

LESSON NO. 1 TITLE: LENT - A TIME OF PRAYER, FASTING AND ALMSGIVING

Achievement Objective

Students will be able to: recognise Lent as a time when people prepare for Baptism and a new way of life of prayer - karakia, fasting and almsgiving.

Learning Outcomes:

The students will:

- 1 explain the purpose of prayer - karakia, fasting and almsgiving
- 2 identify ways people can share in the Lenten practices of prayer, fasting and almsgiving

Preparation for the Lesson:

- Liturgical Year Calendar, enlarge, copy and colour, page 3 or Photograph
- Resource - Liturgical Year Calendar
- Scripture Reading Isaiah 58:6-7, 9-10
- Art materials for class Lenten Calendar
- CARITAS Lenten Appeal schools' resources for this year
- Word chart for 'Ashes'

Teacher's Notes:

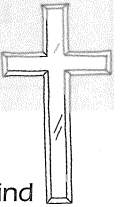
During the *Season of Lent* the Church prays for the grace of a *Conversion of heart*. It is a time when people try to renew their life in Christ through prayer - karakia and penance. When people receive the ashes on their foreheads at the celebration of the Eucharist or Liturgy of Ashes on *Ash Wednesday* they hear the words 'Remember that you are dust and to dust you shall return' or 'Be faithful to the Gospel'. This reminds them of their need to recommit their lives to God whom they will meet face to face when they die. Receiving the ashes is a sign that they are willing to undergo a time of prayer and penance during *Lent* to help them have a *Conversion of heart* and turn their lives back to God. *Lent* is a time when people make a special effort to grow in their commitment to Christ, made at their Baptism. In the Church special importance has been given to prayer, fasting and almsgiving as ways for people to grow in their commitment to Christ. Through their prayer - karakia both personal and communal they grow closer to God. Fasting and almsgiving do not need to be carried out in extraordinary ways for they are part of a life lived sincerely for God - Te Atua.

Fasting may involve holding back an unkind comment, patiently allowing another to go first or denying oneself something in order to love God and others more fully. On the Friday after *Ash Wednesday* the first reading speaks about the sort of fast that pleases God - breaking unjust fetters, letting the oppressed go free, sharing bread with the hungry and sheltering the homeless Isaiah 58:6-7. Fasting from food can remind people not to take more than their share of the earth's resources so that the hungry may share in them too.

Almsgiving involves sharing with others in love - aroha and service - manaakitanga. Almsgiving can involve both the giving of money and the giving of oneself. A person may give money to the CARITAS Lenten appeal. People may also give their time to others - ensuring the lonely have company and that those who are burdened by too much to do are given help - awhina.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Psalm 51:17



Teaching and Learning Experiences:

- Students look at the *Liturgical Year Calendar*. Find out the dates when *Lent* begins and ends this year and mark them on the Calendar in water-based pen. Students identify the Seasons before and after *Lent*.
- Students do a Timed Talking exercise, see Instructions page 46, to explain the purpose of the *Ash Wednesday* ritual of receiving ashes on one's forehead. Share ideas. Then students continue the Timed Talking exercise to explain the purpose of Lenten prayer and penance. Share ideas including that it is to help people:
 - turn their lives back to God - to have a *Conversion of heart*
 - to grow in their commitment to Christ made at their Baptism.
- Students locate and read Isaiah 58:6-7, 9-10. Do a Think Pair Share exercise, see Instructions page 46, with a partner to identify what would be involved in fasting in the way described in this reading. Name how it would turn people back to God and help them grow in their commitment to Christ. Share ideas.
- Students make a large class Lenten calendar. For each day of *Lent* they write ways young people their age could share in the Lenten practices of prayer, fasting and almsgiving. Ideas for fasting for different days could include such ideas as:
 - fast from impatience today - no pushing and shoving
 - fast from unkindness today - no put downs
 - fast from laziness today - no shirking
 - fast from snacks between meals today.Ideas for prayer - karakia could include such ideas as:
 - Give 5 minutes to prayer - karakia at lunchtime today - our classroom between 12.45 and 1.15
 - pray a decade of the rosary today
 - every Sunday - celebrate the Eucharist today.Ideas for almsgiving could be:
 - give some time to help your Mum or Dad tonight
 - write to your Grandparents today
 - give to the CARITAS Lenten appeal today
 - share your time with someone who is lonely today.
- Students find out what the CARITAS Lenten Appeal is about this year. Students form groups to study the material provided in the pack and:
 - prepare a time of prayer - karakia for the class or school related to the justice issue
 - prepare an assembly to inform the school about this year's Lenten Appeal
 - plan for a school-based event to raise money for the Lenten Appeal.

Consolidation and Extension Activities:

- Sing 'Ashes'

Suggested Assessment Examples:

- **LO 1** Tell a partner the purpose of prayer, fasting and almsgiving during *Lent*
- **LO 2** Around a circle name ways people can share in the Lenten practices of prayer, fasting and almsgiving