



RELIGIOUS EDUCATION

Lent/Easter – GIVING – YEAR 4 - SELF DISCIPLINE

*Note to teachers/parents and carers.

This work comes from the Come and See Religious Education programme which is taught in all Catholic primary schools in the Archdiocese of Liverpool. We have given a general guide to the learning opportunities that children may have come across under normal timetabling in school. We have suggested and selected a small amount of the programme. The activities aim to keep Religious Education practical and fun. They are in Year groups however, there is no harm in completing other year group work as this will help children to remember and strengthen their learning. The first part of learning is called – **EXPLORE**. This shares your child's everyday experiences and helps them to see how the Catholic faith is lived in their everyday lives. The second part, called – **REVEAL** shares bible stories that links to their everyday life.

Lent is the Church's seasons for discerning and doing good. In the Christian Year, Lent precedes and prepares for Easter. It is a penitential season and a time of spiritual growth. If people want to be followers of Jesus, they must be prepared to notice what others need and then see what they can do to help. During Lent this is traditionally put into practice through prayer, fasting and almsgiving. Christians make Lenten promises saying what they hope to do during Lent. Christians practise this throughout the Lenten season to remind them of the complete self-offering of Jesus which is remembered in the liturgy of Holy Week and the Easter Triduum (Holy Thursday, Good Friday and Easter Vigil).

EXPLORE – Self-discipline is a winner



What is self -discipline?

Self-discipline is the ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do.

Doing anything worthwhile often involves making choices, giving up something and working hard. It requires something called self-discipline. No one can make you do something. You really have to want it yourself. Everyone has potential in one area or another. It means working at it and giving up something in order to reach that full potential. It isn't easy!

Read this story:

The All Schools' Sports Day

Samantha was really very good at the high jump. She had come first at the school's sports day and had been chosen to represent the school at the All Schools' Sports Day in her home town. She knew that there was going to be plenty of competition.

Mrs Carter, her teacher, offered to give her some help and so did her dad, who was a member of the local athletics club. Mrs Carter coached Samantha at lunch time three times a week, which was fine with Samantha as she only played around at lunch time. It was no bother to do it then.

Samantha's dad said they could use the athletics club's sport ground on Saturday mornings and use the actual high jump that would be used for the Town Sports and they could start this Saturday. There were only six Saturdays before the event.

Samantha was not very keen because she usually went shopping on Saturday with her friends Nick and Joanne. She told her Dad that she did not want to practise on Saturday. She thought it was just enough to do it in school some lunch times.



Q. How do you think Samantha felt?

Q. Have you ever had the experience of having to give up something and be very disciplined for a good reason? What happened and why?

Q. How do you think self-discipline helps people to grow and make the best use of their potential?

Choose an activity:

- Continue the story of The All Schools' Sports Day. Did Samantha make the right decision? How did it all end?
- Think about a particular skill you want to develop. It might be a particular sport, learning a new language, playing a musical instrument etc. Make a plan of how you would like to reach your full potential in that skill. In the plan answer the following questions:
 - Where will I start? What will I do?
 - Who and what would help me?
 - What might I have to change in my daily life?
 - What would I need to believe in order to be self-disciplined?
 - What effect will my skill have on others?
 - How do I feel about it?

REVEAL – How to live during Lent

Let's Recap



Lent begins on Ash Wednesday when Christians go to church to receive ashes. The priest sprinkles the ashes with holy water, then places ashes on the heads of all those present who come to him, and as he makes the sign of the cross on each forehead says to each one:

Repent, and believe in the Gospel or This is a sign that you are a follower of Jesus.

The ashes are made from burnt blessed palms used in the Palm Sunday celebration from the previous year. The ashes are blessed with Holy Water. While the ashes symbolise penance (saying sorry) and contrition (trying to make amends), they are also a reminder that God is loving and merciful to those who call on Him.

Lent is time set aside to focus on spiritual growth which prepares Christians for Christ's Resurrection on Easter Sunday. They strive to be more faithful to the Gospel by living in God's way. It is a time when Christians practise self-discipline in order to grow in God's way and try to live more like him.

Lent offers Christians the opportunity to make changes in their lives to become more like Jesus. There are three particular ways that the Church recommends: firstly, prayer and reflection, through reading scripture and spending more time each day speaking to God. Secondly, fasting, that is giving up something and thirdly, almsgiving, that is doing good for others.

