

## **Shrove Tuesday Taste and smell**

In some countries, and in the past, people fasted during Lent. They gave up luxury foods such as meat and cake. Instead they would eat bread, fish and vegetables. They thought that eating only plain food would help them to pray.

As they knew they were going to have a long time eating plain food, the day before Lent was a feast day. People made pancakes to use up the eggs.

Some countries call this day “Mardi Gras” – “Fat Tuesday” and have a carnival.

**Activity:** You may like to add toppings to your pancake and eat it!

## **Jesus’ baptism Touch**

Lent is about Jesus’s journey into the wilderness. His journey began with water.

Jesus travelled to the River Jordan where his cousin John was baptising people and he asked John to baptise him.

John pushed Jesus down into the cold, dark water of the river. When Jesus came back up into the light, some people thought they heard a voice saying “this is my beloved Son in whom I am well pleased”.

Some people thought they saw a dove flying above his head.

**Activity:** You may like to add a shimmer stone to the bowl and think about how it felt to go down into the cold, dark water and come back up into the warm light.

You may like to play with the stones, shells and the water.

You may like to make a scratch art bracelet to symbolise the change from darkness to light.

## **Into the wilderness: Sound**

After he had been baptised Jesus crossed the river and went into the desert. He needed time to be alone. He needed to pray and find out what God wanted him to do.

I wonder what it is like in the desert?

I wonder what sounds you might hear if you were there?

**Activity:** You may like to use the instruments to create the sounds of the desert – the wind and the wild animals. You may like to use the recorder to record the sounds.

## **Bread and Stones Taste and smell**

After eating nothing for forty days and forty nights, Jesus was hungry.

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

“What should I choose?” thought Jesus.

He thought and prayed and then he said: “People cannot live on bread alone.” He turned away from the tempter...

**Activity:** You may like to eat a piece of bread and remember that Jesus chose to go hungry rather than listen to the voice of the tempter.

## **On top of the pinnacle Sight**

It seemed to Jesus that he was in the holy city of Jerusalem, standing on the highest point of the temple, looking down on the tiny people below.

The tempter said to him: “If you are the Son of God, throw yourself down. God will send his angels to catch you.”

Jesus thought about what it would be like to be caught by angels. He would be famous. Everyone would want to know him... But was this the right thing to do?

“What should I choose?” thought Jesus.

He thought and prayed and then he said, “You shall not test the Lord your God.” He turned away from the tempter...

**Activity:** I wonder what you would see from the top of the pinnacle of the temple in Jerusalem? You may like to draw in some of the things you might see in the gaps between the struts. You might like to stand on the struts and look down.

### **All the kingdoms of the world Sight**

It seemed to Jesus that he was on a very high mountain, looking down at all the kingdoms of the world.

The tempter said, “If you will bow down and worship me, I will give you all the kingdoms of the world.”

Jesus thought about what it would be like to have power over all the kingdoms of the world. Did it matter who he worshipped? What should he choose?

He thought and prayed and then he said: “Worship the Lord your God and serve him only.” Jesus turned away from the tempter.

**Activity:** You might like to paint the desert either on paper or on the blue cloth.

You might like to paint one of the kingdoms of the world.

### **The desert Touch**

The tempter went away and Jesus was left alone in the desert with the wild animals. God sent angels to be with him. After 40 days and 40 nights Jesus knew what work God wanted him to do. He left the desert and went back across the River Jordan.

**Activity:** You may like to play with the desert.

You may like to make a desert tile by sticking on coloured sand and things with different textures.

## **Silence!**

In Lent, Christians try to spend time with God, thinking and praying. Some people go to special places to be quiet and alone.

Some members of the Russian Orthodox church create Poustinia huts where they can go to be with God. Usually they contain just a chair, a bed, a Bible and a cross.

**Activity:** You may like to spend some time in silence, looking at the pictures or books.

You may like to write a prayer on a purple leaf.

You may like to build a little shelter using the art materials.

## **Ash Wednesday**

Lent starts today on Ash Wednesday. At times everyone, adults and children, say and do things that they know are wrong. Lent is a time to be sorry, a time to think about change. To symbolise this Christians use ashes that have been blessed to make the mark of a cross.

These ashes have not been blessed, but you may like to use them to make a mark on your hand. You may like to think about being sorry...