



## **The Three Temptations in the desert**

1. Satan said” Turn this stone into bread.”

***But Jesus knows our souls are fed with God’s love and His Word***

2. Satan said, “Worship me and you can have authority over the world.”

***But it is God that we worship and serve, not Satan***

3. Satan said. “Throw yourself off the mountain top and God will send angels to save you”

***And Jesus said, “Do not tempt the Lord your God”***

**Find a place to draw a rock, a crown and an angel**

**Idea Cards for Almsgiving – cut out each card and put them in a jar with the Fasting and Prayer cards**

<p>ALMSGIVING</p> <p>Give away a toy or book to a charity or a friend</p>	<p>ALMSGIVING</p> <p>Do a chore without being asked</p>	<p>ALMSGIVING</p> <p>Donate food to the Food Bank or St. Vincent de Paul</p>
<p>ALMSGIVING</p> <p>Give someone a thoughtful compliment – a mean it</p>	<p>ALMSGIVING</p> <p>Take a treat to a friend or neighbour</p>	<p>ALMSGIVING</p> <p>Write a card or letter to someone wishing them well</p>
<p>ALMSGIVING</p> <p>Plant a flower or herb</p>	<p>ALMSGIVING</p> <p>Let someone go ahead of you in line</p>	<p>ALMSGIVING</p> <p>Smile at three people you meet today</p>
<p>ALMSGIVING</p> <p>Give some money or food to an animal shelter</p>	<p>ALMSGIVING</p> <p>Unload the dishwasher, clear the table, or help dry the dishes</p>	<p>ALMSGIVING</p> <p>Give money to</p> <hr/> <p>A charity your family would like to support</p>

**Idea cards for Fasting – cut each card out and put them in a jar with the almsgiving and prayer cards**

<p>FASTING</p> <p>Give up 1 hour of screen time every day through Lent</p>	<p>FASTING</p> <p>Fast from saying anything negative for one week</p>	<p>FASTING</p> <p>Fast from snacks at night for one week</p>
<p>FASTING</p> <p>Fast from sweets on Mondays, Wednesday, and Fridays</p>	<p>FASTING</p> <p>Fast from takeout on weeknights</p>	<p>FASTING</p> <p>Fast from shopping on Sunday for things that are not necessities – like food</p>
<p>FASTING</p> <p>Fast from social media sights for one week</p>	<p>FASTING</p> <p>Fast from dessert for one weekend</p>	<p>FASTING</p> <p>Fast from gossiping about your neighbours or classmates throughout Lent</p>
<p>FASTING</p> <p>Fast from television for two days</p>	<p>FASTING</p> <p>Fast from playing video games for two days</p>	<p>FASTING</p> <p>Fast from arguing with your parents/ siblings for a whole week – find another way to express your thoughts</p>
<p>FASTING</p> <p>Try to sleep one night without your pillow, favourite stuffy or blanket</p>	<p>FASTING</p> <hr/>	<p>FASTING</p> <hr/>

