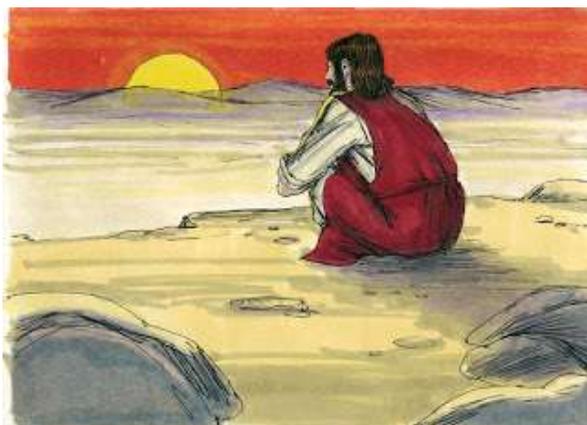


# Lent

Lent is the time when we prepare ourselves for Easter. (Just as Advent is the time when we get ready for Christmas.) Lent begins on the day we call Ash Wednesday. There are 40 days in Lent – ending the day before Easter Sunday. (The Sundays are not counted.) The 40 days remind us of the 40 days Jesus spent in the desert before he began teaching people about God. During these 40 days some people ‘give up something’ for Lent – maybe sweets or chocolate – other people take on a challenge like reading a chapter of the Bible each day or doing something kind for other people. Here’s the story of Jesus in the desert. It takes place after Jesus was baptised by John in the River Jordan.



## **Put to the test**



After this, Jesus spent forty days alone in the desert. When he was weak with hunger, Satan - God's enemy - began to test him. He was trying to make Jesus disobey God, to spoil his work.

'You are hungry. Turn these stones into loaves of bread.'

But Jesus refused. God had given him special powers. But he was not to use them selfishly.

'Kneel down. Worship me-and I will give you the wealth of the world. '

Again Jesus refused. 'God says we must worship him-and no one else,' he answered.

Satan tried all his tricks. But he could not make Jesus disobey God. At the end of the forty days Jesus set out for home. He was ready, now, for the work that lay ahead.

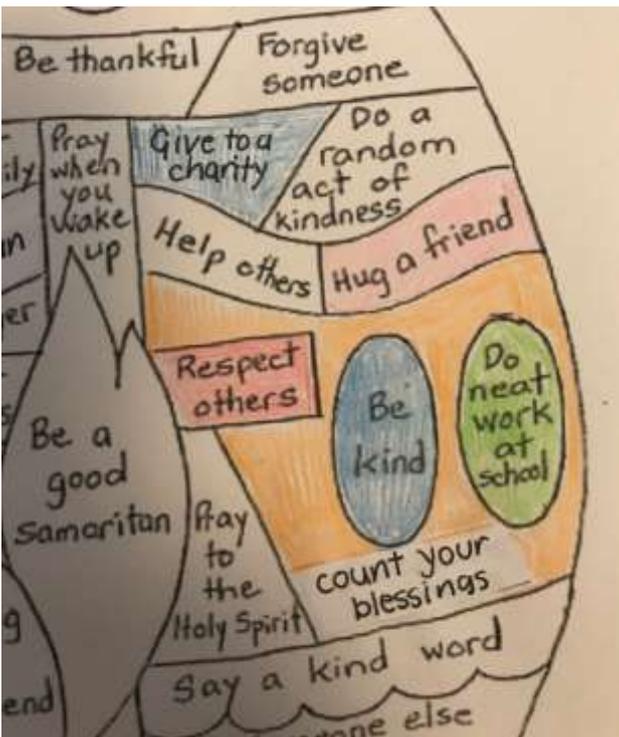
## **Listening to God**

Jesus spent 40 days listening to God’s voice and doing what God wanted not what Satan wanted. God’s voice calls us to be loving, kind, forgiving, fair and understanding. Sometimes we don’t listen to God or we don’t do what we know God would want us to do – we are unkind and unhelpful, greedy and hurtful. We must say sorry to God and ask him to help us do better.

## Lent and You

Think of something you would like to do each day during Lent this year. You could colour in a box on the Lent Journey when you've done it. Or, you could write it on a strip of paper and make a paper chain.

- Read a story from the Bible
- Give up sweets or chocolate – give the money you save to charity
- Do something kind for someone else
- Pray for a different person each day – family, friend or someone in the news
- Count your blessings – say thank you to God for something different each day
- Say, write or text a thoughtful message to a friend



You might like to do something different each day. There are lots of ideas written on the Easter Egg. Colour in each shape once you've done it.