

LENTEN TRAIL SESSION PLANS

Why this trail? (for Trail Map)

Because Lent is a liturgical season we can use to grow closer to Christ.

Goals

1. To understand why the Lenten season is an important time for us, as Catholics.
2. To understand how to take advantage of this holy season to grow in our personal relationship with Christ.
3. To learn how to observe Lent as a family and as part of a parish community.

Mileposts

1. Prayer
 - a. Make a Lenten promise to pray more, especially as a family.
2. Fasting
 - a. Make a Lenten sacrifice as individuals and/or as a family.
3. Almsgiving
 - a. Make a Lenten promise to give alms as individuals and/or as a family.
4. Stations of the Cross
 - a. Attend the Stations of the Cross during one or more of the Fridays during Lent.
 - b. Or attend the Good Friday Faith Walk as part of the St. Patrick's community.
5. Triduum
 - a. Attend at least one of the Triduum services during Holy Week.

Equipment (materials)

Session Handouts for Children

- Kids Lenten calendars
- Children's stations
- Meaning of Stations
- Lent Vocabulary
- What is Lent?
- Holy week flash cards

Handouts for Parents

- What to Do for Lent sheet
 - <https://www.piercedhands.com/wp-content/uploads/2015/02/What-to-Do-for-Lent.pdf>
- List of Activities to do during lent

Scripture and Church Documents

Matthew 4:1-11

Matthew 6:1-18

Jonah 3: 1-10

Sacrosanctum Concilium (paragraphs 102-111)

- http://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_const_19631204_sacrosanctum-concilium_en.html

First Hiker Formation Session

(Takes place at the same time as the Parent/Catechist formation session. The youth and the youth ministry core team members are the kids' catechists.)

LENT



- The Lenten Season lasts **40 days**
- There is no ALLELUIA said or sung during Lent
- Lent is a time of prayer and sacrifice in preparation for Easter
- Lent begins on **Ash Wednesday**:
 - On Ash Wednesday, blessed palm from the previous Palm Sunday is burned to ashes
 - Catholics are blessed with the ashes, and the words:
 - ~*"Turn away from sin and be faithful to the Gospel"* OR
 - ~*"Remember you are dust and to dust you shall return."*
 - * This blessing is a **sacramental**. Sacramentals give grace, but are not sacraments



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- Lent includes **Holy Week**, which begins on **Palm Sunday** (aka *Passion Sunday*)
- Vestments are **violet**, except during the *Easter Triduum*
- The Easter Triduum:
 - Holy Thursday** – The Last Supper – **white vestments**
 - Good Friday** – Jesus' passion and death – **Red** vestments
 - *There is NO MASS on Good Friday
 - **Holy Saturday** – Easter vigil – **white vestments**

Key Topics

- What is lent?
- Why is it important to Catholics?

Second Hiker Formation Session

(Taught by parents and catechists)

Materials

- Purple and white paper for Lent chain,
- Lenten cards copied for all kids
- 9x9 light purple squares for each child
- Scissors
- Glue

See the additional resources page for extra activities.

Activity 1: What is Lent? Why is lent important to Catholics?

1. Show What is Lent video. <https://www.youtube.com/watch?v=Xo1mjuy1NA0>
2. Discuss video and what lent is and why it is important.
3. Make a poster of Lent. Or make 40-day chain with things they want to work on over this time.
4. Talk about 40 days and meaning.
5. Pass out the Lent Calendar for kids to take home

Milepost 1: Prayer: Make a Lenten promise to pray more, especially as a family

Fill out Lenten pray cards.

Read Scripture verse:

Have student's find the pages and read with you.

Activity 3: Make origami Lenten tellers:

1. Write on them: fast, pray and almsgiving.
2. pick their favorite ways to do these from the list and put them in the Lenten teller.
3. Practice these with their friends.
4. Take them home and whichever they choose they do that day.



Milepost 2: Fasting-giving up something to make more time for God. Or giving up something as a sacrifice to show God you love him.

- Make a Lenten sacrifice as individuals and/or as a family.

Milepost 3: Almsgiving-giving to those in need.

- Make a Lenten promise to give alms as individuals and/or as a family.

Activity 4

- Fill out Lenten Fasting and almsgiving cards.

Milepost 5: Triduum

- Attend at least one of the Triduum services during Holy Week.

Holy Week & Tridium: The three MOST important days leading up to Easter.

- **Palm Sunday** (or Passion Sunday), the entrance of Jesus into Jerusalem.
- **Holy Thursday** (or Maundy Thursday), the institution of Communion and the betrayal by Judas.
- **Good Friday**, the arrest, trial, crucifixion, death, and burial of Jesus Christ.
- **Holy Saturday**, the Sabbath on which Jesus rested in the grave.

Why are they important: They are the days preparing all Christians for the coming of Christ. These days are the most important days of the year.

Discuss and read flash cards. Match flash cards to meaning. Read part of the passion.

Third Hiker Formation Session (taught by parents and catechists)

Materials

- Station Origami (premade- not the writing)
- Materials Lenten cards copied for all kids
- 9x9 light purple squares for origami
- Scissors
- Glue
- Holy Week flash cards

Milepost 4: Stations of the Cross

- Attend the Stations of the Cross during one or more of the Fridays during Lent.
- Or attend the Good Friday Faith Walk as part of the St. Patrick's community.

Activity

Stations origami- Kids will practice what the stations are with partners after they write their stations and meanings in the origami.

Go through the stations as a small group. Use the kid friendly version so that they can relate to their lives. Pick kids that want to volunteer to read each station. Do not force anyone to read. They may feel more comfortable reading in pairs. (You may go into the church or the chapel as needed). Send home the children's versions and picture cards too. Encourage kids to say stations at home and possible attend one at church during the season of lent.

Milepost 5: Triduum

- Attend at least one of the Triduum services during Holy Week.

Tridium: The three MOST important days leading up to Easter.

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Discuss and read flash cards. Match flash cards to meaning. Read part of the passion.

Why are they important: They are the days preparing all Christians for the coming of Christ. These days are the most important days of the year.

Take time each class to help each student to learn and apply the mileposts. Remember every child learns differently As kids learn their mileposts each class mark student's off. Make sure to know your kids and work with everyone at their ability. Review the mileposts with kids by having a "Celebration of Knowledge" at the end of each class. See the additional resources page for extra activities with Lent.

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