Journey through Lent

FIVE LESSONS for April 2019

Lower Elementary
Journey through Lent
FIFTH SUNDAY OF LENT

Lower Elementary

Materials
- Handout A: Gospel Reading for Sunday April 7, 2019
- Handout B: Acts of Penance

Learning Goals
In this week’s Gospel passage, the Pharisees bring a woman caught in the act of adultery before Jesus to test His application of the Law so that they might have charges to bring against Him. As the crowd is about to stone her to death for her sin, as was allowed by the law, Jesus turns the tables on the crowd and asks for those without sin to throw the first stone. As the crowd one by one leaves, Jesus forgives the woman her sins and calls her to sin no more. In this lesson, students will contemplate their own sinfulness and consider acts of penance they can make in their own lives.

Gospel Reflection
A. Have students read the Gospel passage, or read it aloud to them, 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 students have finished

Activity
A. Have students read and complete the “Acts of Penance” activity.
B. Conclude by creating a prayerful atmosphere in your classroom by turning down the lights, displaying sacred art, and lighting a candle if possible. Play some soft instrumental music as well. Have your students take some time to reflect upon the examination of conscience. Consider prayerfully reading this aloud to your students as they reflect and read along. Encourage your students to receive the Sacrament of Reconciliation in these remaining weeks of Lent. If possible, invite your parish priest to hear student confessions.
A Reading from the Gospel of John 8:1-11:
A Woman Caught in Adultery

Jesus went to the Mount of Olives. But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them. Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, “Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women. So what do you say?” They said this to test him, so that they could have some charge to bring against him.

Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them, “Let the one among you who is without sin be the first to throw a stone at her.” Again he bent down and wrote on the ground. And
in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. Then Jesus straightened up and said to her, “Woman, where are they? Has no one condemned you?” She replied, “No one, sir.” Then Jesus said, “Neither do I condemn you. Go, and from now on do not sin any more.

1. What did Jesus do in the Temple area?

2. What did the Scribes and Pharisees want to do to the woman?

3. What did Jesus say to them when they questioned Him?

4. What does Jesus tell the woman to do?
Acts of Penance

Directions: Read about penance. Then answer the questions.

In this Gospel we learn about how Jesus wants to forgive our sins. Jesus loves us and forgives us no matter what sins we have done, as long as we are truly sorry. Jesus not only forgives us, but He also asks us to sin no more. He asks us to do everything we can to do what is good. He wants us to be free from sin.

In this season of Lent, we are asked to do penance. Penance is something we do to make up for our sins. As we have learned already, one way we can do this is by fasting.

1. Have you ever needed to be forgiven for something you have done? How did it feel to be forgiven?

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
2. Have you ever had to forgive someone else? What was it like to forgive them?
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

3. Why do you think it is so hard for us to fast?
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

4. What are three ways that you can fast during the rest of this season of Lent?
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
An Examination of Conscience for Children

(Taken from USCCB.org)

Responsibilities to God

› Have I prayed every day?
› Have I prayed my morning prayers and night prayers?
› Have I prayed with my parents and family?
› Have I been moody and rebellious about praying and going to church on Sunday?
› Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
› Have I asked the Holy Spirit to help me do what is right?

Responsibilities to others

› Have I been obedient and respectful to my parents?
› Have I lied or been deceitful to them or to others?
› Have I been arrogant, stubborn, or rebellious?
› Have I talked back to parents, teachers, or other adults?
› Have I pouted and been moody?
Have I been selfish toward my parents, my brothers and sisters, my teachers, or my friends and schoolmates?

Have I gotten angry at them? Have I hit anyone?

Have I held grudges or not forgiven others?

Have I treated other children with respect, or have I made fun of them and called them names?

Have I used bad language?

Have I stolen anything? Have I returned it?

Have I performed my responsibilities, such as homework and household chores?

Have I been helpful and affectionate toward my family?

Have I been kind and generous with my friends?
Answer Key

Handout A: Gospel Reading for Sunday April 7, 2019

1. He was teaching the crowds that came to Him.

2. They wanted to punish her by stoning her to death for committing adultery.

3. “Let the one among you who is without sin be the first to throw a stone at her.”

4. He tells her to “not sin anymore.”
Journey through Lent
PA LM SUNDAY

All Grades

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

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 Luke 22:14-23:56 (middle and upper elementary students). The abridged version of the Passion narrative is from Luke 23:1-49. Read both versions at SophiaOnline.org/PalmSunday.

Activity
A. First, download Christ’s Passion in Sacred Art PowerPoint available for free at the following link: SophiaInstituteforTeachers.org/lent-supplement.
B. Create a prayerful atmosphere in your classroom or, if possible, take your students to a chapel.
C. For middle and upper elementary students: Read aloud the full Gospel reading (Luke 22:14-23:56) together as a class. Consider having student readers take turns reading.
**Activity (continued)**

D. **For lower elementary students:** Read aloud to your students the abridged version of the Gospel reading (Luke 23:1-49).

E. 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.

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

G. **For middle and upper elementary students:** When finished, have students choose one of the images that stood out to them and write a brief paragraph about what God might be speaking to them through it.

