

Lesson Twenty-Four Preparation:

Matthew 4:1-11 Lenten Practices

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- To understand the meaning of the Lenten season and the practices that go along with it.

Read

From the Bible - Matthew 4:1-11

From the *Catechism of the Catholic Church*

540: Jesus' temptation reveals the way in which the Son of God is Messiah, contrary to the way Satan proposes to him and the way men wish to attribute to him. This is why Christ vanquished the Tempter for us: "For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning." By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.

1430: Jesus' call to conversion and penance, like that of the prophets before him, does not aim first at outward works, "sackcloth and ashes," fasting and mortification, but at the conversion of the heart, interior conversion. Without this, such penances remain sterile and false; however, interior conversion urges expression in visible signs, gestures and works of penance.

Watch

[40 Days – Matt Maher](#) (4:04) [The temptation in the desert](#) (3:15) [LENT: A Season of Renewal](#) (2:35)

[Lent in three minutes](#) (3:00) [Don't give up anything for Lent](#) (9:47)

Reflect

Lent is coming; are you excited? For many of us, the idea of Lent is intimately connected with giving up something and eating fish on Fridays, perhaps not the most exciting activities. Yet there is a profound inner logic to the Lenten practices of prayer, fasting, and almsgiving, an inner logic that we can easily miss.

No one likes to deny themselves of something they want, and yet that is at the heart of fasting. Through small and repeated acts of voluntary self-denial, you build up self-control. It is the same logic at play in exercise. Through the discipline of consistent exercise, you can build up to greater and greater endurance and ultimately feel better. Jesus doesn't want us to be completely ruled by our passions and desires, and so by the discipline of fasting, he invites us to build up to greater and greater levels of self-control. If I can say no a snack before bed, maybe I'll be better at not lashing out the next time someone upsets me.

When we confront our generally weak wills through fasting, it's a good idea to do it in a context of deeper prayer. When you cut something out through fasting, you make more room for prayer. From this experience of our own frailty and God's great love should come the desire to bless those less fortunate through almsgiving.

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Lesson Summary

The three main practices of Lent involve prayer, fasting, and almsgiving

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Hail Mary (*Catholic Children's Bible* page 1992)

Read

Matthew 4:1-11

The Temptations of Jesus

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

Reflect

Children under the age of 14 are not required to fast, but they are encouraged to do a Lenten practice. We do acts of kindness or stop doing things we enjoy to help us put Jesus and others in front of ourselves. It is a way to tell God that we are sorry for our sins and that we want to do better in bringing His love to the world. Some kids give up video games to use that time for prayer or being with their family. Some kids give up candy to remind them of the sacrifice that Jesus made for them. Take time to think about what area you need to improve in your faith live and make your Lenten promises around that.

Discuss

What is one thing you would like to do for Lent and what purpose would this serve?

How does Lent help us grow in our faith and prepare for Easter?

What would be different about your life if Jesus hadn't risen from the dead?

What tempts you and how can you deal with temptation?

Ask your child to describe a "poor" person to you. What does their response reveal?

Talk about a time you stepped out of your comfort zone and what happened from it.

Live

- Talk as a family and plan how you will observe Lent.
- Go to confession as a family.
- Take on a Lenten Practice as a family. (Go to stations of the cross, visit a lonely family member or neighbor, give up sweets one day a week)
- Bake pretzels. Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders. A monk made dough into this criss-crossed shape, and the pretzel was born! You can get a simple recipe for homemade pretzels at [Catholic Icing.com](http://CatholicIcing.com).

OT Hero: Samson

Sometime this week, read **God Answers Samson's Prayers (Judges 16:4-30)**, pages 348-349 in the *Catholic Children's Bible*.

God wants us to turn to him in prayer. We need his strength in order to battle our enemies. Even though Sampson didn't always do as God wanted, he still was faithful in prayer.

Lesson Twenty-Four Supplemental Materials

Practices of the Lenten Season

Lesson Summary Statements

- Lent isn't about a list of things to do or avoid, it's about putting aside distractions and focus on your relationship with God.
- Lent is 40 days, the same amount of time Jesus spent in the desert where He was tempted by the devil.
- The three temptations represent three temptations that all of us struggle with: power, physical pleasure, and pride.

More Resources to Answer Your Questions

Videos

- [Dynamic Catholic's Best Lent Ever Resources](#)

Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)

Samson Kills a Lion

(Judges 13:1—14:6)

Samson was the strongest man in the Bible. Before he was born, God told Samson's parents he would be special. God had important work for Samson to do. One day when Samson and his parents were on their way to town a lion jumped out of the vineyards. The Spirit of the Lord gave Samson power and he killed the lion with his bare hands.

Find and circle a pair of scissors, a sword, a loaf of bread and a bumblebee hidden in the picture.





THE TEMPTATION

G J P A R D K G W Z K Y T I S L X X
J F P K L E H V N O Y R T Q H Y W E
D C J Y M T D S W V X X Q R S K D E
P J E R K P G S U W E L U A O U Y X
Z S P N T M H G K S A G O N P F G D
F O S P O E T I G D E X A Q G C Q S
I L K O F T E K O L I J W M W H C C
J M I U T Y S E S R O K O W O R I Y
T G N V H G T J N O G E I L Q H R L
A D G Y E O P I G W H G Y F C G I K
X G D Q O D A P N Z D S A T N A P K
O V O C Z P R O O U P S L U N P D R
D A M E O Q A V T I T A H G M V G G
R Q S W S P P R R Y O R E Q L P I J
O D E D O S E I R C I L O C P N Y H
L R Z V E S T G C D S K C P B S H P
H P Q H E R U T P I R C S I P L X J
I X V D A E R B N I Q A M H F O F J

DESERT	TEMPTED	JESUS	ANGELS
DEVIL	FAST	KINGDOMS	SCRIPTURE
OPPORTUNITY	HUNGRY	WORLD	PARAPET
FORTY	STONE	POWER	TEST
HOLY SPIRIT	BREAD	HOMAGE	LORD

