

St Mark's Parish
Lenten

Calendar for Children



Children's Lenten Calendar

The Lenten Calendar For Children

This calendar has a little activity for every day of Lent- some little mortification or prayer or other little way to grow in virtue.

Besides what you see on the calendar, it is also a good idea to do one or two things through all of Lent. Some people like to give up chocolate or other candy, or chips, for example. It is also good to say an extra prayer every day.

As you will see, however, the Sundays of Lent don't really count. There are forty days without the Sundays! Every Sunday is like a mini Easter, which means that if you're giving up something good for Lent you can still have it on Sundays.

Ash Wednesday

- Give some money to the poor or share your toys.
- Pray that God will help you make a good Lent.
- Give up something you like to eat. **1**

Thursday

At the Last Supper Jesus told His disciples that he loved them.

- Help with the dishes without being asked out of love of God and your family. **2**

Friday

Jesus offered His Body and Blood as a sacrifice in payment for our sins.

- Give up a bit extra food as a sacrifice to Jesus. **3**



Saturday

Pray to Our Lady

*Hail Mary, full of grace! The Lord is with thee. Blessed art thou among women and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen. **4***



First Week

Sunday

Jesus was tempted by the devil in the desert but He resisted.

- Write down something that you are often tempted to do and pray to your guardian angel to resist it.

Monday

After the Last Supper Jesus went out to the Garden of Gethsemane to pray.

- After supper take some time to thank God.



5

Tuesday

Jesus took His friends Peter, James and John with him.



- Say a prayer with your brother, sister or friend.

6

Wednesday

Jesus knew what He would have to suffer.

- Look at a crucifix and tell Jesus that you accept whatever suffering He sends you.

7

Thursday

Jesus accepted His Father's will, saying "Thy will be done!"

- Ask Mom or Dad what they want you to do and do it without complaining.

8

Friday

Judas, one of the apostles, betrayed Jesus to His enemies with a kiss.



- Give Mom or Dad a hug and show you love them by your actions.

9

Saturday

Pray to Our Lady:

Hail holy Queen, Mother of mercy! Our life, our sweetness and our hope! To thee do we cry, poor, banished children of Eve! To thee do we send up our sighs, mourning and weeping in this valley of tears.

10

Second Week

Sunday

Jesus was transfigured in glory in front of Peter, James, and John.

- Nice things in this life don't last forever. Thank God for something nice you have now.

Monday

Jesus submitted to His arrest even though He was innocent.

- Pray for people who are in jail- those who are guilty as well as the innocent. 11

Tuesday

The mob hit Jesus and spit on Him.

- If you have money, give some to the poor. Otherwise say a prayer for them. 12



Wednesday

Peter denied knowing Jesus three times before the cock crowed.

- Pray:
O my Jesus, I believe, I adore, I hope, and I love Thee. I ask pardon for those who do not believe, do not adore, do not hope, and do not love Thee. 13



Thursday

Jesus spent the night in prison after he was arrested.

- Say an 'Our Father' right before you go to sleep. 14

Friday

Early the next morning He was brought to trial.

- When you wake up pray: Everything today I offer to You, O Lord! 15



Saturday

Pray to Our Lady:

Turn, then, most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the Fruit of thy womb, Jesus. O clement, O pious, O sweet Virgin Mary!

Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ! 16

Third Week

Sunday

Jesus told the woman at the well that He would give us living water.



- When you are at Mass thank Jesus for giving Himself as food and drink.

Monday

Pilate condemned Jesus to be scourged at the pillar.

•Pray:

O My Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, especially those who are in most need of Thy mercy.

17

Tuesday

The soldiers took off Jesus' clothes and tied Him to a pillar.

- Sit on a hard chair for one minute and think of Jesus being scourged.

18

Wednesday

The soldiers whipped Jesus many times.

- Kneel and say a 'Glory Be.'



19

Thursday

Jesus bled so much that He became weak.



- Drink water instead of juice or pop today.

20

Friday

The soldiers roughly put the clothes back on Jesus.

- Be gentle to your friends or brothers and sisters, especially if they are sad.

21

Saturday

Pray to Our Lady:

The angel of the Lord declared unto Mary, and she conceived by the Holy Spirit. (say a Hail Mary)
"Behold the handmaid of the Lord. May it be done unto me according to thy word." (say a Hail Mary)
And the Word became Flesh and dwelt among us. (say a Hail Mary.)

22

Fourth Week

Sunday

The Scribes and Pharisees were angry at Jesus because he cured a blind man on the Sabbath.

- Take some time to read a book about God or a saint.



Monday

The soldiers made a crown of sharp thorns and put it on Jesus.



- Have you ever thought unkindly of others? Imagine having a crown of thorns as punishment!

23

Tuesday

The Soldiers mocked Jesus, saying, "Hail, king of the Jews!"

- Look at a crucifix and tell Jesus that He is your king.

24

Wednesday

Jesus was beaten with rods and spit upon.



- Say something kind about a person who is made fun of.

25

Thursday

Pilate set Jesus before the people, saying "Behold the Man!"



- Find a picture of Jesus crowned with thorns and look at it for a minute, or else draw one.

26

Friday

They shouted, "Crucify Him!"

- Say an Act of Contrition
O my God, I am heartily sorry for having offended Thee. I detest all of my sins because of Thy just punishment, but most of all because they offend Thee my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin.

27

Amen.

Saturday

Pray to Our Lady:

My Queen and my Mother, I give myself entirely to you, and, in proof of my affection I give you my eyes, my ears, my tongue, my heart, my whole being without reserve. Since I am your own, keep me and guard me as your property and possession.

Amen.

28

Fifth Week

Sunday

Jesus raised his friend Lazarus from the dead.

- Pray for the souls in Purgatory:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed rest in peace. Amen.



Monday

Jesus willingly took up the cross.

- Ask Mom or Dad for a hard job and do it!



29

Tuesday

Jesus fell three times while carrying His cross.

- Pray for someone who is sick. Visit



them if you can. 30

Wednesday

Simon of Cyrene was made to help Jesus carry the cross because Jesus was too weak.

- Help one of your parents or siblings with their work today.

31

Thursday

The crowds of people watched Jesus carrying the cross.

- Talk with a friend or brother or sister about Jesus carrying the cross.

32

Friday

The women of Jerusalem wept for Jesus, Who consoled them.



- Pray for mothers who are expecting babies.

33

Saturday

Jesus and His Mother met on His way to Calvary.

- Find a picture of Our Lady of Sorrows and look at it for a minute or else draw one.

34

Holy Week

Palm Sunday

The people of Jerusalem welcomed King Jesus to their city with palm branches.



- Put the blessed palm you get at Mass today in a place of honour in your house.

Monday

When they got to the top of the hill the soldiers roughly tore off Jesus' clothes.

- Thank God for your clothes and put them away neatly when you go to bed. 35

Tuesday

They laid Jesus on the cross and nailed his hands and feet to it.

- Look at your hands and imagine nails in them. Thank Jesus for all He suffered. 36

Wednesday

The soldiers lifted the cross so that Jesus was hanging from the nails in his hands and feet.

- Kneel in front of a crucifix and pray an 'Our Father.' 37

Holy Thursday

Jesus told the disciples at the Last Supper, "Love one another as I have loved you."

- Think of someone who hurt or offended you. Forgive that person. 38

Good Friday

Jesus died on the cross.

- Look at a crucifix for two minutes and think of how much Jesus loves you. 39



Holy Saturday

Our Lady's day

- Sit quietly for one minute and think how Mary felt after Jesus died. 40



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