER

WHO was there?

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WHAT happened? \_\_\_\_\_

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WHERE did it happen? \_\_\_\_\_

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WHEN did it happen? \_\_\_\_\_

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WHY do you think Jesus said NO? \_\_\_\_\_

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# MONDAY

1st week in Lent

**Someone** has to teach heroes how to know right from wrong. Jesus learned this good way from God's people. His mother Mary, his father Joseph, and all his teachers told him about God's way to live. When Jesus grew up, he didn't just teach God's way. He lived God's way. We can look at Jesus and know just how God wants us to live.

Be holy,  
for I,  
the Lord  
your God,  
am holy.

Leviticus 19:2



## activity

Imagine how the world would change if everyone in the world agreed to follow just one teaching of Jesus. Which teaching would you choose? Write or draw your idea in the world below.

If everyone in the world followed this teaching...





# TUESDAY

## 1st week in Lent

When Jesus was in the desert, the enemy tried to ruin Jesus' mission. First the enemy knew that Jesus was hungry. So the enemy said to Jesus, "Why not eat some bread? In fact, you're God's hero. Why not turn these rocks into bread?"

Jesus said, "One does not live by bread alone." Jesus knew he needed

This is how  
you are  
to pray.

Matthew 6:9

more than bread. Jesus needed God's word. Jesus needed prayer. Later he taught his disciples to pray a prayer that we still say today: the Lord's Prayer.

### activity .....

You can read it below but—oops! Some of the words have wandered away onto bread! Can you find the right words for the blank spaces to finish the first lines of this prayer?



Our Father, who art

in \_\_\_\_\_, hallowed be \_\_\_\_\_ Name.

Thy \_\_\_\_\_ come, thy will be \_\_\_\_\_ on earth as it

is in \_\_\_\_\_. Give us this \_\_\_\_\_ our daily \_\_\_\_\_, and

forgive \_\_\_\_\_ our trespasses, as we \_\_\_\_\_ those who

trespass against us; and lead us not into temptation,

but deliver us from evil.

# WEDNESDAY

## 1st week in Lent

**In the story** of Jesus beginning his mission, the enemy lost his first fight. He tried to get Jesus to do a magic trick—turn rocks into bread!—but Jesus said “no.” Now he tries something worse.

He shows Jesus all the countries on earth. He tells Jesus, “I own these! You want to change the world? Just worship me, and I will give you power over the whole world.”

He...  
showed  
him all the  
kingdoms  
of the world.

Luke 4:5

Jesus does want to change the world—but not with this kind of power. The only power Jesus is going to use is God’s power.

### activity

See what God tells the enemy: (solve the puzzle below).



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the Lord

Shall

wor

the Lord

Your God & him alone

Your God & him alone

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all serve.

all

serve.

# THURSDAY

## 1st week in Lent

It is  
written.

Luke 4:10

The enemy lost the first fight: our hero Jesus would not turn rocks into bread. The enemy lost the second fight: our hero Jesus will only worship and obey God, forever and ever.

Now the enemy tries a third time. The enemy knows that Jesus is God's own Son. The enemy knows that God's Spirit is with Jesus. The enemy takes Jesus up to the highest point of the temple. "Go ahead and fall down!" the

enemy says. "God will send angels to the rescue!" The enemy even quotes scripture at Jesus, to pretend this is what God wants.

Jesus knows better. God's power has nothing to do with showing off! Jesus is not that kind of hero! Jesus uses different words of scripture.

## activity

Can you find the words on angels and put them in order below?  
Find the answer in Luke 4:12!

YOU

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Answer: You shall not put God to the test.

# FRIDAY

## 1st Week in Lent

**Now we know** what Jesus *doesn't* want us to do. He doesn't need us to show off or tell God what to do! But what *does* Jesus want his heroes on earth to do? One thing Jesus wants his friends to do is *forgive*. Jesus teaches us that even when it's hard, we can learn to say, "We're sorry," and begin again. We can learn to forgive others, too.

**Go and be reconciled with your brother, and then come and offer your gift.**

**Matthew 5:24**



### activity .....

Take a look at these two friends who are grumpy. They just want to play together, but because they're mad right now, they can't enjoy their time together. What do you think they're fighting about? Use the space above them to write what they can say to make up and have a good day together.



# SATURDAY

## 1st Week in Lent

**It's not always easy** to be a hero and stop fighting with the people we like. It's even harder for heroes to forgive their enemies!

Heroes for Jesus can't just stop people from doing bad things. Heroes learn from Jesus that God loves every single one of us. Jesus taught us to always love our enemies, too. No one's ever bad enough for Jesus to turn away if they ask for his help. This isn't an easy

**But I say to you, love your enemies, and pray for those who persecute you.**

**Matthew 5:44**

teaching to learn! We start by learning how to change our own bad behavior to good.

### activity

Look at the three stories below. What bad choices do you see people making? How does a hero (the people with a ribbon) help them make a better choice?



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# SUNDAY

## 2nd Week in Lent

In comic books and the movies, nothing says “hero” more than a costume! When heroes put on their special outfits, they’re letting the world know they’re on a mission to do good and save the day. They design their costume to inspire their friends, and to scare the bad guys.

Jesus had no costume. But on the mountain, God used even simple clothing to show who Jesus was—and is—to

His clothing became dazzling white.

Mark 9:3

three close friends. God showed Jesus shining like the sun with dazzling white clothes, and his friends heard God’s voice say: “This is my beloved Son. Listen to him.”

### activity

What if you wore a costume that showed who you are and what you like to do? Draw a costume on a figure below. Maybe the figure has running shoes and a basketball! Maybe it has a chef’s hat and a cooking spoon! Choose whatever works to show who you are and what you love.



