

# Lent

## What Is Lent?

Lent is an important time for Christian people. It is the time leading up to Easter.

Lent is a time when Christian people think about Jesus. They think about when Jesus went into the desert to pray. He was there for 40 days and 40 nights with no food.



## What Do Christians Do When It Is Lent?

Lots of people start Lent by going to church on Ash Wednesday. They pray and a cross may be drawn on their heads with ash. This is to show that they are sorry for bad things they have done.



Some Christians give something up for Lent. This means that they might stop doing something for 40 days. This helps them to think about the time that Jesus was in the desert with no food.



# Questions

1. What is the first fact that we learn when reading the text? Tick one.

- ☐ Lent is an important time for Muslim people.
- ☐ Lent is an important time for Christian people.
- ☐ Lent is an important time for Hindu people.

2. What do lots of people do at the start of Lent? Tick one.

- ☐ go to church
- ☐ go to the desert
- ☐ go to the shop

3. What does Lent lead up to? Tick one.

- ☐ Christmas
- ☐ Ash Wednesday
- ☐ Easter

4. What is a cross drawn on people's heads with? Tick one.

- ☐ ink
- ☐ pen
- ☐ ash

5. How long was Jesus in the desert for? Tick one.

- ☐ 10 days and 10 nights
- ☐ 40 days and 40 nights
- ☐ 4 days and 4 nights

# Answers

1. What is the first fact that we learn when reading the text? Tick one.

- ☐ Lent is an important time for Muslim people.
- ☒ **Lent is an important time for Christian people.**
- ☐ Lent is an important time for Hindu people.

2. What do lots of people do at the start of Lent? Tick one.

- ☒ **go to church**
- ☐ go to the desert
- ☐ go to the shop

3. What does Lent lead up to? Tick one.

- ☐ Christmas
- ☐ Ash Wednesday
- ☒ **Easter**

4. What is a cross drawn on people's heads with? Tick one.

- ☐ ink
- ☐ pen
- ☒ **ash**

5. How long was Jesus in the desert for? Tick one.

- ☐ 10 days and 10 nights
- ☒ **40 days and 40 nights**
- ☐ 4 days and 4 nights

# Lent

Lent is an important time in the Christian calendar. It is when Christian people get ready for Easter. Lent lasts for 40 days but it does not include Sundays. The last week of Lent is called Holy Week and this week ends with Easter Sunday. Easter is the most important day in the Christian calendar.



Lent is a time when Christian people think about Jesus. They remember the story of when Jesus went into the desert to pray. He stayed there for 40 days and 40 nights without food.

## When Is Lent?

Lent is in Spring. Lent starts on a day called Ash Wednesday in most churches. This is about six weeks before Easter.

**Did You Know...?**  
Ash Wednesday  
is the day after  
Pancake Day.



## What Happens During Lent?

Lent is a time when Christian people pray and ask God to forgive them for any bad things they have done. Many Christian people begin Lent by going to church on Ash Wednesday. A cross may be drawn on their heads with ash. This is to show that they are sorry for things they have done wrong.

Many Christian people give something up during Lent. This means that they may not eat one sort of food or they may stop doing something for 40 days. This helps them to think about the time that Jesus spent in the desert.



# Questions

1. What is the last week of Lent called? Tick one.

- ☐ Ash Wednesday
- ☐ Holy Week
- ☐ Easter

2. Draw **three** lines and complete each sentence.

Many Christian  
people begin Lent...

A cross may be...

Ash Wednesday is...

the day after  
Pancake Day.

by going to church  
on Ash Wednesday.

drawn on their  
heads with ash.

3. Number the sentences from 1-3 to show the order in which they appear in the text.

- ☐ Easter is the most important day in the Christian calendar.
- ☐ Lent is in Spring.
- ☐ Lent is a time when Christian people think about Jesus.

4. Fill in the missing word.

Lent is an important time in the \_\_\_\_\_ calendar.

5. How long did Jesus stay in the desert?

\_\_\_\_\_

# Answers

1. What is the last week of Lent called? Tick one.

- ☐ Ash Wednesday
- ☒ **Holy Week**
- ☐ Easter

2. Draw **three** lines and complete each sentence.

Many Christians begin Lent...	the day after Pancake Day.
A cross may be...	by going to church on Ash Wednesday.
Ash Wednesday is...	drawn on their heads with ash.

3. Number the sentences from 1-3 to show the order in which they appear in the text.

- 1** Easter is the most important day in the Christian calendar.
- 3** Lent is in Spring.
- 2** Lent is a time when Christian people think about Jesus.