H. **For lower elementary students:** 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
- Handout C: The Last Supper by Vicente Juan Macip

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. Have students read the information on Handout A: What Is Triduum? (or read it aloud as they follow along). Then have your students answer the questions, or discuss them together as a class.
B. Have students complete the Handout B: The Last Supper Look and Find activity using the given list and the sacred art image from Handout C: The Last Supper by Vicente Juan Macip. Students will look for certain items in the painting, circle them, and answer some questions. When finished, review the answers with your students.
What Is Triduum?

Directions: Read about the season of Triduum. Then answer the questions.

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?

______________________________________
______________________________________

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

______________________________________
______________________________________
______________________________________
______________________________________

3. What happened on the first Good Friday?

______________________________________
______________________________________
______________________________________
______________________________________
______________________________________

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

______________________________________
______________________________________
______________________________________
______________________________________

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

______________________________________

6. When does the Easter season end?

______________________________________
Last Supper Look and Find

Directions: Look for the items below in the painting *The Last Supper* by Vicente Juan Macip and answer the questions.

1. Find and circle a halo. How many halos do you see in the painting? ________________________________

2. Find and circle Jesus.

3. Find and circle the Eucharist.

4. Find and circle the chalice that holds Jesus’ Precious Blood.

5. Find and circle a piece of bread. How many pieces of bread do you see in the painting? ________________________________

6. Find and circle a bottle of wine.

7. Find and circle a large jar used to pour water.

8. Find and circle a large bowl used to pour water in. Jesus used the jar and the bowl to wash the feet of the Apostles.

9. Find and circle one of the Apostles who looks like he is praying.
10. Find and circle the bag of coins Judas is holding. Judas was paid 30 pieces of silver to betray Jesus to the Jewish authorities.

11. What are two other interesting things you can see in this painting?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
The Last Supper by Vicente Juan Macip
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 B: The Last Supper Look and Find
1. 12 (11 of the Apostles and Jesus have halos. Judas, in the far right corner, does not have a halo.)
2. Jesus is in the center of the painting.
3. Jesus is holding up the Eucharist in His right hand.
4. It is on the table in front of Jesus.
5. There are 5 pieces of bread on the table (6 if you count the Eucharist Jesus is holding).
6. A bottle of wine is on the right hand side of the table.
7. A jar of water is in front of the table, slightly to the left.
8. A bowl is in front of the table, slightly to the right.
9. Thaddeus (in front of the table to the left wearing pink and yellow), Andrew (standing to Jesus' right, behind Peter, and wearing a purple robe), and Thomas (seated on the far right side of the table wearing green).
10. Judas is in the far right corner holding a bag of coins in his right hand.
11. Accept reasoned answers.
# The Joy of Easter

## EASTER SUNDAY

### Lower Elementary

#### Materials
- Handout A: Gospel Reading for Sunday April 21, 2018
- Handout B: Easter Morning
- Handout C: Celebrate Christ's Resurrection

#### Learning Goals
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.

### 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.
Directions: Read the Gospel passage. Then answer the questions.

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? How did this person react?
   __________________________________________________
   __________________________________________________
   __________________________________________________

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

3. Summarize what happened during their visit to the tomb. What is significant about their visit in regards to helping us understand the structure of the Church?
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________
4. What would have been your reaction if you witnessed this event? Explain.

_______________________________________________

_______________________________________________

_______________________________________________

_______________________________________________

_______________________________________________

_______________________________________________
Easter Morning
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. Create a list of ten things that you can thank God for. Read the list every night before bed and tell God how thankful you are for the good things He has given you.
8. Spend time in prayer talking with God.

9. Read the different Gospel stories of the Resurrection of Jesus. They can be found in the following passages:
   - Matthew 28
   - Mark 16
   - Luke 24
   - John 20-21

How are the four stories of Jesus’ Resurrection similar? How are they different? What did you learn that surprised you?

Imagine that you were one of the Apostles when the Risen Jesus first appeared to them. What would you have felt? What would you have thought? Say a prayer to Jesus and thank Him for all that He has done for you.

10. 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!
Answer Key

Handout A: Gospel Reading for Sunday April 21, 2018

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. Peter and John both ran to the tomb but John got there first. Even though John arrived first, he waited for Peter to enter before he did. This fact points to the fact that Peter had a primacy among the Twelve from the very beginning. It is Scriptural support for Peter as the first Pope and that the Church is hierarchical.
4. Accept reasoned answers.
Journey through Lent
SECOND SUNDAY OF EASTER; SUNDAY OF DIVINE MERCY

Lower Elementary

Materials
- Handout A: Sunday Reading
- 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.

- Why do you think we celebrate Jesus’ Divine Mercy on this Sunday? What does Jesus’ mercy (and this painting) have to do with the Gospel for this week? God’s mercy was made perfectly known to us in Jesus’ sacrificial Death on the Cross and by His Resurrection, both of which we celebrated last week during Holy Week and Easter Sunday. In this week’s Gospel Jesus appears to His Apostles for the first time. Often, we are like Thomas, who doubt God’s love and mercy for us. Accepting God’s love and mercy requires us to have faith and believe in His saving works. Notice, too, that the Divine Mercy painting shows God’s mercy pouring out from Jesus’ side (the rays of light). Thomas put his finger in Jesus’ side, feeling the wounds from His crucifixion, the very sacrifice of our salvation and God’s mercy.

E. Have your students color the Divine Mercy coloring page.
Directions: Read the Gospel passage.

**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.