

## MCA Activity Three Pillars of Lent

All grades



**Goal:** To have the children learn about the three pillars of Lent- Give, Fast, Pray- by making a mobile and thinking of how they will live them.

**Materials:** Copies of the handout for each child. Scissors, hole puncher, string, coloring pencils, crayons, or markers. A pencil or pen to write on the back of each part cutout.

**Instructions:** As the season of Lent begins, explain to the children the three pillars that help make this time more meaningful to us as Catholics. After speaking to them about these, help them make a mobile and write behind each part of the mobile how they will live that pillar of Lent. Hang the mobiles somewhere where the children can see them all throughout Lent.

As Catholics, we have to be aware of the three pillars of Lent as they will help make the Lenten season more meaningful for each of us.



### Pray

Christ taught us that through prayer, we can have a conversation with God, and as missionary disciples, we are called to try to do so. He taught his disciples the Our Father, and reciting it daily is a great way to make our relationship with God stronger. He also taught us that "For where two or three have gathered together in My name, there I am in their midst." It is good for us to ask our family and/or friends to join us in spending time with the Lord, even if only for 10 or 15 minutes a day.

### Fast

Most of us hear the word "fast" and think of what food we can promise to give up during Lent: chocolate, ice cream or soda. However, we can fast from other things, such as gossiping about others, videogames or social media. Fasting is about limiting how much we consume something or how much time we spend on doing things that don't help us build our relationship with Christ, who gave his life for each one of us. The main objective of fasting, therefore, is to free ourselves from those things that might be weighing us down and not allowing us to spend time with God.\*

### Give (Almsgiving)

As missionary disciples, we are called to be charitable towards one another, but especially to those in need. Charity is about being in solidarity with those who might have less than us. It is about helping our brothers and sisters in Christ know that they are loved and cared for. (If you gave up chocolate, ice cream, or other store-bought items, you might want to give all the money you save to your parents or teachers so that they can donate it to MCA and help the children in Asia, Africa, the Pacific Islands, and Latin America learn about Christ.



### To keep in mind about fasting

\*Though fasting is about giving something up, during this very special period, you might also consider doing something good for others in addition to giving something up. For instance, as you contemplate reducing your time playing videogames, use those minutes- or hours- helping your parents around the house, drawing a picture for that elderly person in your family who is alone, calling that friend who has been skipping class because they are sick, or leaving up-lifting comments in that post they proudly shared on social media.

# What is Lent?

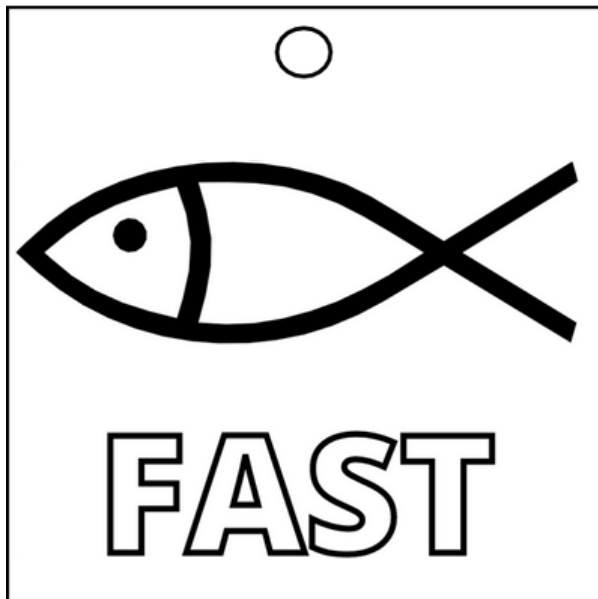
Lent is an important period of reflection, growth, and new beginnings in the Christian calendar. Catholics use this special time to draw closer to God, and prepare for Easter.

Lent begins on Ash Wednesday, and it ends on Holy Saturday, the day before Easter.

Lent is 40 days long, as Sundays are not counted.



What can you do or give this Lent to help those who are in need?



Try and set a time of the day for prayer: Morning, lunchtime, or at night before going to bed.

If you already pray three times a day, you can learn a new, short prayer, that could help you keep Christ in your every thought, such as  
**“Lord, you know everything. You know that I love you!”**



What will you be abstaining from during this Lent? Whom will you help during your extra time or with the money you save?

