Journey through Lent

FIVE LESSONS
for MARCH 2019

SOPHIA INSTITUTE
FOR TEACHERS
Journey through Lent
ASH WEDNESDAY

Lower Elementary

Materials
- Handout A: Gospel Reading for March 6, 2019
- Handout B: Lent

Learning Goals
In the Gospel passage for Ash Wednesday, the beginning of Lent, Jesus teaches His disciples, and us, about the how we should give alms, pray, and fast. These three practices have traditionally formed the pillars of Catholic Lenten practice. In this lesson, students will learn about the season of Lent and consider these three pillars of Lenten practice.

Gospel Reflection
A. Have students read the Gospel passage, or read it aloud to your students, and then answer the focus questions. You may have students answer them on their own or you may discuss them together as a class.

B. Review and discuss the correct answers when finished.

Activity
Have students complete the Handout B: Lent activity. You may choose to have your students read about Lent on their own, or you may read together as a class. Then discuss the answers when finished.
A Reading from the Gospel of Matthew 6:1-6, 16-18
The Temptation of Jesus

Jesus said to his disciples: “Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.
“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”
1. What did Jesus warn about when doing righteous deeds?

2. Who will see our good deeds and almsgiving in secret?

3. What did Jesus warn about when praying?

4. Who will see when we pray in secret?

5. What did Jesus warn about when fasting?

6. Who will know when we fast?
**Lent**

**Directions:** Read about Lent. Then use the Lent Code to solve the puzzle and answer the questions.

**Lent** is the 40 days before **Easter**. Jesus rose from the dead on Easter Sunday. Lent begins on **Ash Wednesday**. A cross made of ashes is put on our foreheads on Ash Wednesday. The ashes remind us of when God made Adam. They also remind us of God's mercy and love for us.

Lent is a season for us to grow closer to God. Jesus taught us a few ways to do this. He taught us to help others, to pray, and to fast.

**Help others**

Jesus tells us to help others. Some examples of people who need our help are the poor, the hungry, the sick, and the lonely. We can help by giving food or money. We can spend time with someone or do good things for them.
Pray
We talk to God when we pray. God talks to us too. We are friends with God when we pray.

Fast
When we fast, we give something up and give it back to God. Some people give up candy or chocolate, or even watching TV for Lent as a gift to God. What can you give up for God?
What three things can we do during Lent to grow closer to God?

1. ________________________________
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2. ________________________________ ________________________________ ________________________________ __________________
   4 1 9 24 12 14 4 1 10 7

3. ________________________________
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Answer Key

Handout A: Gospel Reading for March 6, 2019
1. Not doing righteous deeds so that people can see them.
2. God our Father, who will repay us.
3. Praying like the hypocrites so that others can see you.
4. God our Father, who will repay us.
5. Looking gloomy, like the hypocrites, so that others know we are fasting.
6. God our Father, who will repay us.

Handout B: Lent
1. Pray
2. Help others
3. Fast
Journey through Lent
FIRST SUNDAY OF LENT

Lower Elementary

Materials
- Handout A: Gospel Reading for March 10, 2019
- *Christ in the Desert*
- Teacher Resource: *Christ in the Desert* Discussion Guide
- Handout B: Christ in the Desert Coloring Page

Learning Goals
In the Gospel for this first Sunday in Lent, Jesus spends forty days in the desert preparing for His public ministry. In many ways, Lent is our time in the desert in which the Church encourages us to prepare to receive the salvation Christ won for us on the Cross. In this lesson, students will reflect on prayer using sacred art.

Gospel Reflection
A. Have students read the Gospel passage, or read it aloud to your students, and then answer the focus questions. You may have students answer them on their own or you may discuss them together as a class.

B. Review and discuss the correct answers when finished.

Activity
Lead your students in a reflection on the sacred art image *Christ in the Desert* by Ivan Kramskoi. Use Teacher Resource: *Christ in the Desert* Discussion Guide to help guide the activity. Then, have students color Handout B: *Christ in the Desert* Coloring Page. On each of the blank lines provided, have your students write one thing that they want to pray to Jesus for during Lent.
Directions: Read the Gospel passage. Then answer the questions.


Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” Jesus answered him, “It is written, One does not live on bread alone.” Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, “I shall give
to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me.” Jesus said to him in reply, “It is written: You shall worship the Lord, your God, and him alone shall you serve.” Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down from here, for it is written: He will command his angels concerning you, to guard you, and: With their hands they will support you, lest you dash your foot against a stone.” Jesus said to him in reply, “It also says, You shall not put the Lord, your God, to the test.” When the devil had finished every temptation, he departed from him for a time.

