Journey through Lent
Teaching the Liturgical Year

LESSONS for
APRIL 2020
Journey through Lent
Palm Sunday

Lower Elementary

Materials
- Christ's Passion in Sacred Art PowerPoint (available here: SophiaOnline.org/ChristPassionSacredArt)
- The text of the Sunday Gospel (available at SophiaOnline.org/PalmSunday2020)

Learning Goals
The Gospel for Palm Sunday contains the entire Passion narrative. When we hear it proclaimed, we are meant to journey with Christ as He takes up His Cross and gives His life for us. In this lesson, students will meditate on Jesus' Passion through the words of the Gospel and sacred art.

Gospel Reflection
The Gospel reading this week is the Passion narrative from Matthew 27:11-54, available at the following link: SophiaOnline.org/PalmSunday2020.

Activity
A. First, download Christ's Passion in Sacred Art PowerPoint available for free at the following link: SophiaOnline.org/ChristPassionSacredArt.
B. Create a prayerful atmosphere in your classroom or, if possible, take your students to a chapel.
C. Read aloud to your students the abridged version of the Gospel reading (Matthew 27:11-54).
**Activity (continued)**

D. Project the images of Christ’s Passion from Christ’s Passion in Sacred Art PowerPoint as you read through the account of the Passion. Noted next to each image is a line from the Gospel reading that indicates when to begin projecting that new image.

- For lower elementary students, begin the PowerPoint at slide number 7.

E. Give students a few minutes of silence when each new image is projected to allow reflection on it in their own hearts.

F. Ask your students to share which moment from the Passion narrative and/or which painting stood out to them the most. Project again the images from the PowerPoint as students reference them. Ask your students what about these moments and paintings in particular stood out to them and why they think so.
Journey through Lent

TRIDUUM

Lower Elementary

Materials
- Handout A: What Is Triduum?
- Handout B: The Last Supper Look and Find

Learning Goals
Triduum is the shortest liturgical season in the Church year. It comprises three days from the evening of Holy Thursday through the evening of Easter Sunday. During this time, we remember and celebrate the very events of our salvation: Christ’s Last Supper and Institution of the Eucharist and the ordained priesthood, and His Passion, Death, and Resurrection. In this lesson, students will learn about Triduum and reflect on the Last Supper with sacred art.

Activity
A. Read aloud to your students Handout A: What Is Triduum? as they follow along. Then have your students answer the reflection question, or discuss it together as a class.
B. Have students complete the Handout B: The Last Supper Look and Find activity.
What Is Triduum?

Triduum is the shortest season of the Church year – a total of three days! The word Triduum is Latin for “the three days.” It is one of the most important seasons of the entire Church year. During the three days of Triduum we remember and honor the events of our salvation.

Triduum includes:

- **Holy Thursday** Mass at night
- The Celebration of the Lord’s Passion and Adoration of the Holy Cross on **Good Friday**
- The Easter Vigil on **Holy Saturday** night
- **Easter Sunday** Mass
- Evening Prayer on **Easter Sunday**
**Holy Thursday**

Jesus ate the Last Supper with His Apostles on the night before He died. We call this night Holy Thursday. During the Last Supper, Jesus gave us the Eucharist for the first time. He also made His Apostles the first priests. We honor the beginning of both Sacraments, Holy Eucharist and Holy Orders, during Holy Thursday Mass. During this Mass the bishop or priest washes the feet of twelve people. This is a symbol of how Jesus washed the feet of His Apostles and told them to follow His example.

Earlier in the day on Holy Thursday, every bishop has a Mass with the priests of his diocese. There, he blesses the holy oil, or Chrism, that will be used in the Sacraments all year.

**Good Friday and Holy Saturday**

On Good Friday we remember Christ’s suffering and Death on the Cross. On the first Good Friday, Jesus was put on trial, carried His own Cross, was crucified, and died on the Cross.

We celebrate the Lord’s Passion on Good Friday. During this service, we hear Scriptures read, we
adore the cross by kissing the foot of the cross, and we receive the Eucharist, which was consecrated on Holy Thursday. This liturgy usually ends around 3 PM. That is the time that Jesus died.

There are no other liturgies until the Easter Vigil the next night. After the Adoration of the Cross through Holy Saturday, we think about Jesus’ Death in a special way, and we wait for His Resurrection. This is just what the Apostles, Mary Magdalene, and His mother Mary did two thousand years ago.

