

Liturgical Year Supplemental Lesson

Lent and Easter

Correlated Materials

Student Text: Chapter 23, pp. 112–15;
Chapter 24, pp. 116–19

LESSON FOCUS

During the liturgical year, we walk with Jesus so that we can know Him and love Him. During Lent, we remember Jesus' sufferings and we prepare for Easter. On Easter Sunday Jesus rose from the dead and gave us new life. Jesus is the Light of the World; He brings light into our lives.

AIMS

- Students will understand that good opposes evil and light opposes darkness.
- Students will understand that Jesus brought light into the darkness of the world.
- Students will understand that Jesus' obedience made up for the disobedience of Adam and Eve.
- Students will understand that through Jesus we can make up for our disobedience.
- Students will see the Church seasons as time to celebrate the life of Christ and to walk with Jesus both in sacrifice and in new life.

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

Begin the Lesson

Preparation (10 minutes)

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

SCRIPTURE: Student Text, p. 117.

“Why do you seek the living among the dead? He is not here, but has risen” (Luke 24:5).

Jesus died for our sins, and three days later He rose from the dead. Jesus is alive!

PHOTOGRAPH: Student Text, p. 92.

Crucifixion

We gaze upon our Lord and Savior, Jesus Christ.

SACRED ART: Student Text, p. 116.

The Resurrection

Jesus is risen from the dead.

PRAYER WITH CHILDREN: Student Text, p. 119.

We pray: May the Light of Christ, rising in glory, dispel the darkness of our hearts and minds.

Proclamation (1 minute)

(Proclaim slowly, then repeat.)

During Lent we remember Jesus' sufferings and we prepare for Easter. On Easter Sunday Jesus rose from the dead and gave us new life.

Lesson Explanation (45–60 minutes)

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

MATERIALS

- Bible
- White board and markers
- Candles or battery tea lights (see Explanation)
- Drawing paper, crayons and/or markers (see Application)

Optional:

- Materials to decorate Paschal Candle (See Focus 3 Optional Activity)
- *Jesse Box* Holy Week diorama, available through Ignatius Press

WORD TO KNOW

Easter: The day we celebrate the Resurrection of Jesus.

Focus 1: Jesus filled a world of darkness with light.

- *What do you think about when you think of the dark of night?* (Cannot see what is going on, scary, lonely, etc.)
 - *What do you think about when you think of the light of day?* (Happiness, sunshine, good things.)
 - Sometimes in the Bible darkness refers to bad things, which we call evil; also in the Bible the light refers to Jesus Christ who is all good.
 - **Briefly review** the story of God's saving plan using the summary below. While reviewing the story, turn off the classroom lights to demonstrate darkness and sin after the fall of Adam and Eve. During the story you will light candles or battery tea lights to demonstrate how Jesus brought light into the world.
 - **Tell the story:**
 - When God created the world, He said that everything was good.
 - After the sin of Adam and Eve, darkness entered the world and the gates of Heaven were closed. (Turn classroom lights off.) God promised to send a Savior.
 - Because of the darkness of sin, there was a great flood. Noah loved God, so God saved Noah and gave Noah the rainbow as a sign of hope.
 - God continues to promise to send a Savior through Abraham, Moses, and David.
 - Thousands of years pass until the Savior finally comes. Jesus is born in Bethlehem. (Light candle or tea light.) When Jesus grew up, He worked many miracles (light another candle or tea light) to prove that He was the Messiah. But the people would not believe Him, so they crucified him.
 - Darkness covered the earth. (Pause.) On Easter Sunday, Jesus rose from the dead. (Turn classroom lights on.) Jesus is risen; Jesus brings his light into the darkness of sin!
 - Proclaim: Jesus is risen, Alleluia! Jesus Christ is the Light of the World!
 - Have students look at *The Resurrection* on Student Text, p. 116. *Why were the soldiers blinded?* (In a world of darkness of sin, Jesus became the Light of the World.)

