



St Edmundsbury
Cathedral



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.

- * The season of Lent lasts for 40 days (not including Sundays). It is a time when Christians reflect and prepare for the celebrations of Easter.
- * During Lent some people fast, eat different foods or give up treats following the example of Jesus, who fasted for 40 days in the wilderness.
- * So, a lot of people use Lent as a way of testing their willpower - giving up things like chocolate, crisps or other sweet treats before Easter.
- * Other people may choose to do something different - give to or work for a charity, try to be kind or take time to study the bible and meet with other Christians to think about on Jesus' life and prepare for the days of Holy Week (the week leading up to Easter Day) and Easter Sunday when Jesus was risen.
- * Maybe you can be kind to someone or carry out a kind task each day.

Check out what Lightwave, the Suffolk Fresh Expressions community of the Diocese of St Edmundsbury and Ipswich are doing:



<https://www.light-wave.org/lent>

Create your art work as we go through Lent

Use the grid below which has a 40 footsteps for each day of Lent (not including Sunday) and colour the footsteps and the squares as you uncover each Stepping into Lent activity. Leaving the lines of the cross and the words visible.