**The Easter Vigil and Easter Sunday**

The high point of Triduum is the Easter Vigil. It begins when it gets dark on Holy Saturday night. A new Easter Candle is lit and is carried into the dark Church. Other candles are lit from the Easter Candle. Soon the entire Church is lit by candle light. This light represents Jesus the Light of the World. He has risen from the dead!

During the Easter Vigil, we hear different Scriptures read that tell us about how God saved us from sin. New members of the Church are Baptized and welcomed into the Church family. Others receive
Confirmation. Then, everyone is blessed with holy water so we can remember our baptismal promises. And we receive the Eucharist together as one Body of Christ.

The Masses on Easter Sunday begin our celebration of Jesus’ Resurrection. Easter is an entire season! It lasts for fifty days and ends on Pentecost. That is when the Holy Spirit came down upon the Apostles. They were filled with the Gifts of the Holy Spirit and sent out to share the Gospel with the whole world.

1. **What does the Latin word *Triduum* mean?**

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   __________________________________________________________

2. **Which two Sacraments do we honor on Holy Thursday?**

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   __________________________________________________________

   __________________________________________________________
3. What happened on the first Good Friday?

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4. What does the light from the Easter Candle at the Easter Vigil represent?

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5. What three Sacraments are received at the Easter Vigil?

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6. When does the Easter season end?

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**Last Supper Look and Find**

**Directions:** Compare the two images of *The Last Supper* by Vincente Juan Macip. Can you find 10 apples in the second painting? Circle them when you find them.
HANDOUT B

Last Supper Look and Find
Answer Key

Handout A: What Is Triduum?
1. The three days.
2. Holy Eucharist and Holy Orders.
3. Jesus was put on trial, carried His own Cross, was crucified, and died on the Cross.
4. Jesus the Light of the World, who has risen from the dead.
5. Baptism, Confirmation, and the Eucharist.
6. Pentecost.

Handout A: Last Supper Look and Find
## Journey through Lent

### Lower Elementary

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<td>In the Gospel for Easter Sunday, we read about Mary Magdalene and two Apostles finding Jesus’ tomb empty on the first Easter morning. In this lesson students will celebrate the most important feast in the life of the Church, Christ’s Resurrection.</td>
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## Gospel Reflection

A. Read the Gospel passage aloud to your students as they follow along. Then discuss the focus questions with them as a class.

B. You may also choose to assign your students to read the Gospel passage at home with their parents over Easter Vacation and discuss the focus questions together.

## Activity

Have your students take home **Handout B: Easter Morning** to color and to think about Christ’s Resurrection on Easter (or you may have them color it in class) and **Handout C: Celebrate Christ’s Resurrection** during their Easter vacation. Encourage them to consider celebrating Christ’s Resurrection using the ways listed. Then, after you return from Easter vacation, consider having students share stories about the various ways they celebrated Easter.
A Reading from the Gospel of John 20:1-9:
The Empty Tomb

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, “They have taken the Lord from the tomb, and we don’t know where they put him.” So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.
1. Who was the first to see the empty tomb? What did she do?

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_________________________________________________________________________________________________
_________________________________________________________________________________________________

2. Who were the next two people to visit the empty tomb?

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3. What would have been your reaction if you witnessed this event? Explain.

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_________________________________________________________________________________________________
Celebrate Christ’s Resurrection!

Jesus is Risen! Alleluia! During your Easter break, try some of the following ideas to celebrate Christ’s Resurrection at home with your family and friends.

1. Re-read the Gospel story of Christ’s Resurrection together with your family and then talk about what Easter is and what it means that Jesus rose from the dead for us.

2. Show your love for your parents or sibling by doing an extra chore around the house without being asked.

3. Spend some time outside and reflect on the beauty of God’s creation.

4. Tell a friend about Jesus and how He died and rose again for us.
5. Draw a picture of the Risen Jesus on Easter Sunday and display it in your home.

6. Watch a movie with your family about a Bible story such as *The Ten Commandments*, *Prince of Egypt*, or *Jesus of Nazareth*. What was your favorite part of the movie? Why?

7. Spend time in prayer talking with God.

8. Go to the Easter Vigil Mass. Rejoice with the new Christians who become members of the Church family through Baptism.

   **And of course ... go to Easter Sunday Mass with your family!**
Handout A: Gospel Reading for Sunday, April 12, 2020

1. Mary of Magdala. She ran to share the news with the Peter and John.

2. Peter and John. Although John is not mentioned by name, tradition tells us that the disciple who is referred to as: “The Disciple whom Jesus loved” throughout the Gospel of John is John.

