LO: to make a Lenten Promise

https://www.youtube.com/watch?v=Xo1mjuy1NA0

During lent we think about -



'Give alms...Pray to your Father...Fast without a gloomy face...'
(Matthew 6:1-18)

Prayer

- We pray during this time we pray to God.
- We think about what we have and what we are thankful for.

Fasting

- We give things up we don't need to think of those who don't have these things.
- For example we don't need sweets so we could give these up for lent.
- We don't need crisps.
- You do not have to give something up it is a choice you make.

Almsgiving

- Almsgiving is the practice of giving money or food to poor people.
- Christians think about and try to do this more in the time of Lent as we think about Jesus sacrifice.

Think about a promise you can make during Lent -

During Lent, I promise to …

Examples –
pray more.
give up eating sweets.
help around the house.