1. Where did Jesus go for forty days?

___________________________________________________________________________________________________

2. Who tempted Jesus?

___________________________________________________________________________________________________

3. Do you remember how many times Jesus was tempted?

___________________________________________________________________________________________________
Christ in the Desert
BY IVAN KRAMSKOI (1872)

Oil on canvas. Tretyakov Gallery, Moscow

© SOPHIA INSTITUTE FOR TEACHERS
Note to Teacher: Lead your students in a discussion about the painting Christ in the Desert by Ivan Kramskoi. Use the discussion questions below to help guide your conversation. Feel free to allow the conversation to go in unexpected places and add or substitute your own questions for discussion.


2. Does this painting make you feel happy or sad? Why? Accept reasoned answers.

3. What is happening in this painting? Jesus is praying alone in the desert.

4. What do you think Jesus might be praying for? Accept reasoned answers.

5. Is there someplace that you like to go to be alone? Where is it? What do you like about it? Accept reasoned answers.

6. What is something that you can pray to God for? Accept reasoned answers. Offer possible suggestions such as for your parents and siblings, to do well on a test, for someone who is sick, for the poor or hungry, for yourself if you’re feeling sad, to tell God thank you for something good in your life, and so forth. Help your students recognize that there are a lot of different reasons we can pray to God.

7. How can Jesus be an example of prayer for us? Jesus took time away from everything to pray to His Father. He prayed alone and in silence. Jesus often gave thanks to God, and He also prayed to God for other people. Accept other reasoned answers.

8. The artist of this painting painted his own version of Jesus praying and fasting in the desert for forty days. If you could paint your own version, or add to this one, what would you paint differently? Why? Accept reasoned answers.
What is one thing you want to pray to Jesus for during Lent?

_______________________________________________________________________________________

_______________________________________________________________________________________
Answer Key

Handout A: Gospel Reading for March 10, 2019

1. The desert. For forty days.
2. He was tempted by the devil.
3. Jesus was tempted three times.
Journey through Lent
SECOND SUNDAY OF LENT

Lower Elementary

Materials
- Handout A: Gospel Reading for March 17, 2019
- Handout B: Jesus Is God and Man
- Handout C: God and Man

Learning Goals
In the Gospel for the second Sunday of Lent, Jesus is revealed in His full glory as God at the Transfiguration. During Lent, we reflect in a special way on the full humanity and full divinity of Christ and how our God fully knows our human condition. In this lesson, students will create their own art and solve a puzzle to help them understand the mystery of the Incarnation.

Gospel Reflection
A. Have students read the Gospel passage, or read it aloud to your students, and then answer the focus questions. You may have students answer them on their own or you may discuss them together as a class.

B. Review and discuss the correct answers when finished.

Activity
Have your students read about how Jesus is both God and man from Handout B: Jesus Is God and Man (or read the information to your students while they follow along). Then, have them complete the word search and fill in the blanks. Finally, have your students create their own drawing of Jesus that shows that He is both God and man using Handout C: God and Man.
A Reading from the Gospel of Luke 9:28B-36: The Transfiguration of Jesus

Jesus took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem. Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him. As they were about to part from him, Peter said...
to Jesus, “Master, it is good that we are here; let us make three tents, one for you, one for Moses, and one for Elijah.” But he did not know what he was saying. While he was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, “This is my chosen Son; listen to him.” After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen.

1. Where did Jesus go to pray?

___________________________________________________________________________________________________

2. What happened to Jesus while He was praying?

___________________________________________________________________________________________________

3. What did Peter want to make for Jesus, Moses, and Elijah?

___________________________________________________________________________________________________

4. Do you remember what the voice of God said?

___________________________________________________________________________________________________
Directions: Read the information. Then find the words in the word search and fill in the blanks.

Jesus is God. He is one with the Father and the Holy Spirit.

Jesus is also a man. He is like us in all things but sin.

Jesus is fully God and fully man. That means that God knows what it is like to be you and me. He knows what it is like to be happy and to be sad. He knows what it is like to have friends and to laugh. He also knows what it is like to sometimes feel lonely and hurt.

The good news is that Jesus died on the Cross to save us from sin. He invites us to love Him and accept His gift of salvation.

Transfiguration, by Bl. Fra Angelico
## Word Search

**Words to find:**
- Cross
- God
- Man
- Like

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1. Jesus is fully ____________________________.