Conclusion: Jesus came into a world of darkness, and He filled it with light. Jesus is the Light of the World.

Focus 2: Jesus obeys the Father, and He suffers for our sins.

- *Have you ever disobeyed someone? What did you have to do to make up for your disobedience?* (Example—if a student did not do his homework or chores, he later had to obey, maybe with more work to do.)

Devotion to the Way of the Cross

According to tradition, our Lady visited the scenes of Christ's Passion every day. After Constantine legalized Christianity in the year 313, this pathway, called the Via Dolorosa, was marked with stations. Saint Jerome, living in Bethlehem in the early fifth century, attested to the many international pilgrims who visited those holy places and followed the Way of the Cross. Shortly thereafter, an interest developed in the Church to reproduce these holy places elsewhere so that pilgrims did not have to travel to the Holy Land. Promotion of this devotion began in earnest with the Franciscans, who were given custody of these places in the Holy Land in the fourteenth century. Today there are fourteen stations which can be found in most churches.

FOCUS 2 OPTIONAL ACTIVITY

- Discuss devotion to the Way of the Cross. (See sidebar.)

- If we disobey someone with authority, we need to do something to make up for that disobedience.
- In order to take away the sin of Adam and Eve's disobedience, Jesus had to obey His Father with a perfect act of love and obedience by dying on the Cross.
- Adam's act of disobedience was the exact opposite of Jesus' act of obedience. Jesus' perfect act of obedience was His death on the Cross. We remember Jesus' obedience and Passion through the Stations of the Cross.
- Read through the Stations of the Cross on Student Text, p. 115. Note how much Jesus suffered to show us His love and perfect obedience.
 - After each station, pray (Student Text, p. 114): We adore you, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.
 - *How can we show obedience to Jesus? (Answers will vary.)*

Conclusion: Jesus obeys the Father through His Passion and death on the Cross. We can share in his sufferings by saying the Stations of the Cross.

Focus 3: Lent and Easter

Lent:

- Jesus suffered for the sins of the world; we remember His sufferings during Lent.
 - Lent is a time (40 days/6 weeks) in the Church year that helps us to prepare for Easter, which is the greatest feast of the year.
 - The color used at Mass during Lent is purple. Lent begins with Ash Wednesday and ends with Holy Week.
 - During Lent, we want to love and obey so that we can be like Jesus.
 - *What types of things can we do to show love and obedience? (Answers will vary.)*
 - *How do each of these things makes us like the light of Christ? (By obeying our parents or doing a favor, we bring light to others.)*

Easter:

- **Which is the greatest celebration: Christmas or Easter?** (According to the Church, Easter is! It is the time we celebrate Jesus rising from the dead, conquering death.)
 - **Easter** is the time we celebrate sharing in God's life. We celebrate grace and our hope for eternal life.
 - At Easter Vigil Mass, people are baptized, confirmed, and receive the Holy Eucharist. They are received into the Church. The priest lights the Paschal Candle and sings the Exsultet—a beautiful hymn summarizing salvation history.

Easter Symbols

- Bunny: leaps up—sign of rising
- Egg: life from within the shell—out of the tomb
- Butterfly: life from within the cocoon—out of the tomb
- Yellow and Purple: yellow or gold—light; purple—color of kings
- Bread: yeast makes bread rise—rising from dead
- Hot Cross Buns: Cross—crucifix; raisins and bread—bread and wine consecrated

- On Easter Sunday, many families celebrate together with feasts. Many people bring their bread to the church for blessing. Also, blessed chalk is often distributed, so people may take it for the blessing of their homes.
- We light a special candle, the Paschal Candle (Easter candle), on Easter Sunday. It reminds us of Jesus' Resurrection and is a symbol for Jesus—the Light of the World.
- On Easter Sunday, we celebrate Jesus' Resurrection from the dead. We too are filled with new life!
 - *What Easter symbols do we use in church or at home to celebrate the joy and new life we share at Easter?* (White vestments at Church, Alleluia, eggs, bunny, spring flowers, etc.)
 - **Discuss** other Easter symbols. (See sidebar.)