If Christians want to be followers of Jesus, then they must become aware of the needs of other people and be prepared to see what they can do to help. In order to help them be self-disciplined during Lent, Christians make Lenten promises, saying what they hope to do during the six weeks of Lent.

Read this piece of Scripture from Matthew's Gospel. This is Jesus' advice to his followers on how they should live.



- Q What do you think it means to be self-disciplined during Lent and how is it achieved?
- Q How do you think prayer helps Christians to follow Jesus and prepare for Easter?
- Q How do you think fasting helps Christians?
- Q Why do you think Christians give alms (do good works for others)?
- Q Why do you think that Jesus advises people not to go around boasting about their giving?

Choose an activity:

- Design an information sheet which outlines how Christians can be more self-disciplined during Lent. Use the ways described above praying, fasting (giving something up) and almsgiving (doing something good).
- Make a poster showing what you can do to 'Live in God's way' during Lent.

REVEAL – The events of Holy Week



For the Church, the greatest week is Holy Week, during which the suffering and death of Jesus are remembered in special celebrations. Holy Week begins on Palm Sunday of the Passion of the Lord and ends on Holy Saturday. During this time the statues in church may be covered in purple cloths. There are no flowers. These are reminders of the solemnity (sadness) of this time.

The last three days of Holy Week are called the Easter Triduum. A Triduum is a three-day time of prayer and celebration. These three days precede Easter Sunday. They start with the Mass of the Lord's Supper on the evening of Holy Thursday (Maundy Thursday), continuing through the Good Friday Service, and ending with the Easter Vigil on the evening of Holy Saturday. The Easter Triduum marks the most significant events of Holy Week. At the beginning of the Easter Triduum the Catholic parish family gathers in the evening to take part in the Mass of the Last Supper.

The priest wears white vestments because this is a special celebration. The ceremonies recall how Jesus gave himself for us.

During this Mass, Christians are reminded of how Jesus showed his self-giving when he washed the feet of the disciples. This is because at that time it was usual for people to wash their feet on entering a house because of the dusty roads. It would be the job of the lowliest servant to do this. Jesus washed his friends' feet as an 'act of service' to show that he was doing this for them as an example because he loved them very much although at the time, they did not understand what he was doing.





Good Friday is the second day of the Easter Triduum. On this solemn day, Christians gather in church to remember the suffering and death of Jesus. According to tradition, Jesus died at 3 p.m. which is when the Good Friday liturgy takes place. During this liturgy, the Passion of Jesus is read. Later on, the priest will hold up a Cross and pray:

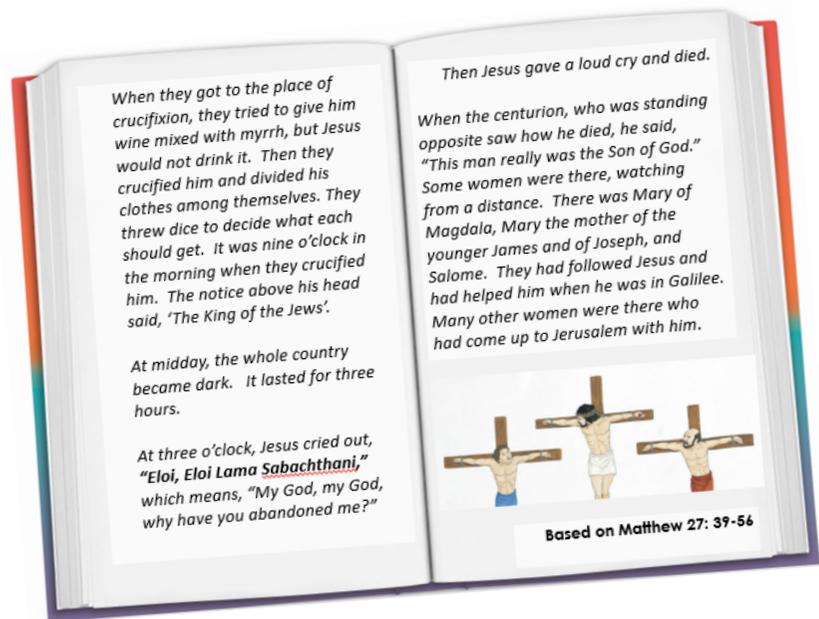
Behold the wood of the Cross on which hung the Salvation of the World.