2. Jesus is fully ____________________________.

3. Jesus is ____________________________us in all things but sin.

4. Jesus died on the ____________________________.

5. Jesus gives us the ____________________________ of salvation from sin.
God and Man

Directions: Draw your own picture of Jesus that shows that He is both fully God and fully human.
Answer Key

Handout A: Gospel Reading for March 17, 2019
1. Jesus went up a high mountain.
2. His face changed in appearance and His clothing became dazzling white.
3. Tents.
4. “This is my chosen Son; listen to him.”

Handout B: Jesus Is God and Man

Word Search
See answers at the right.

Fill-in-the-Blanks
1. God
2. Man
3. Like
4. Cross
5. Gift
Journey through Lent
THIRD SUNDAY OF LENT

Lower Elementary

Materials

- Handout A: Gospel Reading for Sunday March 24, 2019
- Handout B: The Fig Tree

Learning Goals
In the Gospel for the third Sunday of Lent, Jesus tells a story of a fig tree that hasn't grown any fruit for three years. The owner of the tree wanted to cut it down, but the gardener asked to care for the tree for another year in the hope that it would finally produce fruit. In many ways, we are like this fig tree. In this lessons, students will consider how Jesus helps them to grow and assess their progress so far this Lent.

Gospel Reflection
Read the Gospel passage aloud to your students as they follow along. Then, discuss the focus questions with them as a class. Share the background information with your students before discussing the focus questions.

Activity
Have students read the information on Handout B: The Fig Tree (or read it aloud as they follow along). Then, have your students answer the questions, or discuss them together as a class.

Some people told Jesus about the Galileans whose blood Pilate had mingled with the blood of their sacrifices. Jesus said to them in reply, “Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did! Or those eighteen people who were killed when the tower at Siloam fell on them—do you think they were more guilty than everyone else who lived in Jerusalem? By no means! But I tell you, if you do not repent, you will all perish as they did!” And he told them this parable: “There once was a person who had a fig tree planted in his orchard, and when he came in search of fruit on it but found none, he said to the gardener, ‘For three years now I have come in search of fruit on this fig tree but have found none. So
cut it down. Why should it exhaust the soil?’ He said to him in reply, ‘Sir, leave it for this year also, and I shall cultivate the ground around it and fertilize it; it may bear fruit in the future. If not you can cut it down.’”

1. What does Jesus warn the people against not doing?

__________________________________________________________________________________________________

2. In Jesus’ parable, what was planted in the orchard?

__________________________________________________________________________________________________

3. Do you remember why the orchard owner wanted to cut the tree down?

__________________________________________________________________________________________________
__________________________________________________________________________________________________

4. What did the gardener offer to do to the tree?

__________________________________________________________________________________________________
__________________________________________________________________________________________________
Directions: Read about this week’s Gospel. Then answer the questions.

This week’s Gospel is hard to understand. At the beginning of the story Jesus was talking to the crowd about some bad things that had happened to people. People had died. Jesus warned the people that if they didn’t repent – turn away from sin – then they would die too.

This teaching might be a little scary. It doesn’t mean that when we do bad things we will die right away. Instead, when we sin, we turn away from God. God gave all of us life. So, when we turn away from Him because of sin, we do in fact die spiritually.

There is good news, however! In the Gospel Jesus tells a story of a fig tree.
tree that hadn’t grown any fruit. The owner of the tree wanted to cut it down. But the gardener asked to give the tree another chance. He offered to care for the tree and to feed it. With a little love and care the tree would hopefully produce fruit and not be cut down.

We are just like the fig tree. When we sin, we aren’t producing fruit – we aren’t doing good things. But, Jesus came to give us another chance. And with His help we can do better and be friends with God! Jesus loves us and cares for us, and He even feeds us with the Eucharist. All of these things help us to avoid sin, to grow in holiness, and to the people God made us to be.

Reflection Questions

1. Have you ever felt bad for doing something that hurt someone else? What did you do to make up for hurting them?

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__________________________________________________________________________________________________

2. What are two ways that you know that Jesus loves you?

__________________________________________________________________________________________________
__________________________________________________________________________________________________
3. What is one way you have helped others so far this Lent?