Conclusion: Jesus suffered and died on the Cross, and Jesus rose from the dead. During Lent we celebrate Jesus' suffering; during Easter we celebrate that Jesus is alive!

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

- Jesus is the Light of the World; He brings light into our lives.
- Adam and Eve disobeyed God; Jesus loves us and obeys God by dying on the Cross.
- During the Church seasons, we walk with Jesus so we can know Him and love Him.

Application (10–20 minutes)

Choose one or more of the following for discussion.

- Light comes into our lives through Jesus Christ. Jesus brings this light to us through the Church and people in our lives. Think about what things bring light into your life. **Discuss** or have students draw a picture.
- Darkness comes into our lives when we turn away from Jesus. If we turn away from Jesus, we sin against Him. We may disobey, lie, be unkind, or even steal. Think about what brings darkness into your life. **Discuss** or have students draw a picture.
- **Instruct** students to highlight the one picture that symbolizes light in our lives. Students may draw rays around this picture or highlight it in yellow to symbolize light.
- **Discuss** how Jesus is the one who brings light into our lives.
- Say a prayer of thanksgiving that Jesus lights up our lives.

FOCUS 3 OPTIONAL ACTIVITY

- Decorate a Paschal Candle. Have students decorate the Paschal Candle using the following instructions. You may need to do some of this before class, or students can continue during Lent to decorate the candle. Either color or carve and paint symbols: cross, alpha, omega (Jesus is the beginning and the end), date. Add cloves (symbols of incense) to the four ends of the cross and center. (Also see Activity Book, p. 96, for details and meaning of candle.)
- Students may either draw their own Paschal Candles, use construction paper to cut out the pieces and glue them together to create their own Paschal Candle, or use dollar store pillar candles. Follow with blessing below.
 - Use felt to cut out the pieces of the Paschal Candle and allow students to “put it together.”
 - Get dollar store pillar candles, toothpicks, and acrylic paint. Students use toothpicks to etch the symbols into their candles. Afterward they paint over the symbols with acrylic paint. The paint will settle in the cracks of the etchings. Wipe off the extra paint with a wet cloth or baby wipes.
- Explain: We light a special candle, the Paschal Candle (Easter candle), on Easter Sunday. It reminds us of Jesus’ Resurrection and is a symbol for Jesus—the Light of the World.
- Read the blessing starting with “Jesus Christ is risen today...” on Student Text, p. 118.
 - The flame reminds us of Christ our Light. It allows us to see and be seen.
 - The Alpha means “the beginning.” The Omega means “the end.”
 - The date is put on the candle telling us how many years of Christian life there have been (since Jesus’ birth).
 - The five cloves remind us of the wounds of Christ.
 - The wax reminds us of ourselves, and that we are to become molded into the likeness of Christ. (If possible, visit the Paschal Candle in the church.)
- Light candle (or use battery tea light at top) and pray: *By his holy and glorious wounds, may Christ our Lord guard us and keep us. Amen.* (You may also embellish with other symbols such as lamb, grapes, and wheat—using beads or sequins.)
- Encourage students to take their candles home and use them during grace before meals at the family dinner table or during family prayer time.

Celebration (5–10 minutes)

Choose one or more of the following.

- Prayer: Student Text, p. 119: May the Light of Christ, rising in glory, dispel the darkness of our hearts and minds.
- Quiet students and listen to music of “Jesus Christ Is Risen Today.” Go to www.ignatius.com/promotions/adoremus-hymnal/downloadable-mp3s.htm for downloadable MP3s. During this time read the prayer and focus on Jesus in the artwork *The Resurrection* on Student Text, p. 116.



23 Jesus Dies for Us

“Then Jesus, crying with a loud voice, said,
‘Father, into your hands I commit my spirit!’”

