



RHYTHM

OF LIFE

for primary schools

**In this season of Lent,
we choose to serve and
bless others in Jesus'
name. Amen**



Yum! Who likes pancakes?

Did you know about...

Shrove Tuesday, Ash Wednesday and **Lent**?

In many Christian cultures, the day before **Lent** (Shrove Tuesday), is celebrated with pancake feasts, using up ingredients before the fasting period. Fasting is when you chose to go without certain foods for a certain times. Instead of focussing on missing those foods and wishing you could have them, people try to focus on God and pray instead.

In many parts of the world, including the UK, Shrove Tuesday is known as Pancake Day.



Have you ever chosen to give something up or go without something?

Why did you do that?

What was it like?

What would be hard to go without for 40 days?

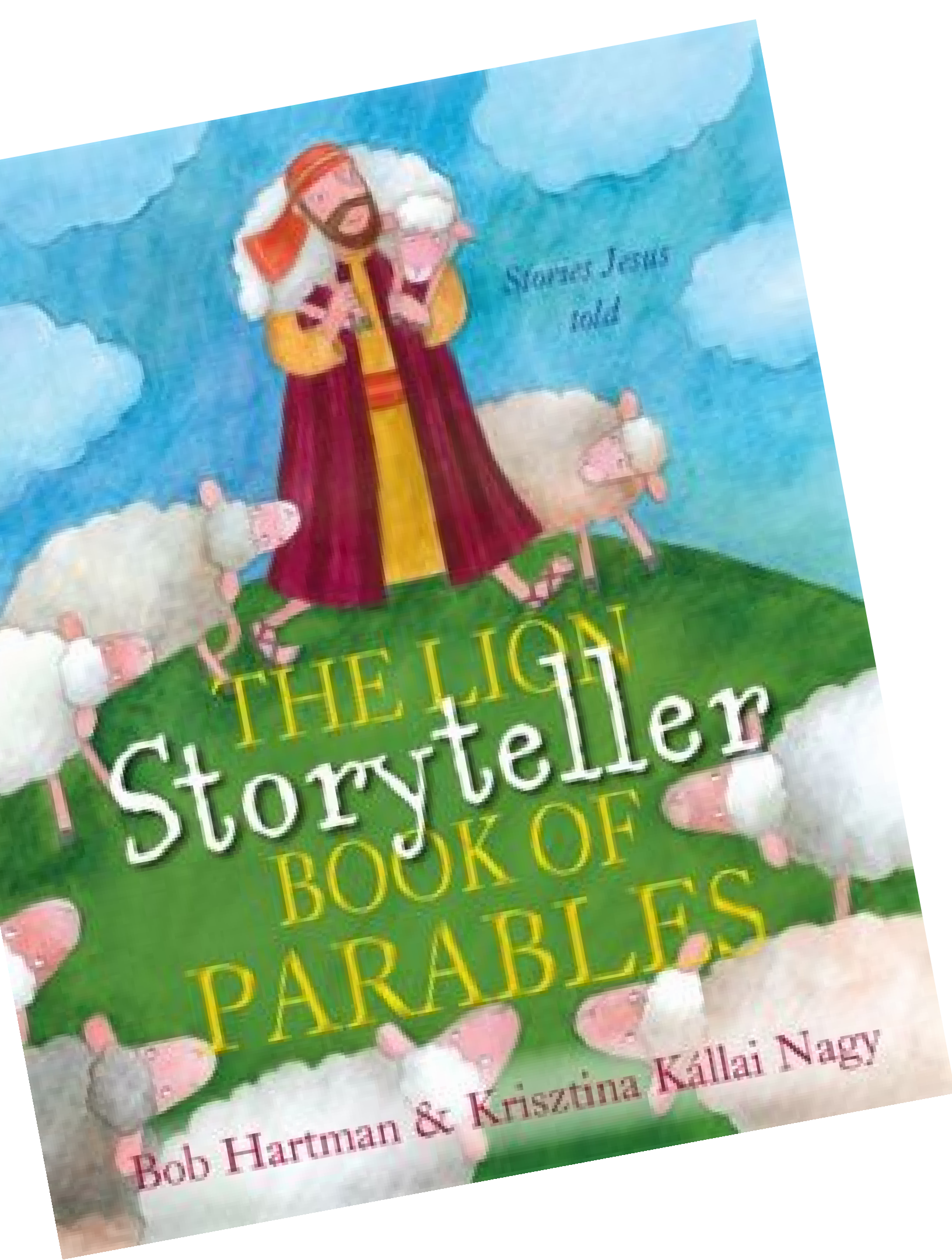


Lent lasts for 40 days - from Pancake Day up to Easter.

During this time, Christians remember Jesus spending time alone - away from home without his friends and family - just before he called his disciples and began to teach and preach about God's Kingdom. Jesus gave things up so he could focus on God and learn to serve him better.

This is the same for Christians today!

Lent is a time of reflection. It is also a time when we can focus on others and the world around us, rather than ourselves. It is a time for **kindness**.



Read the Parable of the Kind Stranger.

Jesus told this Parable because he wanted his followers to learn something about what it means to love God and love others.

What was so remarkable about the Samaritan man in the story?

In this season of Lent, we are choosing to use our hands to bless and serve others.

How did the Samaritan man in the story use his hands to show kindness and to bless and serve?



Let's think

There are many things we can do with our hands.

smack

give

beckon

push away

pull

clap

grab

punch

reach out

wipe away

hold

pat

wave

tear

Which are kind?

Let's think

Think about a time when you felt special and loved. Christians might say they feel blessed when they feel like this.

What could we do as a school to **bless and serve others** in our community?

Let's pray

Lord Jesus

We pray that our school will be a place where everyone can grow and flourish. Please give us your kindness as we follow you. Teach us to bless and serve others as we wait for your Kingdom to come. **Amen**

Let's pray 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 for ever. Amen.

Let's Sing!
Easter Prayer





RHYTHM

OF LIFE

for primary schools

A thick orange arc at the bottom of the logo, curving from the left towards the right, mirroring the arc at the top.