

TOTALLY LENT!



A CHILD'S
JOURNEY TO
EASTER 2025

For Primary Grades





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J E A N L A R K I N

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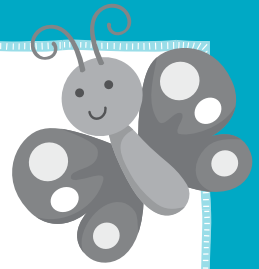
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The Spirit of Lent



Forty days before Jesus suffered and died, he went into the wilderness to fast and pray. He wanted his spirit to be strong for the hard days ahead. Lent is the time when Catholics fast, pray, and do good works to strengthen our spirits, too, like Jesus did.

FASTING means eating less food.

Older Catholics follow the Lenten practices of fast and abstinence. This means they eat only one full meal on Ash Wednesday and Good Friday, and they do not eat meat on Ash Wednesday and the Fridays of Lent.

But your body is still growing and needs good nutrition each day. So, what can you do? You can eat less of the food that your body **doesn't** need, like candy or ice cream or potato chips. You can "give it up" for Lent.

What could you give up for Lent? Write it here.



PRAYING is talking and listening to God. During Lent, Catholics have special prayer services to remind us of the suffering Jesus went through for us. We have penance services and pray the Stations of the Cross.

DOING GOOD WORKS means being kind to others and helping the poor.

We should do these every day, but Lent is a time to make a special effort. We save money to give to the poor. We collect food for pantries and clothing for shelters. We try to be nicer to our family members.

What good work could you do this Lent?

On my journey with Jesus, he told me about the end of time.

Here is part of the story Jesus told. Sometimes a picture is given instead of a word. **Read the story by saying the word for the picture.**

When the end of time comes, all nations will gather before the

 , who will sort them out like a  sorts his  from his  .
The  he will put on his right and the  on his left.

To those on his right, the  will say, "You may enter my kingdom.

For I was hungry and you gave me  . I was thirsty and you gave

me  . I was a stranger and you welcomed me. I had no clothes and

you gave me  . I was sick and you took care of me. I was in 

and you visited me."

Then these good people will ask him, "Lord, when was it that

we did these things?" And the  will answer them, "Whenever you

did it to anyone, you did it to me. **4** all people are members

of my  ."

On my journey with Jesus, I saw some important people.



**Jesus
said**

**“Truly important people
are those who serve others.” (23:11)**

Do you want to be important? Then decide how you will serve others today.
Choose an idea from this checklist or add an idea of your own.

- Set the dinner table.**
- Clear the table after dinner.**
- Help wash the dishes.**
- Wipe the table and counter.**
- Sweep the floor.**
- Separate the recyclables
and dispose of the trash.**
- Help a younger sibling
get ready for bed.**



Your Idea



On my journey with Jesus, I learned about his mother.

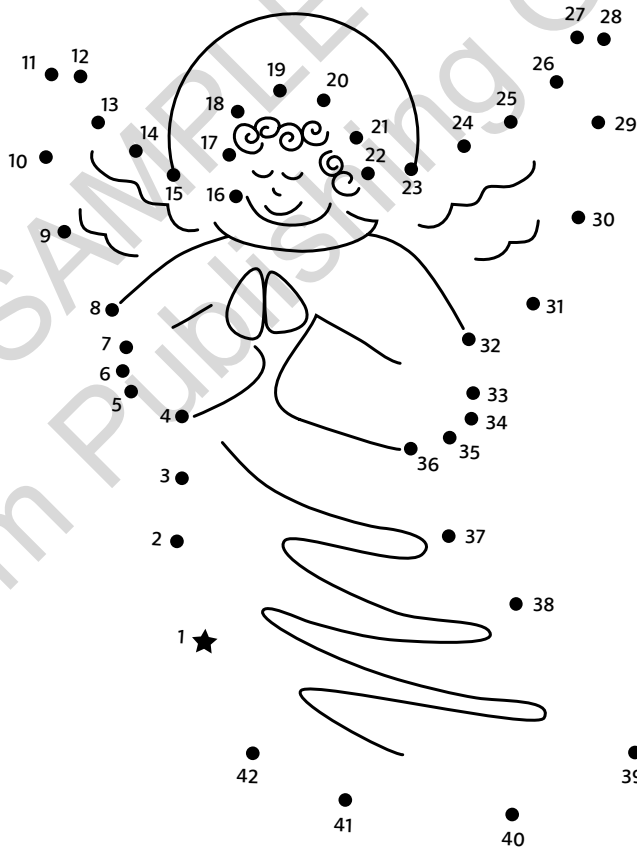


**The
angel
said**

**"You will bear a son, and you
will name him Jesus." (1:31)**

Today we
celebrate the
day God sent
a messenger
to tell Mary
she would be
the mother
of Jesus.

**Connect
the dots to
see who this
messenger
was.**



On my journey with Jesus, I asked how people could be sure that he was God's son.



Jesus said

"The works that I do prove the Father has sent me." (5:36)

Abraham

was a great man.
He founded the Hebrew nation.
But Abraham was not God.