3. Accept reasoned answers.
Journey through Lent
SECOND SUNDAY OF EASTER;
SUNDAY OF DIVINE MERCY

Lower Elementary

Materials
- Handout A: Gospel Reading for Sunday, April 19, 2020
- Handout B: Divine Mercy

Learning Goals
This week concludes the Octave of Easter with the great feast of Divine Mercy. While the Octave comes to an end, we continue in the Easter Season. This Sunday we reflect on and rejoice in the beauty that is the mercy of God.

Activity
Note: You may send this week’s activities home for students to complete with their parents. If you do so, be sure to include the directions page for parents as background on the Divine Mercy painting.

A. Read the Gospel passage aloud to your students as they follow along.

B. Project or show an image of the Divine Mercy painting, such as the one here: SophiaOnline.org/DivineMercy.

C. Explain the history of the Divine Mercy image: In 1931, Jesus appeared to a nun named Sister Faustina. He told her that He wanted her to help Him to let the world know a special message – the message of Divine Mercy. Jesus wanted the world to know of His great love for people even though we sin. He wanted people to know that all they had to do was ask Him for His mercy and, with the help of the Sacraments, He would give it. He also asked all of us to forgive each other when we hurt one another just as He forgives our sins. Lastly, He wanted us all to trust in Him with our whole hearts.
Jesus asked Sister Faustina to have an image painted of Him. Out of His heart would come two rays of light: one red and one white. These rays of light are to remind us that when He was crucified, blood and water came from His heart when it was pierced. This image was to serve as a reminder that Jesus wants to forgive the sins of anyone who comes to Him. He wants to pour His mercy out upon the whole world. The image would also include a message that says “Jesus, I trust in You!” Whenever we look at this image, we are reminded of God’s great gift of mercy. Sister Faustina followed Jesus’ direction and had an image painted of Him, as He asked.

D. Discuss the painting with your students using the following questions:

- What do the rays on the Divine Mercy image represent? They represent the blood and water that came forth from the heart of Jesus on the Cross after His heart was pierced. They also represent the mercy God wants to pour out on the world.

- The Divine Mercy image includes the words “Jesus, I trust in You.” What are some ways you can trust in Jesus? Accept reasoned answers.

E. Have your students color the Divine Mercy coloring page.
A Reading from the Gospel of John 20:19-31: Appearance to the Disciples

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put
my finger into the nailmarks and put my hand into his side, I will not believe.”

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.” Thomas answered and said to him, “My Lord and my God!” Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

Now, Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written that you may come to believe that Jesus is the Christ, the Son of God, and that through this belief you may have life in his name.
Journey through Lent
THIRD SUNDAY OF EASTER

Lower Elementary

Materials
- Handout A: Gospel Reading for Sunday, April 26, 2020
- Handout B: The Road to Emmaus

Learning Goals
This week we read about the appearance of Jesus to disciples on the Road to Emmaus. In this story, we see the origins and the structure of the Holy Mass that the Church has celebrated for over 2000 years!

Activity
Note: You may send this week’s activities home for students to complete with their parents.

A. Read the Gospel passage aloud to your students, as they follow along. Then have them answer the questions.

B. Point out to your students that Jesus is the Master Teacher. The way He teaches the disciples on the Road to Emmaus shows us not only what good teaching looks like, but also the basic structure of Christian worship—Holy Mass.

C. Have your students complete the Road to Emmaus drawing activity.

D. Lead your students in praying the following prayer:
   
   Jesus, thank you for your Word proclaimed at Mass. Help us recognize you in the breaking of the bread.
   
E. Finally, have your students answer the reflection question.
A Reading from the Gospel of Luke 24:13-35: The Appearance on the Road to Emmaus

That very day, the first day of the week, two of Jesus’ disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and
word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place.

Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they
did not see.” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.
1. Who did Jesus appear to on the road to Emmaus?

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2. How did they recognize Him?

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3. What did they do after He left them?

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The Road to Emmaus

Directions: In the box below, draw a picture of the Disciples meeting Jesus on the Road to Emmaus.
Reflection Question
How do we see Jesus at Holy Mass?

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Handout A: Gospel Reading for Sunday, April 26, 2020

1. Two Disciples.
2. In the breaking of the Bread (the Eucharist).
3. They went to Jerusalem and told the other Disciples they had seen Jesus.