

# Journey through Lent

**Head Boy: Eros**

**Head Girls: Ionah & Andrea**

**House Captains: Evelyn, Amelia & Grace KW**

**PowerPoint Presentation: Emmanuel Y5**



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# Let's start with a prayer...

**Father God,**

**God of goodness and mercy, hear my prayer as I begin this journey of Lent with you. Let me be honest with as I look into my heart and soul noticing the times I turn away from you. Guide as I humbly seek to repent and return to your love and peace.**

# Amen



**Date:**  
**Wednesday 5<sup>th</sup>**  
**March –**  
**Thursday 17<sup>th</sup>**  
**April 2025**



**Lent is the period of time  
where we remember the  
sacrifice that Jesus made  
in desert.**

**In the season of Lent,  
We give up things we  
love or enjoy. For  
example: A favourite  
game or movie.  
We do this to remember  
that Jesus spent 40  
days and 40 nights in  
the desert without food  
or water.**





# The 3 Pillars of Lent



**Prayer**

**Fasting**

**Almsgiving**

# What are the 3 R's of Lent?



## Reflection

Reflection is when you take time to pray to God.



## Repentance

Repentance is feeling sincere regret or remorse for.



## Reconciliation

Reconciliation is to come at peace again.



# The Lenten Game Show

Excellent  
Eros



**Q1. What did the devil want  
Jesus to turn stones into?**

**A. Bread**

**B. Chocolate**





**Q2. If Jesus would have thrown himself off the temple like the devil had said. Will Jesus be saved?**

**A. Yes**

**B. No**





**Q3. What did Satan want Jesus to submit in exchange of?**

**A. Money**

**B. To worship him**





**Jesus was tempted because his deity gave no place for the temptation to attach.**

**Jesus was led to the Holy Spirit into the desert to be tempter by the devil.**

**Matthew 3:1-11**



**Lent is a period of 40 days during which many Christians remember the events leading up to and including the death of Jesus Christ.**

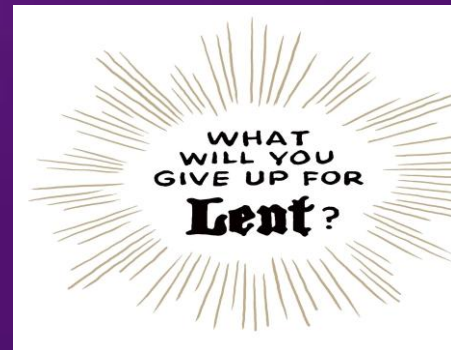






# Here are some thing you can give up for Lent:

- A favourite game or toy
- A social media platform
- A favourite snack or food
- Chocolate or something that normally gives you pleasure.





**Breaking Lent is not a sin but it is a good spiritual idea to reflect on why the promise was made in the first place and why it was forgotten.**





# Here are some things that you shouldn't do during Lent

:

- Eat meat on Ash Wednesday and the 7 Friday's of Lent.
- Consume large quantities of fizzy drinks like sodas, sweets or fast food.
- Gossiping or talking back about others
  - Having too much screen time



**1 thing you could try to avoid is your screens. Spending too much screen time on your devices is bad for you and lowering how much time you spend on the screen is a perfect thing to do in Lent.**



# Amazing Grace



Amazing grace how sweet the sound  
That saved a wretch like me  
I once was lost, but now I'm found  
Was blind, but now I see

'Twas grace that taught my heart to fear  
And grace my fears relieved  
How precious did that grace appear  
The hour I first believed

My chains are gone, I've been set free  
My God, my Savior has ransomed me  
And like a flood His mercy reigns  
Unending love  
Amazing grace

My chains are gone, I've been set free  
My God, my Savior has ransomed me  
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Amazing grace

My chains are gone, I've been set free  
My God, my Savior has ransomed me  
And like a flood His mercy reigns  
Unending love  
Amazing grace

The earth shall soon dissolve like snow  
The sun forbear to shine  
But God, who called me here below  
Will be forever mine, will be forever mine  
You are forever mine





**I wonder...  
How can you be  
like Jesus during  
Lent?**

**I wonder...  
What will I give  
up for Lent?**



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