Luke 23:46

After the Last Supper, Jesus and the disciples went to the Garden of Olives. He asked them to pray with Him, but they were tired and fell asleep. So, all by Himself, Jesus began to pray. He felt sad when He thought about our sins. Jesus asked His Father to make Him strong and brave. He told His Father, “I will do what You want.”

Soldiers came to arrest Jesus. Pilate said that Jesus should die. The soldiers hit Jesus and beat Him with whips. They put a crown of thorns on His head and slapped Him, saying, “Hail, King of the Jews.”

Jesus had to carry a heavy **Cross** through the streets. The weight of our sins made it even more heavy. Sometimes Jesus fell down.

At Mount **Calvary** Jesus was nailed to the Cross. Even then He did not stop loving everyone. He prayed for the people who wanted to kill Him, “Father, forgive them.” He forgave the good thief. He gave His Mother, Mary, to be the Mother of all God’s children.

Some people called out, “If you are the Son of

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God, come down from the Cross!” Because Jesus was God, He could have done this. But He wanted to suffer His Passion and die because He loved us. He wanted to obey His Heavenly Father.

Finally, Jesus died. At that moment the gates of Heaven were opened. We were brought back to the friendship of God, which Adam and Eve had lost.

Words to Know:

Cross Calvary Passion

Q. 51 *What did Jesus Christ do to save us from our sins?*

Jesus Christ saved us from our sins by suffering and dying on the Cross, so we can be with Him forever in Heaven (CCC 613).

We Pray:

We adore You, O Christ, and we bless
You, because by Your Holy Cross You have
redeemed the world.

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Stations of the Cross



1. Jesus is condemned to death.
2. Jesus carries His Cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Jesus is helped by Simon.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus speaks to the women.
9. Jesus falls a third time.
10. Jesus is stripped of His clothes.
11. Jesus is nailed to the Cross.
12. Jesus dies on the Cross.
13. Jesus is taken down from the Cross.
14. Jesus is placed in the tomb.



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24 He Is Risen, Alleluia!

“Why do you seek the living among the dead? He is not here, but has risen.”

Luke 24:5

Early in the morning the Sunday after Jesus died, some women came to visit His tomb. On the way there they worried about the big stone that closed the tomb. “Who will roll it away for us?” they wondered.

But when they got there, the stone was already rolled back. A beautiful angel was sitting on it. “Why do you look in a tomb for someone Who is alive?” he said. “Jesus is not here. He is risen. Go and tell the others.”

Very surprised and a little afraid, the women ran off. The other disciples did not believe them, even though Jesus used to tell them that He would die and rise again. But soon different friends of Jesus saw Him. Mary Magdalene and the other women saw Him first.

A few days later, the disciples were together in one room. The door was locked. All at once Jesus was there with them! “Peace be with you,” He said. Jesus talked and ate with them so they could see that He was not a ghost, but really alive. How happy the disciples were! Jesus was risen from the dead.

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“Peace be with you.” The disciples no longer felt any fear or sadness when Jesus was with them. We, too, will have peace when we let Jesus come into our lives.

That is why **Easter** is such a joyful time. We celebrate because Jesus is alive and has won for us the life of grace. Now we can live forever!

Jesus Christ is risen today, alleluia,
Our triumphant holy day, alleluia,
Who did once upon the Cross, alleluia,
Suffer to redeem our loss, alleluia.
Hymns of praise then let us sing, alleluia,
Unto Christ our Heavenly King, alleluia,
Who endured the Cross and grave, alleluia,
Sinners to redeem and save, alleluia.

On Easter Sunday we light a special candle in the church. It is called a Paschal Candle. We light it on Easter to remind us of Jesus’ **Resurrection**.

Sometimes we call Jesus the Light of the World. The Paschal Candle is a symbol for Jesus.

Words to Know:

Easter Resurrection

Q. 52 *After His death, what did Jesus Christ do?*

On the third day after His death, Jesus rose from the dead, took up His body, and won for us the life of grace (CCC 640, 645, 654).

We Pray:

May the Light of Christ,
rising in glory,
dispel the darkness
of our hearts and minds.