__________________________________________________________________________________________________
__________________________________________________________________________________________________

4. What have you given up this Lent? Has it been easy or hard to do so? Why?

__________________________________________________________________________________________________
__________________________________________________________________________________________________

5. Have you prayed every day this Lent? What can you do to remember to pray?

__________________________________________________________________________________________________
__________________________________________________________________________________________________
Answer Key

Handout A: Gospel Reading for Sunday March 24, 2019
1. Jesus warned the people that if they didn’t repent they would die.
2. A fig tree.
3. The fig tree had not produced fruit in three years.
4. The gardener offered to care for the tree for a year (by cultivating the ground and fertilizing it.).

Handout B: The Fig Tree
Accept reasoned answers.
Journey through Lent  
FOURTH SUNDAY OF LENT

Lower Elementary

Materials
- Handout A: Gospel Reading for Sunday March 31, 2019
- Handout B: The Father’s Love
- Handout C: Parable of the Prodigal Son Spot the Differences

Learning Goals
The Gospel for the fourth Sunday of Lent contains one of the best-known parables of Jesus’: the parable of the lost, or prodigal, son. With this parable Jesus teaches us in a powerful way about the love and forgiveness of the Father. In this lesson students will reflect on God’s love and forgiveness using sacred art in a spot the differences activity.

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

Activity
A. Have your students read about God’s love for us from Handout B: The Father’s Love and then answer the questions. Students may answer the question individually or you may discuss them together as a class.

B. Have students complete the Handout C: Parable of the Prodigal Son Spot the Differences activity. Tell your students to compare the two versions of the painting Parable of the Prodigal Son by James Tissott and find 8 differences between the two images. Have them circle the differences.
A Reading from the Gospel of Luke 15:1-3, 11-32: The Parable of the Lost Son

Tax collectors and sinners were all drawing near to listen to Jesus, but the Pharisees and scribes began to complain, saying, “This man welcomes sinners and eats with them.” So to them Jesus addressed this parable: “A man had two sons, and the younger son said to his father, ‘Father give me the share of your estate that should come to me.’ So the father divided the property between them. After a few days, the younger son collected all his belongings and set off to a distant country where he squandered his inheritance on a life of dissipation. When he had freely spent everything, a severe famine struck that country, and he found himself in dire need. So he hired himself out to one of the local citizens who sent him to his farm to tend the swine. And he longed to eat his fill of the pods on which the swine fed, but nobody gave him
any. Coming to his senses he thought, ‘How many of my father’s hired workers have more than enough food to eat, but here am I, dying from hunger. I shall get up and go to my father and I shall say to him, “Father, I have sinned against heaven and against you. I no longer deserve to be called your son; treat me as you would treat one of your hired workers.”’ So he got up and went back to his father. While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him. His son said to him, ‘Father, I have sinned against heaven and against you; I no longer deserve to be called your son.’ But his father ordered his servants, ‘Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet. Take the fattened calf and slaughter it. Then let us celebrate with a feast, because this son of mine was dead, and has come to life again; he was lost, and has been found.’ Then the celebration began. Now the older son had been out in the field and, on his way back, as he neared the house, he heard the sound of music and dancing. He called one of the servants and asked what this might mean. The servant said to him, ‘Your
brother has returned and your father has slaughtered the fattened calf because he has him back safe and sound.’ He became angry, and when he refused to enter the house, his father came out and pleaded with him. He said to his father in reply, ‘Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends. But when your son returns who swallowed up your property with prostitutes, for him you slaughter the fattened calf.’ He said to him, ‘My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.’”

1. What did the Scribes and Pharisees say about Jesus?
_________________________________________________________________________________________________
_________________________________________________________________________________________________

2. What did the younger son do with his inheritance?
_________________________________________________________________________________________________
_________________________________________________________________________________________________
3. Why did the younger son decide to return home?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

4. When the father saw his lost son returning, what did he do?

_________________________________________________________________________________________________

_________________________________________________________________________________________________

5. The older son was angry. Why?

_________________________________________________________________________________________________

_________________________________________________________________________________________________
**Spot the Differences**

**Directions:** Compare the two images of *Parable of the Prodigal Son* by James Tissot. See if you can spot 8 differences between the two images. Circle the differences when you find them.
Handout A: Gospel Reading for Sunday March 31, 2019

1. “This man welcomes sinners and eats with them.”
2. He moved away and squandered it on a life of “dissipation,” or sin.
3. He had spent all of his money, was in “dire need,” and was starving.
4. He ran to his son, embraced him and kissed him.
5. He was angry because he had been working for his father faithfully all along and never had a celebration in his honor.

Handout B: Parable of the Prodigal Son Spot the Differences