

# LENT

## A SPECIAL SEASON

### ■ Read Matthew 4:1-11

Jesus spent \_\_\_\_\_ days in the desert. There he prayed and \_\_\_\_\_. He was also \_\_\_\_\_ by the devil. He made this period as a \_\_\_\_\_ before starting preaching.



### ■ Lent

Lent is a period of \_\_\_\_\_ days before \_\_\_\_\_. In it we \_\_\_\_\_ ourselves for the greatest feast in the Church calendar. It starts on \_\_\_\_\_ and finishes on \_\_\_\_\_. The colour used during this season is \_\_\_\_\_.

### ■ How to prepare ourselves *Write in three things how we can prepare ourselves during Lent.*

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### ■ A Prayer of contrition — Psalm 51

Have mercy on me, o God, in your faithful love,  
In your great tenderness wipe away my offences;  
Wash me thoroughly from my guilt,  
Purify me from my sin.

God create in me a clean heart,  
Renew within me a resolute spirit,  
Do not thrust me away from your presence,  
Do not take away from me your spirit of holiness.

For I am well aware of my offences,  
My sin is constantly in mind.  
Against you, you alone, I have sinned,  
I have done what you see to be wrong.

Give me back the joy of your salvation,  
Sustain in me a generous spirit.  
Turn away your face from my sins,  
And wipe away all my guilt.

But you delight in sincerity of heart,  
And in secret you teach me wisdom.  
Purify me with hyssop till I am clean,  
Wash me till I am whiter than snow.

Sacrifice gives you no pleasure,  
Burnt offering you do not desire.  
Sacrifice to God is a broken spirit,  
A broken, contrite heart you never scorn.



### ■ Other Bible passages for reflection

**Old Testament** — Genesis 37:3-36; Exodus 32:7-14; Numbers 21:4-9; 2 Kings 4:18-37; 2 Kings 5:1-15; Esther 4:17k-17z; Psalm 27; Isaiah 55:10-11; Ezekiel 18:21-28; Daniel 3:14-28; Daniel 13:1-62; Micah 7:7-9; **Gospels** — Matthew 18:21-35; Matthew 21:33-46; Mark 4:35-41; Luke 5:27-32; Luke 15:11-32; Luke 16:19-31; John 4:5-42.

### ■ My own Lenten prayer

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