

LENT SPIRITUAL RESOURCES ASH WEDNESDAY 17th FEB 2021

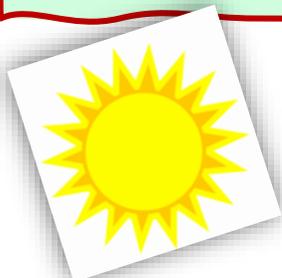
Can you remember the last time you had to say sorry to someone? How did you do this?

Long ago in the time of Isaiah the prophet – God's people would sometimes FAST. This meant that they would eat no food to show God that they were sorry for their sins (wrong things)



But Isaiah says that the way the people were fasting was just not what God wanted. He says that they were fighting each other and being mean. They were ignoring people around them who were hungry and had no home. So, Isaiah had a message from God to say what the right thing to do is, here it is;

Stop causing trouble and putting burdens on people.
Stop saying things to hurt people or accusing them of things they didn't do.
Feel sorry for hungry people and give them food.
Help those who are troubled and satisfy their needs. Then your light will shine in the darkness. You will be like the bright sunshine at noon. Isaiah 58:9,10



Can you think of any ways that people who do what God says are like the bright sunshine?

You could draw or colour a sun on a big piece of paper. Around the outside write or draw what this Bible passage says we should do for other people.

When you've finished talk with an adult about your picture. Are there some things you can do yourself, or are there some that you would need an adult to help with? Aloud or in your head, ask God to help you do the right things.

AFTER THE PANCAKES OF SHROVE TUESDAY, ASH WEDNESDAY IS THE START OF LENT!

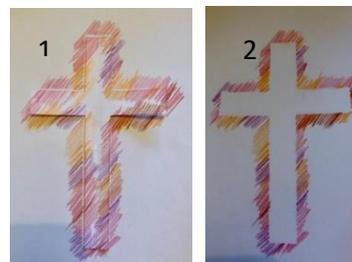
LENT IS...

A time to remember Jesus going into the wilderness for 40 days.

The weeks before Good Friday and Easter when we remember Jesus's death and resurrection.

A time that some people use to give up something they love.

You could read the words from the Bible again. Sit quietly, perhaps you could listen to some music. Think about what YOU could do for LENT. Talk with an adult about your idea.



Ask an adult to help you cut out a cross shape. Blu-tak the cross to plain paper and colour over the edges (1.) Take the cut out cross away (2.) You could write on the white cross shape what you have decided to do during Lent.