# MONDAY

## 2nd Week in Lent

**Heroes** take on big challenges because they have special abilities to help them win. However, their best source of strength comes from their friends and family. A hero always needs a sidekick, an ally, someone who also believes in their mission and gives support.

Jesus chose allies, too, and he still does today! Jesus chose his closest friends to go up the mountain with him. He chose groups of friends to go out and spread the good news. He chose one of his best friends, Peter, to lead the Church that would be the allies of Jesus forever. That's you, too! Jesus has chosen you to be one of his closest friends as a member of his Church.

Saint Peter was a disciple of Jesus. We don't know why Jesus chose Peter. He made a lot of mistakes, and he even betrayed Jesus once! But Jesus forgave Peter and told him: "On this rock I will build my Church."

Peter followed Jesus' teaching and the Church was born. He and the bishops of Rome who came after him are the foundation of the Church.

How about us? Who are our heroes? Look around! We live every day with people who want to help us—or people who need our help. Sometimes we're the heroes. Sometimes we're the sidekicks.

You are Peter,  
and upon  
this rock  
I will build  
my church.

Matthew 16:18

### activity .....

Take a look at these people and animals below who need help. Can you be an ally and draw a line to connect them to a hero who can help?



# TUESDAY

## 2nd Week in Lent

When heroes hear the problems people bring to them, they give everyone a chance to tell their side of the story. Somewhere in all stories is the truth, and heroes care about finding it.

On the mountain where Jesus shone like the sun, his friends heard God say, "Listen to him." Jesus spoke truth every day of his life. Jesus listened, too! He listened to the teachings of God's people that taught him to do justice and love goodness. He listened to the people who told him they were sick or sad or

Redress the wronged;  
hear the orphan's plea,  
defend the widow.

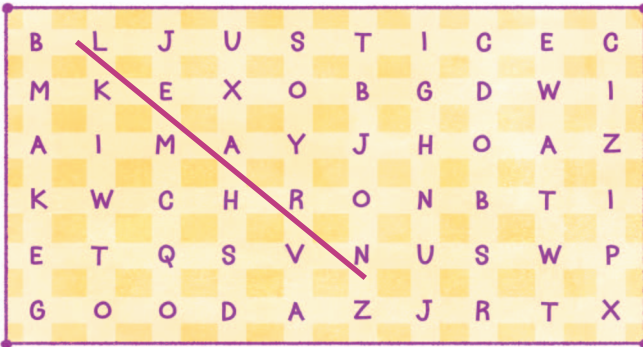
Isaiah 1:17

hungry. He listened to God's voice that showed him how to do justice and love goodness every day. All those who listened to Jesus, then and now, learn to live as Jesus did.

## activity

We seek the truth, and Jesus will help us find it. Look in this word scramble for these words: **to, make, learn, aim, your, good, justice, do.**

Now can you use those words to make two sentences that go with today's verse?



Look in Isaiah 1:17 for your clue!



## Learn



# WEDNESDAY

## 2nd Week in Lent

When Jesus and his friends came down from the mountain, Jesus went back to the life he was living every day. He listened to God. He listened to God's people. Most of all, he served God's people, every day.

His friends did not always understand that this was what Jesus wanted from them, too. Two of the friends who had gone up the mountain with him wanted the glory they had seen! They said, "How about if we get to sit next to you, Jesus, one of us at each side? We want glory, too!"

The Son of Man did not come to be served but to serve.

Matthew 20:28

Jesus knew this was an important moment. He called all his friends together and said, "Fancy seats and special treatment is not what I want for myself. That's not what I want for you. Do you want to be great? Well, the way to be great is to serve others. That's how you can share in God's glory!"

## activity

Can you spot the greatest person in your day? Who cooks for people in your house? Who does the laundry? Who unclogs the toilet? Who takes you to school? Fill in their names.



# THURSDAY

## 2nd Week in Lent

**Heroes** and their sidekicks help the helpless. Jesus learned from God and God's people to love the poor most of all. When Jesus served God's people, rich and poor, every day, he made especially sure that he helped the poor. This is what Jesus wants his friends to do today, too.

We all need to be heroes to the poor

Lying at  
his door  
was a poor  
man.

Luke 16:20

of our world. This work is so great that the whole Church needs to work together to make it happen, from the Pope down to every family.

## activity

Some of the ways we make this happen:

- Most parishes help feed the poor with food banks or soup kitchens. Ask your family: what does our parish do? How can we help?
- Most parishes collect clothing for the poor. Ask your family: What does our parish do? How can we help?
- Many Catholics who give up soda or candy or treats in Lent put the money they save in a special place. They give this money to the poor. Ask your family: What does our family do? How can I help?
- Many Catholics give up some time, too, to help with the parish soup kitchen or to visit the sick and lonely. Ask your family: What does our family do? How can I help?

Did you find the answers to these questions? Can you help, too? **Don't forget to mark the coupon on page 3 for CHANGING THE WORLD.**



# FRIDAY

## 2nd Week in Lent

Give him  
the produce  
at the  
proper times.

Matthew 21:41

**The good heroes** of movies or comic books don't use their super powers just to make their lives easy and fun. They use their gifts to help others.

Our real hero, Jesus, didn't have super powers but he had the good gifts that God gives to God's people. He made time to pray. He made time to listen to God and talk to God. He made time to serve every day: he taught, he healed, he comforted the sad, he fed the hungry, and he changed the world.

God gives us gifts, too. He makes some of us able to run fast. He makes some of us able to figure things out.