4. Fill in the missing word.

Lent is an important time in the **Christian** calendar.

5. How long did Jesus stay in the desert?

**Jesus stayed in the desert for 40 days and 40 nights.**

# Lent

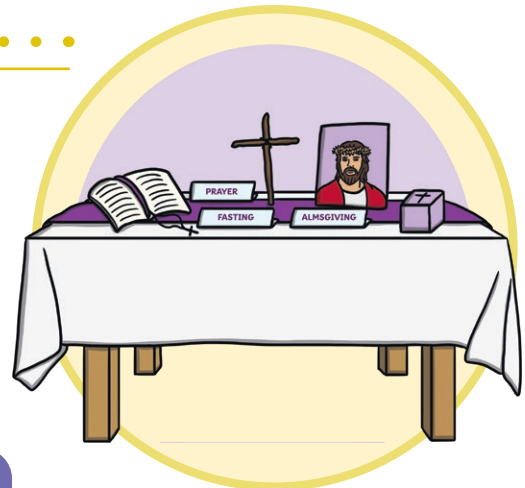
## What Is Lent?

Lent is a very important time in the Christian calendar. It is the time when Christian people prepare for Easter.

Lent lasts for 40 days but this does not include Sundays. The final week of Lent is called Holy Week and this week ends with Easter. Easter is the most important day in the Christian calendar.

Lent is a time when Christian people remember Jesus. They think about the story of when Jesus went into the desert to pray for 40 days and 40 nights without food.

Jesus resisted the **temptation** to eat while he was there. They think about his struggles in the desert and how he did not give in to temptation.



## Did You Know...?

Ash Wednesday is the day after Pancake Day.

## When Is Lent?

Lent is in Spring but it does not always start on the same date.

Lent starts on a day called Ash Wednesday in most churches. This is about six weeks before Easter.

## Did You Know...?

Some Christian people do not eat meat on Fridays during Lent. They may choose to eat fish instead.



## What Happens During Lent?

Lent is a time when Christian people **reflect**, pray and ask God for forgiveness for any bad things they have done. Many Christian people begin Lent by visiting a church on Ash Wednesday for a special service.

A special cross may be drawn on people's heads in some churches. This is a symbol of being sorry for things they have done wrong.

Many Christian people choose to give something up for 40 days during Lent. This means that they may not eat a favourite food or they may stop doing an activity during that time.

This is to remind them about the difficult time that Jesus had with no food for 40 days.



### Glossary

**reflect:** To think deeply or carefully about something.

**temptation:** A strong urge to do something.





# Questions

1. Many Christian people choose to give something up for Lent. How long might they do this for? Tick one.
  - ☐ 14 days
  - ☐ 4 days
  - ☐ 40 days
2. Number the events from 1-4 to show the order in which they appear in the text. The first one has been done for you.
  - ☐ Lent is in Spring.
  - ☐ Easter is the most important day in the Christian calendar.
  - ☐ Jesus went into the desert to pray for 40 days and 40 nights.
  - ☒ 1 The final week of Lent is called Holy Week.
3. Find and copy one word that means 'a strong urge to do something'.  

---
4. **A special cross may be drawn on people's heads in some churches.**  
What is this a symbol of?  

---

---
5. Fill in the missing word.  
Lent starts on a day called \_\_\_\_\_.
6. What would you give up for Lent and why would it be difficult? Explain your answer.  

---

---

# Answers

1. Many Christian people choose to give something up for Lent. How long might they do this for? Tick one.

- ☐ 14 days
- ☐ 4 days
- ☒ **40 days**

2. Number the events from 1-4 to show the order in which they appear in the text. The first one has been done for you.

- 4** Lent is in Spring.
- 2** Easter is the most important day in the Christian calendar.
- 3** Jesus went into the desert to pray for 40 days and 40 nights.
- 1** The final week of Lent is called Holy Week.

3. Find and copy one word that means 'a strong urge to do something'.

**temptation**

4. **A special cross may be drawn on people's heads in some churches.**

What is this a symbol of?

**The cross drawn on people's heads with ash is a symbol of being sorry for things they have done wrong.**

5. Fill in the missing word.

Lent starts on a day called **Ash Wednesday**.

6. What would you give up for Lent and why would it be difficult? Explain your answer.

**Pupils' own responses, such as: I would give up eating chocolate for Lent. It would be difficult because I really love having it as a treat. I would give up playing on my tablet. I would find it difficult because I play on it every day.**