



Lent is part of the Liturgical Year when people unite themselves with Christ.

During Lent we grow in self-discipline through the practices of prayer, fasting and almsgiving.

We celebrate growth of new life in Christ, in preparation for the feast of Easter.



SELF DISCIPLINE

Year 4 Topic 6



OUR BIG QUESTION
Is self-discipline important?

REFLECTION

Lord, when I am hungry give me someone to feed;

When I am thirsty give water for their thirst.

When a burden weighs upon me lay upon my shoulders the burden of my fellows.

Lord, when I stand greatly in need of tenderness, give me someone who yearns for love. May your will be my bread;

Your grace my strength; Your love my resting place.

KEY VOCABULARY

potential penance
contrition Lent
fasting almsgiving

SCRIPTURE

Matthew 6:2-4

Matthew 27:39-56

Luke 6: 27-28, 32-36

Matthew 6: 2-4

John 13: 4-9, 12-15

Mark 15: 23-41

Mark 16: 2-8