He makes some of us know how to be a friend even to people we haven't gotten to know yet.

God gives us these good gifts so that we can use them to love God and love others. Jesus said this was like planting a garden. The point isn't just to plant. The point is to grow flowers to give beauty and food to feed hunger. If you plant a grapevine, you want good grapes to eat!



### activity .....

Look at the bunch of grapes to the right. On the vine, you'll find words that describe God's gifts in us. Choose one gift, then draw or write on the bunch of grapes how someone could use that gift to love God or love others.



# SATURDAY

## 2nd Week in Lent

Shepherd  
your people  
with  
your  
staff.

Micah 7:14

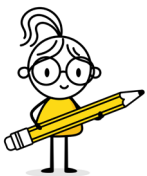
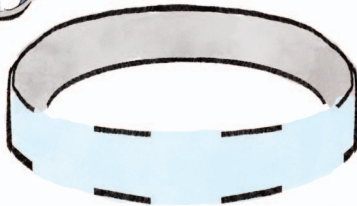
**Where would** heroes be without their tools? Sometimes we see these on their belts.

Jesus didn't carry special tools, so he had to use the good things God put in his path! He used a few fishes and loaves to feed many hungry people. The Church uses water to baptize his followers. He used the bread and wine at the Last Supper to make his gift

of his own life something his friends could share in even today, at every Mass. Jesus used ordinary tools to do extraordinary work!

### activity .....

What do you use every day that's special to you? Is it a leash to walk your dog? A pencil or marker to draw a great picture? A flashlight to find mom's missing keys under the couch? Look at what might have been in Jesus's utility belt, then write or draw on the empty one to make your own.



# SUNDAY

## 3rd Week in Lent

**Our hero Jesus** got thirsty, just like any of us! One day he comes to a town where his people almost never walked, a town in Samaria. A woman is drawing water from the well. He asks her to give him water, but she says, "People from your town don't even talk to people in mine!"

Jesus says, "I have water to give, too, and mine will last forever and ever."

Jesus said  
to her,  
"Give me  
a drink."

John 4:7

Jesus means God's own Holy Spirit. The life God gives us through the Holy Spirit lasts forever and ever.

How does the woman answer? (See the activity below).

### activity

Take the letters floating away on the 5 buckets of water and unscramble them to find out how the woman answers. Look at John 4:15 for a clue!



\_\_\_\_\_, \_\_\_\_\_  
sir



# MONDAY

3rd Week in Lent

**Heroes** in movies always have their own theme songs to let everyone know help is on the way. God's people had songs for God, too. Some songs gave thanks. Some songs cried out for help. These songs were all collected in a book of the Bible called Psalms. They don't have music written down, so we make up our own tunes when we want to sing them.

Give thanks  
to the Lord  
on the harp!

**Psalms 33:2**

**activity** .....



Look at the verse above: "Give thanks to the Lord on the harp!." Can you make up a way to sing this? Sing it to your family!

# TUESDAY

3rd Week in Lent

**Let's look** at another song of God's people. We'll use it to practice finding any verse in the Bible.



**activity** .....

Make known  
to me your  
ways, Lord.

**Psalms 25:4**



**Find a Bible in your house.**

Can you find the Table of Contents? Write its page number here: \_\_\_\_\_.

Now look at the Table of Contents. Can you find the book of Psalms? Write its page number here: \_\_\_\_\_. Now go find the book of Psalms. Can you find Psalm 25:4?

That's chapter 25 and verse 4. Write its page number here: \_\_\_\_\_. This is how you can find every verse we use this Lent!

# WEDNESDAY

## 3rd Week in Lent

Teach them  
to your  
children.

Deuteronomy 4:9

The people of our hero Jesus and the people of the woman at the well didn't agree on which parts of the Bible to read. The people of the woman at the well didn't use the psalms that Jesus and his people did.

But all these people did read the first five books of the Bible, from Genesis to Deuteronomy. In this book, Moses

teaches God's people how to live the way God wants. That's what Jesus came to show us! That's why Peter said to Jesus: "You have the words of eternal life."

### activity

To find out what Peter said to Jesus, solve the puzzle below.

#### Code Key:

1=a	14=n
2=b	15=o
3=c	16=p
4=d	17=q
5=e	18=r
6=f	19=s
7=g	20=t
8=h	21=u
9=i	22=v
10=j	23=w
11=k	24=x
12=l	25=y
13=m	26=z

25	15	21	8	1	22	5		
YOU								
20	8	5	23	15	18	4	19	
15	6	5	20	5	18	14	1	12
		12	9	6	5.			



Answer: You have the words of eternal life.

# THURSDAY

## 3rd Week in Lent

**The woman** at the well could have ignored our hero Jesus. But she didn't. She listened to him. She believed him: he was the *messiah*, God's chosen one. She left her bucket at the well and ran into her town to tell everyone the good news: God's chosen one was here!

When the woman called him *messiah*, she meant that he was God's chosen one. He was king of all God's people. He

was anointed with the Holy Spirit. We have a name for Jesus that means all those things, too!

Oh, that  
today  
you would  
hear  
his voice.

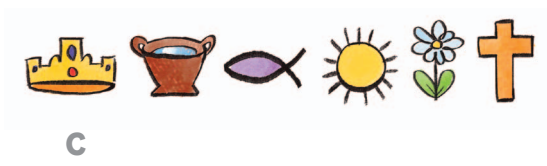
Psalm 95:7

### activity

Can you read another name for Jesus in the puzzle below?



