

# Liturgical Year Supplemental Lesson

## Lent and Easter

### Correlated Materials

Student Text: Chapter 18, pp. 72–75;  
Chapter 19, pp. 76–79

#### AIMS

- Students will learn that Jesus' suffering and death shows His love for us.
- The students will learn that Lent prepares our hearts through prayer and fasting.
- Students will see that we are remembering Jesus during the liturgical year of Lent and Easter.

#### CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- Lent: 540, 1095, 1438
- Passion and Death of Christ: 595–637
- Easter: 638–58, 1168–70

#### MATERIALS

- Children's Bible and copies of the Crucifixion from the Appendix (see Focus 2 Optional Activities)
- Pictures of the Stations of the Cross (see Focus 3 Optional Activities)
- Copies of Lenten/Easter booklet (see Focus 3 Optional Activities)

Note: See p. xvi for overall supplemental lesson aims, CCC, and Scripture.

### Begin the Lesson

## Preparation (10–15 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

**SCRIPTURE:** Student Text, p. 73

**“Greater love has no man than this, that a man lay down his life for his friends”** (John 15:13).

Jesus loves us so much that He gave up His life so that we can go to Heaven.

Student Text, p. 77

**“He is not here; for he has risen, as he said. Come, see the place where he lay”** (Matthew 28:6).

After Jesus died on the Cross, He rose from the dead. Alleluia!

**SACRED ART:** Student Text, p. 72

*Descent from the Cross* (detail), Fra Angelico

Jesus is taken down from the Cross to be buried.

Student Text, p. 76

*The Seven Joys of Mary* (detail), Memling

This painting depicts one of the Seven Joys of Mary, Jesus' Resurrection; Jesus rises from the dead.

**PRAYER WITH CHILDREN:** Student Text, p. 75. Thank You, Jesus, for loving me so much. I am sorry my sins made You suffer. Thank You for giving Your life for me. Amen.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

Lent is a Church season when we remember that Jesus suffered and died for our sins. Easter is our celebration that Jesus rose from the dead, the greatest celebration of our Church year.

## WORD TO KNOW

**Easter:** the day we celebrate the Resurrection of Jesus

# Lesson Explanation (35–50 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

## Focus 1: Jesus shows His love for us when He suffers and dies on the Cross so that we can go to Heaven.

- In the Bible, God tells us a beautiful love story about His love for us. God's love for us never ends. Even though we fail Him sometimes, He continues to love us.
  - Let's look back in the Bible: Adam and Eve lived in paradise, but then they disobeyed God.
  - Look at Student Text, page 26. *What happened after Adam and Eve disobeyed God?* (They had to leave the garden, i.e., paradise.)
  - *What happened in Heaven?* (The gates of Heaven were closed.)
  - *What did God promise?* (To send a Savior Who would reopen the gates of Heaven.)
  - *What did God the Father ask Jesus to do in order to reopen the gates of Heaven?* (To die on the Cross for our sins.)
- See Student Text, page 72. *Did Jesus obey His Father?* (Yes, Jesus died on the Cross.)
  - Jesus had to suffer and die so that we could go to Heaven. *Does this mean that Jesus loves us?* (Yes.)
  - *Does anyone know what we call the time of year in the Church that we remember Jesus' suffering and death?* (Lent.)
  - *What happened in Heaven when Jesus obeyed the Father and died on the Cross?* (The gates of Heaven were opened.)
- See the Student Text, page 76. *What happened three days after Jesus died on the Cross?* (Jesus rose from the dead.)
  - The Resurrection is the most glorious event of the life of Christ because Jesus was victorious over death.
  - *Does anybody know what we call the Church feast day that celebrates Jesus' Resurrection?* (Easter.)

## Focus 2: During Lent we remember Jesus' suffering and death.

- In the Church, we have many seasons that celebrate Jesus' life. *Can you think of any celebrations we have in the Church year?* (Christmas, Easter, etc.)
  - Lent is a Church season when we remember Jesus' suffering and death on the Cross.
  - The color used in Mass during Lent is purple.

## Good Friday

Good Friday is the only day in the Church year that Mass is not celebrated anywhere in the world. During the first part of the day's service, lessons are read from Sacred Scripture, followed by a long series of prayers for various intentions. As the priest prays, the deacon directs the congregation by saying, "Let us kneel" (*Flectamus genua*), then, "Let us stand" (*Levate*). The second part of the ceremony consists of the unveiling and veneration of the Cross as the priest states, "*Ecce lignum Crucis*," etc. (Behold the wood of the Cross, on which hung the salvation of the world), to which the choir answers, "*Venite adoremus*" (Come, let us adore). The third part is the Mass of the Presanctified; the priest uses Hosts that were consecrated on Holy Thursday.

