

## First Sunday of Lent Year A –1st March 2020

### Introduction

Today is the first Sunday of Lent – a time of forty days of preparation for Easter, beginning on Ash Wednesday. (Ask what happened on Ash Wednesday and why? We all received ashes as a symbol of repentance and that we want to come closer to God). We read in the Gospel today about the 40 days that Jesus spent in the desert in prayer and fasting. In Lent we do three things to bring us closer to God, so that we may truly celebrate the joy of Easter. During Lent we **PRAY** more, we **FAST** (give up something we like), and we show love or **CHARITY** to those around us by being generous, sharing and not being selfish. The most important of these three actions is prayer. We will discuss this more later.

**Make the Sign of the Cross** – a sign of the love God has for us. (This is optional, as we have already done this at the start of Holy Mass, but for young children it helps to demonstrate and practice how to do this correctly.)

**Light the candles** on the table next to the Lectionary. (An adult lights the candles).

### Penitential Act

Ask the children to think about how they have behaved in the past week. Ask them if they have always been kind and helpful to others, obedient to their parents, listened to their teachers etc. Lead the children in singing the “Sorry Song”.

We are sorry,  
Truly sorry,  
Heal us Lord,  
In Your love,  
Help us to do better, (sung to tune of Frere Jacques)  
Forgive us,  
Forgive us.

**NO Gloria DURING LENT**

## Gospel Acclamation

All stand to welcome the Gospel singing the **Gospel Acclamation**:

Praise to You Lord,  
Praise we give You,  
Christ Our King,  
You have said, (same tune)  
“If you live by my Word,  
God’s Good News is for You”  
Praise to You,  
Christ our King.

## Gospel

Select the correct Gospel from the Children’s Lectionary. This week it’s on page 23-24, First Sunday of Lent, in the Book of Readings. The Lectionary Adapted for Children.” (Year A)

Matthew 4:1-11.

If you have some confident and able readers in your group, you could ask one person to read the part of the Devil and another the part of Jesus in the Gospel. It is sometimes easier to write their “lines” on paper or highlight them on copies of the Gospel.

“A reading from the Holy Gospel according to St. Matthew”.

**Explain and demonstrate – make three crosses: one on your forehead, one on your lips and one on your heart** (in this way we think God’s word, speak God’s word and keep God’s word in our hearts) **as we say together “Glory to You, O Lord.”**

Read the Gospel aloud to the children. At the end say: **“The Gospel of the Lord”**.

All reply: **“Praise to You, Lord Jesus Christ”**. Ask everyone to be seated.

## Lead a Discussion on the Gospel

- Where did Jesus spend 40 days? (The desert)
- What did Jesus do in the desert? (He prayed and fasted)
- How do you think Jesus felt after the 40 days? (tired, hungry)
- What three things did the devil try to tempt Jesus with?  
(First, the devil knew Jesus was very hungry and tried to tempt Him to turn stones in to loaves of bread.)

- What did Jesus say to this? (Jesus said people do not live on bread alone but also live on the words of God.)
- Second, the devil tried to tempt Jesus with power asking him to jump from the top of temple, saying that God the Father would send angels to protect him.
- What did Jesus say to this?(He said you shall not test your God.)
- Third, the devil then took Jesus to the top of a mountain and said that he would give him all these kingdoms if Jesus would worship him.
- What did Jesus say to this? (He told Satan to get away from him and that we must worship only God and serve no one else. When the devil left him the angels came and took care of Jesus.)

Jesus stayed loyal to God for 40 days. He did not give into temptation. He trusted that God would take care of him and found comfort in the scriptures.

God asks us to spend these 40 days thinking more about him. We can do this by prayer, fasting and charity.

## **PRAYER**

What extra prayers/devotions can we make in Lent?

- The Stations of the Cross (when we remember in a special way how Jesus loves us so much that He suffered and died on the cross to take away our sins so that we can get to Heaven)
- Go to Mass on another day as well as Sunday (Holy Mass is the best prayer we can make),or
- Pray the Rosary at home with our family
- Talk to God from our heart and tell Him that we love Him and that we are sorry we have hurt Him when we did not behave as we should.

## **FASTING**

We won't be **FASTING** from food for 40 days like Jesus did, but we can give up something we like.

- Is any body giving up something for Lent?

## **CHARITY**

How can show love or **CHARITY** for others? (being kind to others and not selfish, sharing, being generous etc.).

## **TEMPTATION**

Just as Jesus was tempted in the desert we too will be tempted to give up in Lent.

- Who might tempt us to give up? (Friends, brothers/sisters, wanting something to make us happy)
- What can we do? (Keep trying our best and pray to God for his help.)
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### **Prayers of the Faithful (optional/ time dependent)**

You may wish to prepare some of these yourselves or ask the children for their prayers. Here are some suggestions for today:

Lord Jesus, give us strength to stick to our Lenten promises by **praying** to you.

**Lord, in Your mercy.**

All reply: **“Hear our prayer.”**

Lord Jesus, help us to **fast** by giving up something that we like during Lent.

**Lord, in Your mercy.**

All reply: **“Hear our prayer.”**

Lord Jesus, help us feel joy as we show **charity** by not being selfish and being kind and generous to others especially those who have less than we have.

**Lord, in Your mercy.**

All reply: **“Hear our prayer.”**

### **Closing Prayer**

Our Father who art in Heaven....

Amen.

### **Offertory Procession**

Now ask for volunteers for the Offertory Procession. After the procession, children return quietly to sit with their families in church