T	✝
S	🌸
C	👑
R	🐟
H	🪿
I	☀





# FRIDAY

## 3rd Week in Lent

**Think about** your favorite hero stories! What missions do they have? Is it about helping others?

Our hero Jesus had a mission—and he wants us to help him carry it out. The best way to carry out the mission is by loving others the way Jesus loves us. That’s what the woman at the well did! She didn’t just hear the

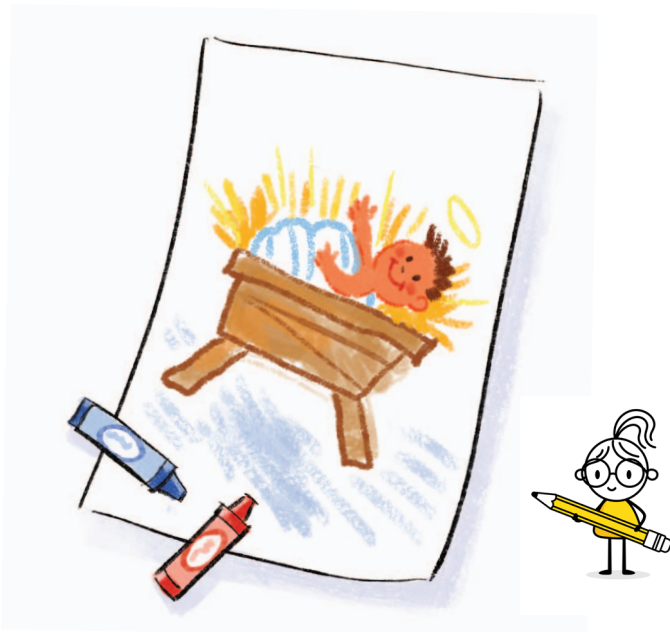
You shall  
love your  
neighbor  
as yourself.

**Mark 12:31**

Good News about Jesus, she told it to others.

## activity .....

Invite your family to a story time. Give markers and papers to everyone. Ask one person to start by drawing a picture from a story about Jesus. The rest of the family tries to guess what story it is! How many stories can your family tell?



# SATURDAY

## 3rd Week in Lent

**When they're** not out in the world saving the day, heroes in the movies or comic books sneak away to a place to hide out! A secret headquarters is where heroes can safely relax and recover from their adventures.

Sometimes we might wish we had a place to hide away, when we're tired or sad or troubled. Here's a secret you

Come,  
let us  
return to  
the Lord.

**Hosea 6:1**

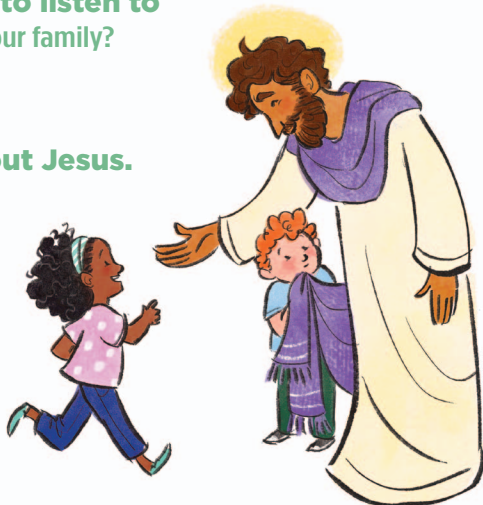
can carry with you: with Jesus, we are always safe. Jesus is our resting place. Jesus says we can live with him forever.

## activity

Here are some of the ways to come to Jesus when we need him. What way can you try today?



- **Say the name of Jesus.**
- **Tell Jesus how you are feeling today.**
- **Ask Jesus to help you.**
- **Find a friend of Jesus to listen to you.** (Is this a member of your family? A friend? A priest?)
- **Read a story about Jesus.**
- **This one might surprise you! Help someone else.**



# SUNDAY

## 4th Week in Lent

**Something wonderful** happens at Easter. Around the world, people decide to follow their hero and ours: Jesus. They come to the Church and ask to be baptized.

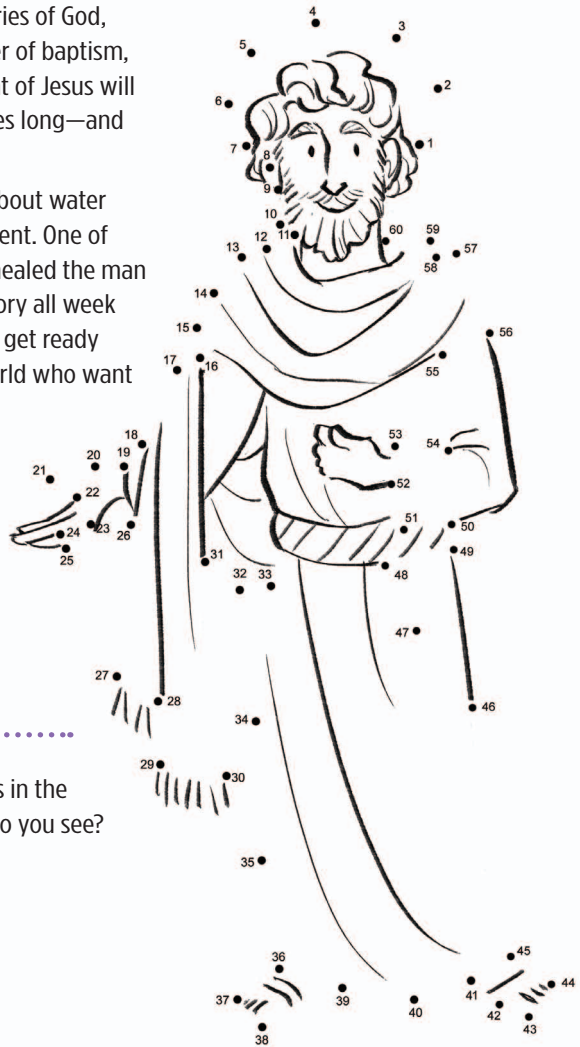
During Lent, they get ready for baptism. They hear the stories of God, they get ready for the water of baptism, and they learn that the light of Jesus will guide them their whole lives long—and longer!

