



## Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

### Praying

- \* Prayer is very important to Christians and you can pray at any time or anywhere. In church, in your home, at your school or on your own.
- \* You can share prayers in groups, pray out loud or pray silently.
- \* It is a way to talk to God, asking Him to watch over our families, friends, to look after people who are sick and for Him to be with others who are sad, lonely or missing someone who has died.
- \* We also tell God we are sorry for the things we have done that we know are wrong and to say thank you for our world and for the good things we have in our lives.
- \* There is a very important prayer that all Christians are taught. It is a prayer that Jesus gave to his followers and it is said every day in St Edmundsbury Cathedral, normally more than once.
- \* It is called the Lord's Prayer:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation but deliver us from evil.  
For the kingdom, the power and the glory are yours  
now and forever. Amen.**

### Activity

1. Join the dots on the next page and colour the praying hands.
2. Punch two holes at the top of the page. Must sure they are not too close.
3. Thread some string or ribbon through the holes and knot to make a loop.
4. Hang in a place where it will remind you to say a daily prayer