- During Lent, we try to be like Jesus by sacrificing (giving up or fasting) something that we like. ***What can you give up for Lent for Jesus?*** (*Desserts, sweets, etc.*)
- When Jesus gave up His life for us, He showed us He loved us. ***Do you think it is important to show our love back to Jesus by giving up something?*** (*Yes.*)
- We can also pray during Lent so that we can be closer to Jesus. ***How can you pray during Lent for Jesus?*** (*Pray in the morning, and at night before bed; pray for others; etc.*)

**Conclusion:** During Lent we pray with Jesus to show Him our love.

### FOCUS 2 OPTIONAL ACTIVITIES

- Pass out copies of Appendix B-XX, The Crucifixion. Have students color as you read from passages of the Passion of Christ from a children's Bible.
  - Talk about what the Church does on Good Friday. (See sidebar.)
  - Visit the Stations of the Cross in church, or discuss in the classroom by displaying pictures of the Stations or passing around other appropriate images.
    - Then teach the children a simple way of praying the Stations.
    - First, read the title of each aloud, then pray together as a response: "We adore You, O Christ, and we bless You, because by Your Holy Cross, You have redeemed the world." You may want to write this prayer on the chalkboard or pass out printed copies that they can read at their desks.
- 1st Station: Jesus is condemned to die.
- 2nd Station: Jesus takes up His Cross.
- 3rd Station: Jesus falls the first time.
- 4th Station: Jesus meets His Mother, Mary.
- 5th Station: Simon of Cyrene helps Jesus carry His Cross.
- 6th Station: Veronica wipes the face of Jesus.
- 7th Station: Jesus falls the second time.
- 8th Station: Jesus speaks to the women of Jerusalem.
- 9th Station: Jesus falls the third time.
- 10th Station: Soldiers remove the clothes of Jesus.
- 11th Station: Jesus is nailed to the Cross.
- 12th Station: Jesus dies on the Cross.
- 13th Station: Jesus is taken down from the Cross.
- 14th Station: Jesus is laid in the tomb.

### FOCUS 3 OPTIONAL ACTIVITIES

- Using Appendix B-23–28, make a book for each student. Add two title pages: Lent (before the Passion pages) and Easter (before the Resurrection pages).
  - Remind students that during Lent we remember Jesus' obedience and suffering. Jesus reopens the gates of Heaven. During Easter we celebrate Jesus' Resurrection!
  - At home: Students take booklets home to color and to pray during Lent.
- Discuss Easter customs in Mexico. (See sidebar.)

### Easter Customs— Cascarones

In some parts of Mexico and the United States, families celebrate Easter with eggs that are not hardboiled. For weeks these families save the shells (*cáscaras*) of the eggs that they cook by cracking a hole in the top just large enough to release the contents. After washing and drying the egg shells, the children color and decorate them. Once the dyed shells have dried, their parents fill them with confetti, often homemade, and using a paste made of flour and water, they cover the opening with a small piece of tissue or napkin. After Easter morning Mass, the families hide the cascarones in the yard, and the children find them, then chase each other and crack the eggs in their hands and rub the confetti in each other's hair.

### Focus 3: On Easter Sunday we celebrate Jesus rising from the dead.

- The color used at Mass during the Easter season is white.
- During **Easter** we are filled with joy because Jesus has risen and is alive and He gives us new life!
  - **Read** the full Easter story from a children's Bible (Matthew 28:1–10; Mark 16:1–13; Luke 24:1–43; or John 20:1–29).
  - **Explain** what it means that Jesus rose from the dead three days after the Crucifixion:
    - He has life again.
    - He took up His body.
    - He saw His Mother and the Apostles.
    - He is God.
- *What are some signs of joy and new life that we use in Easter celebrations?* (Eggs, bunnies, spring flowers, etc.)
  - Easter is a celebration of Jesus rising from the dead.

**Conclusion:** We walk with Jesus in His suffering during Lent. We celebrate the joy of Easter.

### Review Supplemental Lesson—Liturgical Year: Lent and Easter (3 minutes)

- Jesus shows His love for us by suffering and dying for our sins.
- Lent prepares our hearts through prayer and fasting.
- Easter is the greatest celebration of the Church year, celebrating that Jesus rose from the dead.