We hear gospel stories about water and light and the Word in Lent. One of these stories is how Jesus healed the man born blind. We'll tell this story all week long. We'll use this story to get ready with people around the world who want to follow Jesus.



### activity .....

Let's start! Connect the dots in the picture to the right. What do you see?



I am  
the light  
of the  
world.  
John 9:5

# MONDAY

## 4th Week in Lent

**Our hero Jesus** could never pass by sadness or trouble. When he was walking in the city he saw a man who was blind. Jesus bent down to the ground. He spit on the dirt to make clay. He rubbed the clay on the man's eyes. He told the man to wash his eyes in a pool of water.

We do not know why Jesus did this, but now the man could see. We tell

He  
went  
and  
washed.

John 9:7

this story to those who want to follow Jesus to invite them to be "washed" in water, too, the water of baptism. When we join the Church, we learn how to see Jesus.

### activity .....

Ask your parent to tell you the story of your baptism.



### Where did it happen?

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### Who was there? What happened?

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### Can they show you a picture of this day?



# TUESDAY

## 4th Week in Lent

**Our hero Jesus** is a hero of *light*. That means all kinds of things! Like a light, Jesus can show us the way. When we look at Jesus we see the kind of life God wants for each of us. When we bring Jesus into our day, we see what to do and how to live much more clearly.

It's as if Jesus isn't just *one* kind of light, but many kinds!

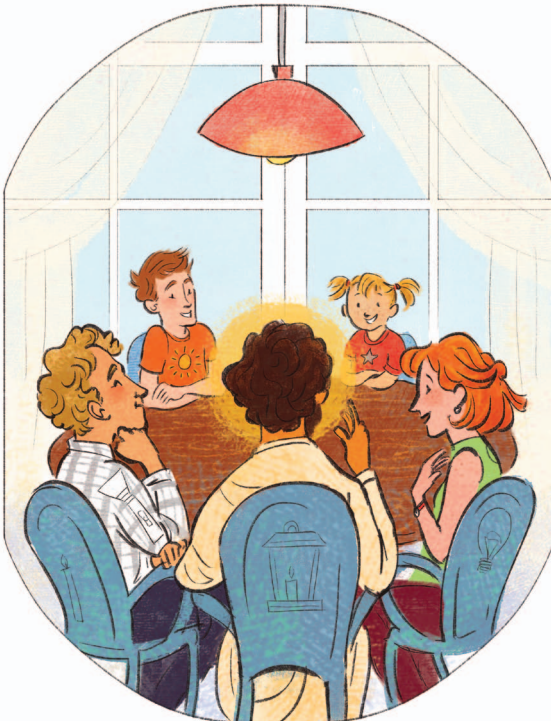
While  
I am  
in the  
world,  
I am the  
light.

John 9:5



## activity

How many kinds of light can you find hidden in this picture? *Hint: look for 7!*



Answer: hanging lamp, sun, star, candle, flashlight, lantern, light bulb.

# WEDNESDAY

## 4th Week in Lent

**Our hero Jesus** came to free God's world from the troubles of sin and hate. In the story of the man born blind, Jesus came to the city of Jerusalem, which meant "city of peace."

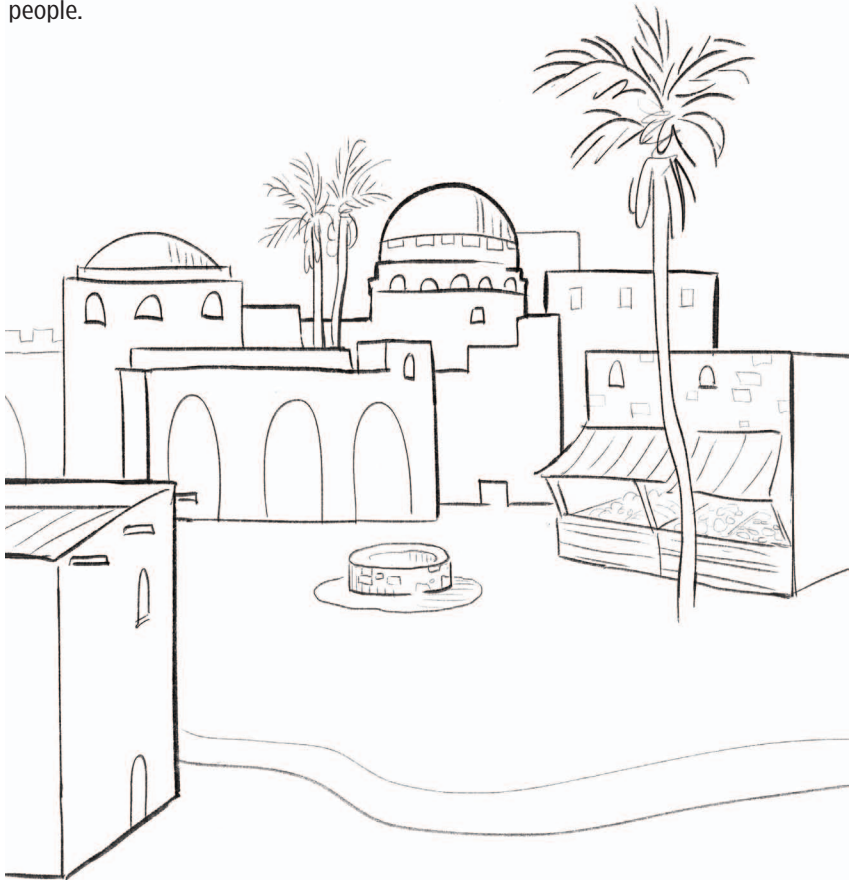


On the  
day of  
salvation,  
I help  
you.