The people respond: *Come let us adore.*

The people then process to reverence the Cross, by touching it, genuflecting before it or kissing it. Christians believe that Jesus, because he loved us so much, he gave his life for us. By going to the Good Friday liturgy in church, Christians can express their love and thanks to God.

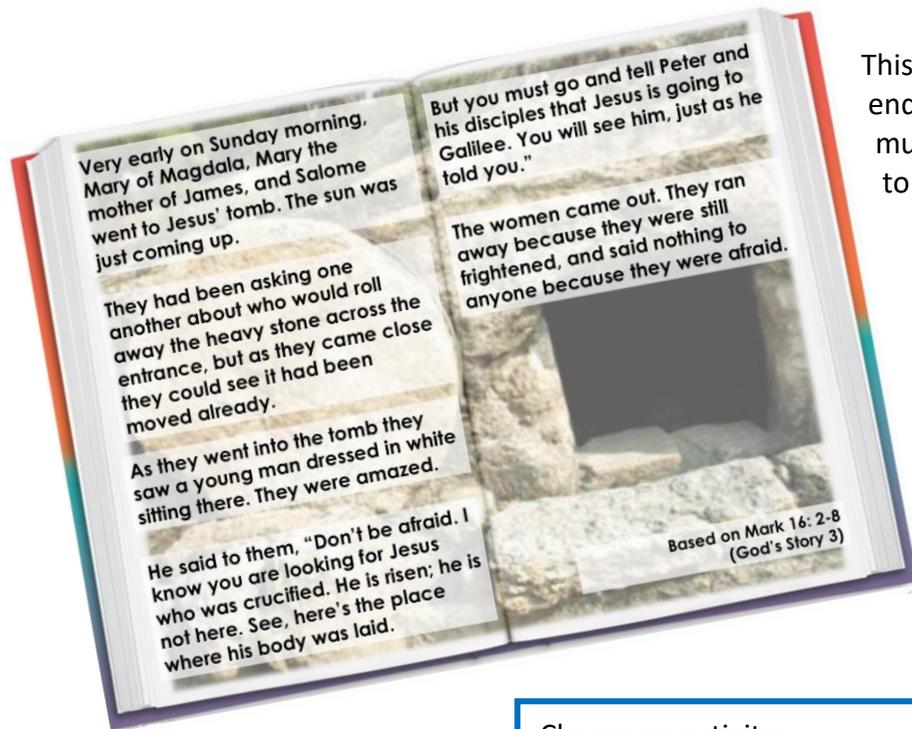
All four Gospel writers tell the story of the Passion and death of Jesus, but each adds details which highlight a different message about Jesus.

Read this piece of scripture based on Matthew's Gospel:



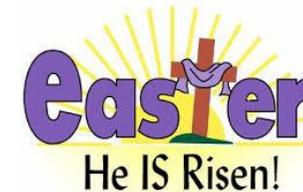
- Q Why do you think it is important for Christians to remember Good Friday?
- Q Why do you think people reverence the Cross during the liturgy?
- Q What did Jesus cry out? Why do you think he said this?
- Q How do you think the centurion felt when Jesus died? What effect do you think it had on him?
- Q How do you think the women felt who were watching?

All four Gospel writers tell the story of the Resurrection of Jesus to new life on Easter morning. Saint Mark tells us that a man called Joseph of Arimathaea took Jesus' body down from the cross. He wrapped the body in a linen sheet and laid it in a tomb which had been carved out of solid rock. He then rolled a rock over the entrance to the tomb.



This piece of scripture from Mark's Gospel is not the end of the story. Jesus is risen – he gave his life for us because he loved us so much. Christians now celebrate Jesus' resurrection by praising God and trying to live his way and follow his example.

- Q How do you think the women felt and what might they have said to one another as they walked towards the tomb of Jesus?
- Q Why do you think they were they amazed?
- Q Why do you think the women were told '*not to be afraid*'?



Choose an activity:

- Create 3 picture panels, a triptych, showing the death of Jesus on the Cross, his Resurrection and how Christians give of themselves today.
- Imagine you are either one of the women or the centurion watching Jesus' crucifixion from a distance. Write an account for your friends about what happened on that day, how you felt and what you think it means.