Moses

was a great man.
He led the Jewish people out of slavery.
But Moses was not God.

John the Baptist

was a great man.
He baptized many people. But John was not God.

Many people did great work, but only one person was God's Son.

Fill in the missing words to learn what Jesus did that no others could.

Word List

FORGAVE

DEAD

FOOD

ROSE

DEAF

SIGHT

Jesus gave _____ to the blind.

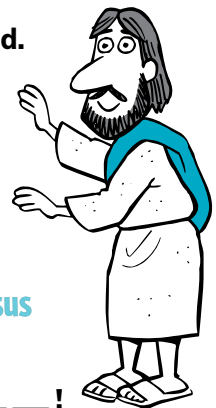
Jesus healed the _____.

Jesus _____ sinners.

Jesus multiplied _____
to feed thousands.

And this is the most important thing Jesus did that no other man could do.

Jesus _____ from the _____ !



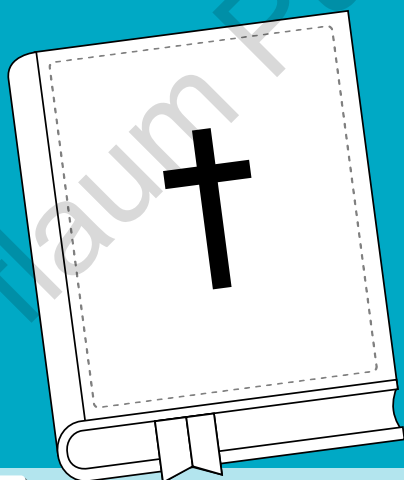
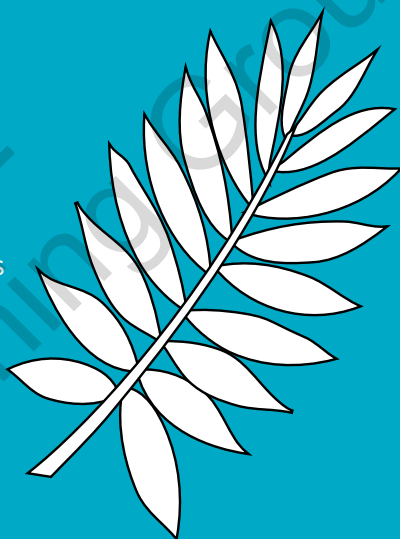
Happy Day, Sad Day

Today we begin Holy Week. The first day is called **PALM SUNDAY** of the **LORD'S PASSION**. The "Palm" part of the title recalls a happy event. The "Passion" part recalls a sad event.

Happy Event

When you go to church on Palm Sunday, you are given a piece of palm. You might process with all the people around the church, even outside, singing joyful songs.

This is because you are recalling the day Jesus entered the city of Jerusalem a few days before he died. People welcomed him with shouts of "Hosanna!" They laid their cloaks along his path and waved palm branches as a sign of respect. It was a great and happy event for those people. **Color this palm branch a light yellow.**



Sad Event

At Mass, you will hear a story from the Gospel of Luke (22:14—23:56). This long story is called the "Passion." It is the story of how Jesus died on the Cross. We remember this sad event. **Color this Bible red.**



Three Special Days

During Holy Week, we celebrate three very special days. In fact they are so special that there is a title just for them. They are called The **PASCHAL TRIDUUM**. *Paschal* means "Easter." *Triduum* means "three days." The Paschal Triduum begins Thursday evening and ends on Easter Sunday evening

1 Holy Thursday

On this day we remember the Last Supper Jesus had with his disciples. At the supper, he blessed the bread and wine and said, "Take and eat. This is my body. Take and drink. This is my blood." At that supper, he gave his disciples, and us, the Eucharist. It is a great and holy day to remember.

Color the bread and the cup.



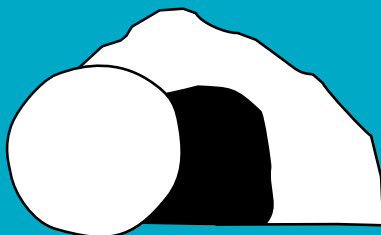
2 Good Friday

This is the day Jesus died. Often, people wonder why we call it "Good" Friday. What was good about Jesus dying? Well, if he hadn't died, he could not have risen from the dead to prove we can have everlasting life. **Color this cross brown.**

3 Holy Saturday

Saturday is a time of waiting. Jesus is still in the tomb. We think about how sad and scared his followers must have been.

Color the tomb gray.



On my journey with Jesus, he rose from the dead!

Mary Magdalene saw that the stone had been removed from the tomb. She ran and got Simon Peter and another disciple and said to them, "They have taken the Lord out of the tomb" (20:1-2)

No one had taken Jesus out of the tomb. Jesus had risen! But Mary Magdalene and Peter and the disciples didn't know that yet. Today is the day we celebrate the Resurrection of Jesus. It is the day that proves Jesus is the Son of God! It is the greatest day of the year!

Find Easter words
in this puzzle.

Word List

REJOICE
ALLELUIA
GOOD NEWS
PRAISE GOD
FANTASTIC
WONDERFUL
HAPPY EASTER
SUPER