Isaiah 49:8

## activity

Can you imagine what God's city here on earth would be like? Fill the city of Jerusalem below with words or pictures that show the life Jesus came to bring to all God's people.



# THURSDAY

## 4th Week in Lent

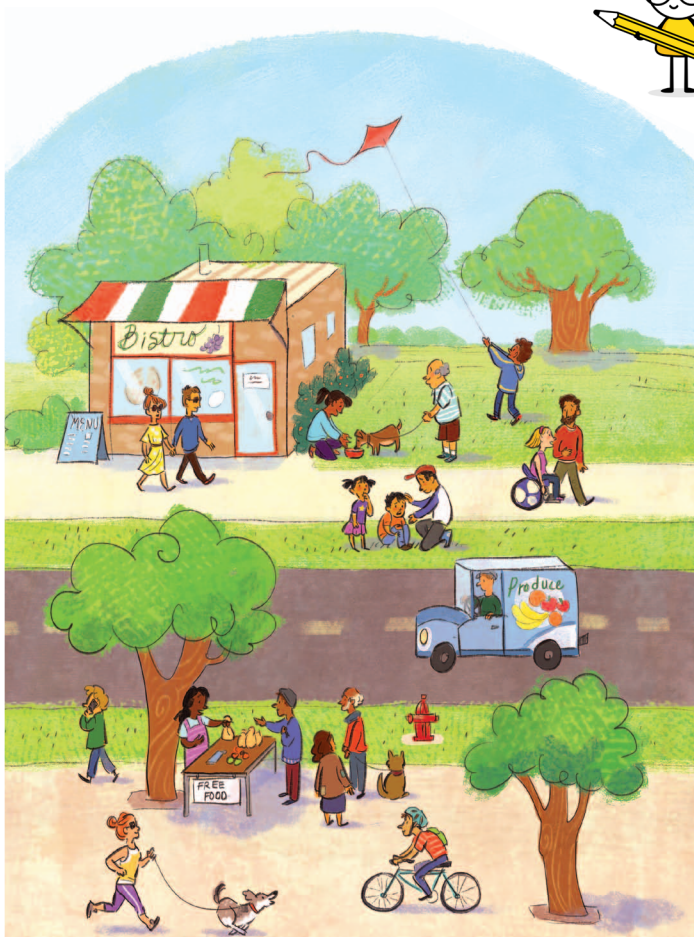
**Not everyone helps** out movie heroes. In the movies, people might not trust a hero. Some people didn't trust Jesus. They could not see how he was changing the world.

They  
ridiculed  
him.

John 9:28

### activity

How much can we see? What good in the world have we witnessed?  
Look in the picture below. Can you find all the people who are helping?



# FRIDAY

## 4th Week in Lent

**When people** didn't trust Jesus, he didn't tell them all about himself. Instead he talked about God, who sent Jesus to be humanity's hero. He told people all about the one who sent him.

Jesus was God's own child. He came to make us God's children, too. Jesus called God his "abba" or "daddy." He

The one  
who  
sent me  
is true.

John 7:28

taught us to pray to God as our Father. What do you think of when you think about God?

### activity

Can you write six ways to think of God starting with the letters below? For example, you might write "fair" or "friend" next to the letter F.

F \_\_\_\_\_

A \_\_\_\_\_

T \_\_\_\_\_

H \_\_\_\_\_

E \_\_\_\_\_

R \_\_\_\_\_





# SATURDAY

## 4th Week in Lent

This is  
the  
Messiah.

John 7:41

**Some people** just could not see Jesus as God's hero or God's son, but the woman at the well did. The man born blind did. The friends of Jesus did. They called Jesus the *messiah* or Christ. They came to Jesus and Jesus gave them what they wanted: the water of life. The light of life. The truth from God the Father.

Imagine Jesus asks you this day, "What do you want, more than

anything?" Some days maybe we think it's something that can be put in a box, like a new bicycle! But some days we know better. We know we want peace in our family or justice in our world or closeness to God.

## activity

How about you? How would you answer Jesus? Put your answer on the gift box below.



# SUNDAY

## 5th Week in Lent

**Jesus was friends** with a family of heroes! Mary, Martha, and Lazarus gave Jesus and his disciples food and a place to stay. They believed in Jesus even when some people wanted Jesus dead! Jesus loved them very much.

When Lazarus died, his sisters were sad. But Jesus did something amazing. He traveled to their home and gave

new life to Lazarus. He turned their sadness to joy!

**I will put  
my spirit  
in you  
that you  
may live.**

**Ezekiel 37:14**

### activity

This week, we'll tell the story of Lazarus and his sisters. Today find words for the first panel of the story: someone tells Jesus and his friends that Lazarus has died.



# MONDAY

## 5th Week in Lent

**Martha loved** Jesus and his friends. She cooked food for them to eat. She made room for them to stay. And, just like Peter, she was not afraid to speak out—even to Jesus!

When Martha heard that Jesus was outside their home, she went to meet him. What do you think she said about

**Martha heard that Jesus was coming.**

**John 11:20**

Lazarus? The whole Church remembers what she said about Jesus! She said, “You are the Messiah, the Son of God.”