**Idea cards for Praying – cut out each card and put them in a jar with the almsgiving and fasting cards**

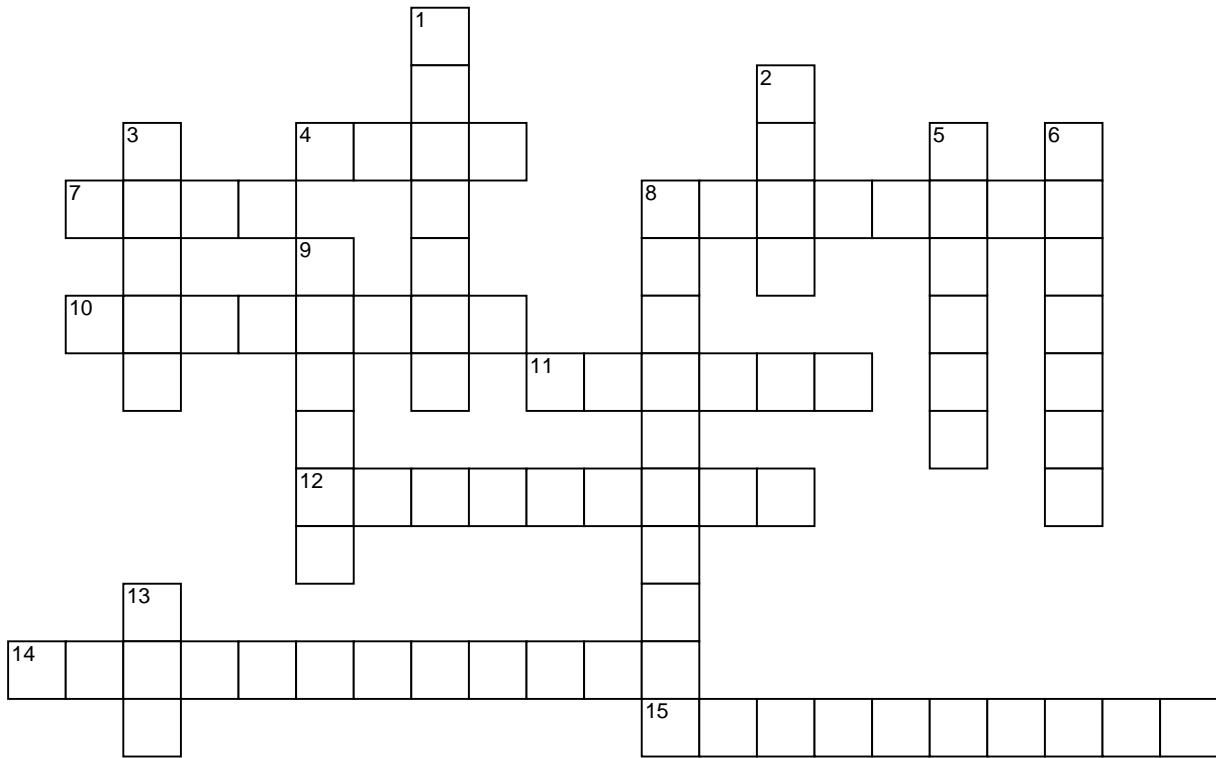
<p>PRAYING</p> <p>Pray for a sibling or cousin for one week</p>	<p>PRAYING</p> <p>Pray for someone you don't like</p>	<p>PRAYING</p> <p>Pray for those who are sick in hospital</p>
<p>PRAYING</p> <p>Pray for those who are living in places where there is violence</p>	<p>PRAYING</p> <p>Pray a decade of the rosary</p>	<p>PRAYING</p> <p>Read a story about a saint</p>
<p>PRAYING</p> <p>Pray for your family</p>	<p>PRAYING</p> <p>Pray for your parish priest</p>	<p>PRAYING</p> <p>Read a story from the bible</p>
<p>PRAYING</p> <p>Spend a meal (or part of a meal) in silence, thanking God for all that you have</p>	<p>PRAYING</p> <p>Spend 5 minutes in quiet prayer</p>	<p>PRAYING</p> <p>Listen to some Christian music</p>
<p>PRAYING</p> <p>Pray for those who have no one to pray for them</p>	<p>PRAYING</p> <p>Pray for _____</p>	<p>PRAYING</p> <p>Write a letter or call someone who loves you and misses you</p>

## The Test in the Desert

y	v	d	v	k	n	c	d	l	x	e	n	z	v	m	a
t	w	g	k	i	w	l	q	l	c	j	b	t	e	s	t
h	a	m	a	n	b	f	a	m	i	s	h	e	d	s	e
j	e	l	l	g	s	t	p	s	t	m	w	s	p	o	i
b	w	v	o	d	t	c	a	s	n	r	c	a	r	u	a
t	b	r	n	o	o	f	o	r	t	y	d	o	o	j	n
t	s	e	e	m	n	b	r	e	a	d	d	v	t	s	g
e	h	b	j	a	e	f	w	p	a	u	a	h	e	p	e
m	a	w	i	l	d	e	r	n	e	s	s	l	c	i	l
p	n	v	w	o	r	s	h	i	p	a	b	u	t	r	s
t	d	s	f	m	c	o	m	m	a	n	d	g	h	i	m
e	s	s	s	y	e	v	e	k	w	x	i	w	r	t	j
d	n	c	d	e	v	i	l	g	v	u	h	l	o	v	w
u	g	t	g	l	o	r	y	m	l	d	n	k	w	n	b

spirit	alone
wilderness	kingdom
forty	glory
devil	worship
tempted	throw
famished	angels
command	protect
stone	test
bread	hands

# Lenten Crossword



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## ACROSS

- 4 Catholics don't eat this on Fridays during Lent.
- 7 The Last Supper was on \_\_\_\_\_ Thursday
- 8 We don't say or sing this during Lent in the church.
- 10 \_\_\_\_\_ of the Cross
- 11 Jesus prayed for 40 days here
- 12 This sacrament started during the Last Supper
- 14 We spend Lent preparing for Jesus' death and \_\_\_\_\_.
- 15 The day Jesus died (two words)

## DOWN

- 1 During Lent, we should spend more time doing this.
- 2 A week before Easter is \_\_\_\_\_ Sunday.
- 3 There are \_\_\_\_\_ days in Lent.
- 5 Palm \_\_\_\_\_
- 6 When you go without food
- 8 During Lent, we give to the poor.
- 9 The Liturgical color of Lent
- 13 \_\_\_\_\_ Wednesday

**WORD BANK:** Stations, Desert, Violet, Eucharist, Ash, Sunday, Holy, GoodFriday, Almsgiving, Fasting, Praying, Resurrection, Palm, Meat, Forty, Alleluia.