## Application (10–15 minutes)

Choose one or more of the following for discussion.

- During Lent we want to try to keep our minds on Jesus instead of ourselves. One way to do this is to give up something for Lent and instead think about Jesus. We call this fasting.
- *What can we do or what can we give up to show our love for Jesus?* (Answers will vary.)
- *How can each of these things give us joy or bring joy to others?* (Giving up my time to help others gives them joy; helping Mom makes me happy and gives her joy; giving up a treat and saving the money to give to the poor, helps the poor; etc.)
- **Go around the class** and ask students to give examples of what they can give up and how that can bring Easter joy to others.



## Celebration (5–10 minutes)

Choose one or more of the following.

- Prayer: Act of Faith, Student Text, p. 131
- Quiet students and listen to “O Cross of Christ” in the *Adoremus Hymnal*, #361, while saying the prayer above. Go to [www.faithandlifeseries.com](http://www.faithandlifeseries.com) for downloadable MP3s.
- Have students focus on Jesus in the picture on Student Text, page 72, *Descent from the Cross*.



### 18 Jesus Dies for Us

“Greater love has no man than this,  
that a man lay down his life for his friends.”  
John 15:13

The Last Supper happened on a Thursday. That night, after the Supper was over, Jesus went out to a garden to pray. He knew that soon He would be killed, but He wanted to give His life to save us. When soldiers came and took Jesus away the Apostles were afraid, but Jesus was brave. The next day, on Friday, they beat Him with whips. They pressed a crown of thorns onto His head and made fun of Him.

Because Jesus was God He could have stopped them from hurting Him, but He did not. That is because He wanted to suffer for us, because He loves us. His suffering and dying would bring us the gift of grace, God’s life, and the ability to go to Heaven.

Later that day, bad men decided to kill Jesus. Jesus had to carry a heavy Cross through the city of Jerusalem and sometimes it made Him fall.

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Mary met her Son on the way and she suffered very much when she saw the way people were hurting Jesus. Then a man named Simon helped Jesus to carry the Cross until they came to the top of a hill. That is when soldiers crucified Jesus (this means they nailed Him to a wooden cross to die). Mary and Saint John the Apostle stood by Jesus the whole time because they loved Him so much.

After three hours, Jesus died. His friends took Him down from the Cross and buried Him.



Jesus died to make up for Adam's sin and for our sins too. Jesus died to win back the gift of grace for us. Jesus died so that we could live in Heaven forever and ever. We call the day He died **Good Friday** because it is good that Jesus died and opened up the gates of Heaven.

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## Words to Know:

Good Friday

### Q. 38 *How did Jesus suffer?*

Jesus was scourged, crowned with thorns, He carried His Cross, He was crucified, and He died (CCC 572, 596, 619).

### Q. 39 *Why did Jesus suffer?*

Jesus suffered to atone for Adam's sin and our sins, and to open again the gates of Heaven (CCC 615).

## We Pray:

Thank you, Jesus, for loving me so much.  
I am sorry my sins made You suffer.  
Thank You for giving Your life for me. *Amen.*

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## 19 Jesus Was Raised to New Life

"He is not here; for he has risen, as he said.  
Come, see the place where he lay."  
Matthew 28:6

On the third day after Jesus died, something wonderful happened. Jesus rose from the dead, which means that He came back to life! That day was the very first **Easter Sunday**. We call this great miracle the **Resurrection**.

Mary and the Apostles were so happy to see Jesus alive again. And we are glad that our Savior is alive too. Because Jesus rose from the dead, we too can share in His life and live forever!

At Mass on Easter Sunday we sing joyful songs that praise and thank God:

"The Lord is Risen!"  
"**Alleluia!** Alleluia! Alleluia!"

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Jesus won the gift of grace for us so now we, too, can come back to life after we die. We will go to Heaven to be with Jesus. One day, our bodies will also rise from the dead and be with us in Heaven too. Because Jesus rose from the dead with His body, we know we will be able to live with Jesus in Heaven—body and soul.

**Words to Know:**

Easter      Alleluia      Resurrection



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**Q. 40** *After His death, what did Jesus do?*  
After His death, Jesus rose again from the dead, taking up His body that had been buried (CCC 646).

**Q. 41** *How long did the body of Jesus remain buried?*  
The body of Jesus remained buried from Friday evening to the day that we now call Easter Sunday (CCC 639).

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