### activity

Use your own words to show Martha talking to Jesus in the cartoon below.



## TUESDAY

### 5th Week in Lent

**Mary loved** Jesus, too. She sat at his feet when he taught, and listened to his teaching, just like all his closest friends.

When her brother Lazarus died, she wept. When she ran to Jesus, he cried, too. What do you think they said to one another?

Mary  
came to  
where  
Jesus  
was.

John 11:32



### activity

Put the words of Mary and Jesus in the cartoon below. Use your own words to show what Mary and Jesus are talking about below.



# WEDNESDAY

## 5th Week in Lent

**Jesus prayed** to God, knowing, somehow, that God wanted to give Lazarus new life right then, right there. Lazarus came out of the tomb and lived again with his sisters and Jesus.

We know they ate together as friends, but we don't know what they said. We've thought about the words of Mary, Martha, and Jesus. What do you think Lazarus said?

**Lazarus,  
come  
out!**

**John 11:43**



### activity

Use your own words to show what Lazarus is saying to all below.



# THURSDAY

## 5th Week in Lent

**In the movies** and in comic books, heroes learn how to do amazing deeds from their teachers. Our hero Jesus came from the line of teachers and believers that began with Abraham.

God promised Abraham that he would have a family as many as the stars of the sky. More important, God promised Abraham that he and his family would be a blessing to the whole earth.

**Abraham  
your  
father  
rejoiced  
to see  
my day.**

**John 8:56**

God made the promise to Abraham's wife, too.

## activity

Can you find God's promise to Abraham in the puzzle below? Look at Genesis 17:15-16!

**Her name**

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# FRIDAY

## 5th Week in Lent

**Another thing** we see in movies or comic books about heroes are symbols. What symbol does your favorite hero use?

We find symbols in the stories of the Bible, too. What symbols do we use for Jesus? In Lent, we think about two symbols: the cross and the empty tomb. The cross was a terrible thing, but Jesus turned it into a tool of love for the whole

world. The empty tomb was God's promise to all the world that Jesus (and Lazarus!) would live in God's love.

He has  
rescued  
the life  
of the  
poor.

Jeremiah 20:13

### activity

Remember that God calls you to be a hero, too! Think about God's gifts to you. Then make a symbol for yourself in the space below.



# SATURDAY

## 5th Week in Lent

**Heroes' lives** can be changed by their family. Just as with real people, the home a hero grows up in can make a difference their whole life long.

Joseph and Mary made the earthly home for Jesus. What do we know about Joseph? We know he was a good man. We know he made a good home for Mary and Jesus. We know God loved

him and wanted him to be the one who cared for baby Jesus here on earth.

I must be in my Father's house.

Luke 2:49

### activity

Are there friends or family members who help you every day? What good things have they taught you? Look at the circles on this family tree and fill them in with the names or pictures of your relatives.





# SUNDAY

## Palm Sunday

**It's always** exciting when a hero arrives! People hope that a bad time is about to get better.

Today we see Jesus arrive in triumph! He enters the city of Jerusalem and people cheer him on!



**Blessed is  
the king  
who comes  
in the  
name of  
the Lord.**

**Luke 19:38**

### activity

Can you help Jesus find his way along the road to the Temple?



# MONDAY

## in Holy Week

**Today's gospel** gathers together Jesus with his close friends Mary, Martha, and Lazarus. This is the last week of Jesus' life before he dies on the cross. Jesus doesn't run away. Jesus doesn't get mad and fight. Jesus draws close to God by sitting down with the friends he loves.

Here is  
my  
servant  
whom I  
uphold.

Isaiah 42:1



## activity

Imagine you are at table with Jesus and his friends. What would you want to ask Jesus most of all?



## TUESDAY

### in Holy Week

**Some heroes** are known all over the world. Others are only known by their neighbors. This is true of the friends who Jesus calls to be heroes, too. We know the names of some of them: Mary, Martha, Peter, and Lazarus. But there were so many more!

Today, too, we know some heroes who follow Jesus. We know the names of some friends of Jesus who teach or heal or bring justice to God's world. But there are many, many more whose stories are known only to God.

Jesus depends on each of us to be God's servant. Maybe today God needs you to cheer up someone nearby who is sad. Maybe today God needs you to help someone in your family. Just like Jesus, we can look around and see: who needs a hero today?

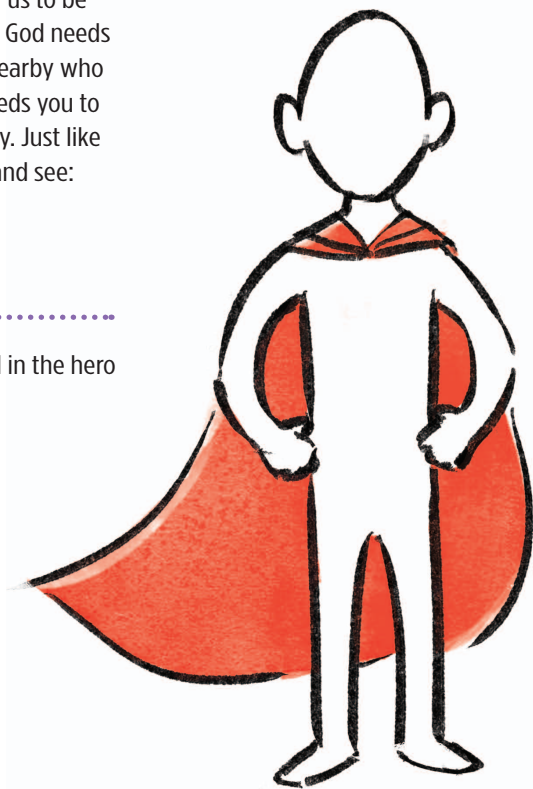
### activity .....

Write or draw what you did in the hero shape to the right.



I will make you  
a light to the  
nations,  
that my  
salvation  
may reach  
the ends  
of the earth.

Isaiah 49:6



# WEDNESDAY

## in Holy Week

**When Jesus** rode into Jerusalem, the crowds cried out a special word: *Hosanna!* This means “Save us now!” It came from a psalm that the crowds knew, and they added the next words, too: *Blessed is the one who comes in the name of the Lord.*

All Lent we have learned names for our hero, Jesus: he is our king. He is the messiah or Christ. He is the Son of God.

The Lord  
God is  
my  
help.

Isaiah 50:9

Now we learn one more name: he is the savior, the one who comes in the name of the Lord. What name do you love best for Jesus? If not one of these, do you have a name you would love even more?

## activity

Make a banner for Jesus with the name you love best on it.



# THURSDAY

## Holy Thursday

**On the last** night before he died, Jesus sat at table with all his friends. He took bread into his hands. He gave thanks to God. He broke the bread. He shared it with all at table. He said, “Do this in remembrance of me.”

We do this at every Mass. We see the priest take the bread. We hear the priest give thanks to God. We see the

The Lord  
Jesus...  
took  
bread.

1 Corinthians 11:23

priest break the bread. We share the bread together. We remember our beloved teacher and savior, Jesus.

## activity

Do you remember the day of your First Communion? Write it on the line below. If you have not had your First Communion yet, ask your parents what day or year that will be and write it in the space below.

## MY FIRST COMMUNION



Month / Day / Year



# FRIDAY

## Good Friday

**What do** we mean when we call Jesus a hero? Jesus didn't fly. He didn't have super hearing and he didn't beat up bad guys. And when his enemies put Jesus on the cross, Jesus died.

But God showed us that Jesus did something much more amazing than any hero in the movies. All his life, and even at his death, Jesus showed us who God is and what God wants. God wants a world at peace. God wants all people to

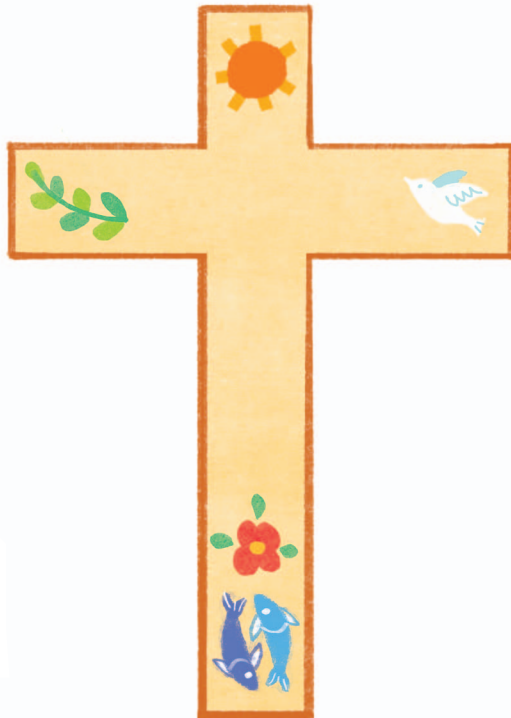
share the good things God gives. God wants us to be kind to one another and forgive one another every day.

**He shall  
be raised  
high  
and  
greatly  
exalted.**

**Isaiah 52:13**

## activity

On the cross below, write or draw one way you know that God wants you to live.



# SATURDAY

## Holy Saturday

**God created** everything for us. God sent Jesus to God's people on Earth, to help lead everyone back to God. The creation of the world led to the creation of people. And the people need Jesus—and you!

All throughout Lent, you've been creating, too. You've been making your own hero story. You chose your costume, your mission, and your symbol. You learned how to live like Jesus—how to love God and all God's people.

### activity

Now you're ready to share your hero story with a friend or family member. Show them what you've made, and ask: "What kind of hero are you?"



In the  
beginning,  
when God  
created  
the heavens  
and  
the earth...

Genesis 1:1



# SUNDAY

## Happy Easter!

The end of an adventure is an exciting moment in hero movies! The problem is solved and the people are safe—until next time!

When Jesus rose from the dead, his friends were full of joy. Jesus was more than safe. He was alive and telling good news that all God’s people could live forever with God.

But the story of Jesus isn’t over. Every day, he leads us back to God. Every day, he gives his friends and allies strength to share God’s Word

He is not here, but he has been raised.

Luke 24:6

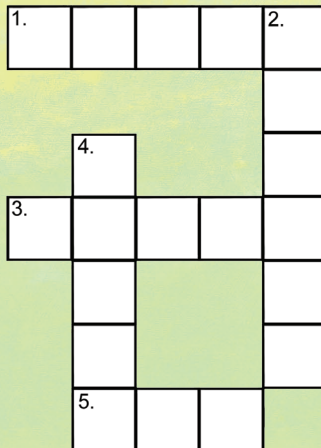
and do God’s work. Jesus inspires each and every one of us to join in his never-ending story.

When we write “To be continued...” that means the story isn’t finished yet. One person who took up the story was Jesus’ good friend St. Peter.

### activity

Fill in the words of this story, then put them in the crossword puzzle. Look in Acts 10:38 for clues!

God anointed (1 across) of Nazareth with the Holy (2 down) and (3 across). He went about (4 down) good, for (5 across) was with him.



Answer: 1. Jesus, 2. Spirit, 3. power, 4. doing, 5. God