

SEASON OF LENT 2024



"BEAR AND BRING LIGHT TO OTHERS"

Prepared by Archdiocesan Catechetical Centre
Archdiocese of Kuala Lumpur

LET'S RECALL WHAT LENT IS ABOUT

1. What does the word "Lent" mean?

The word "Lent" refers to the time of spiritual preparation for Easter.

2. Where does the word "Lent" come from?

The word "Lent" comes from an old English word "lencten" which means "springtime". Like the season of spring, Lent is a time of new life and growth, and of hope and change.

3. Why is the Season of Lent important?

Lent is a time of repentance. To repent is to realise that we have sinned against God and say sorry to Him, and renew our friendship with Him. Lent is also a time to prepare ourselves to celebrate Easter in a meaningful way.

4. What are the three main practices during Lent?

The three main practices during Lent are prayer, fasting and almsgiving.

- ❖ Prayer helps us to speak to God and listen to Him, so that we may know what God wants us to do.
- ❖ Fasting helps us to participate more fully in the suffering of Jesus and of people in the world.
- ❖ Almsgiving helps us to be thankful to God for His blessings and to share them with those in need.

Bible reading and reflection

Read the Gospel of **Matthew 5: 14-16**.

- ❖ What does Jesus mean when he says, "you are the light of the whole world"?
- ❖ Name two ways in which you can bear and bring light to others in your family or to your friends during this Season of Lent?

The following are three activities which are based on the scripture reading that you can do on your own or with the help of your parents/ guardians.

Activity #1: Find the words

Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Based on Matthew 5:14-16 (NIV)



X V F O K U L Y B D S M M O I
M J M B Y D T G Y Q E S X Z A
M Z V M L I E O S L R E L Z R
L P A R C S N O L H L P D I O
I Z V K I C Y D F W I H B S I
G L D A A V S F L Y P N B R F
H B R D K N A W O R L D E Z B
T P I O O H I D D E N E R H L
B C V B O W L T M B S K V C A
O N H P U L A M P U O S X U C
T Y F I J T X R O F P L C V J
P R J D L J I H A Y B C F W R
E I Q L X L E F A T H E R E V
C F M E N S N M U V Z W O B A
X I L R M D R J L I S T A N D

LAMP	LIGHT	BOWL	GOOD	DEEDS
WORLD	CITY	MEN	HIDDEN	SHINE
PRAISE	HOUSE	FATHER	HILL	STAND

Activity #2: Colour the picture



After colouring the picture, you may cut it out and paste it in a place where you can see it daily. It will help remind you that you are called by Jesus to bear and bring his light to others.



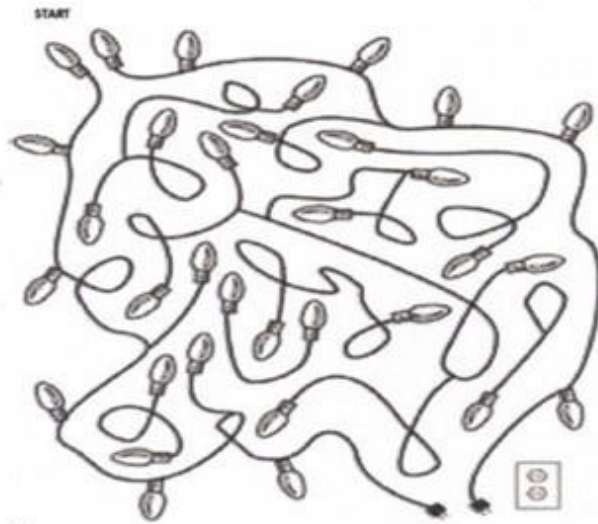
Christians Are Lights

Bible Text: Matthew 5:14 - 16



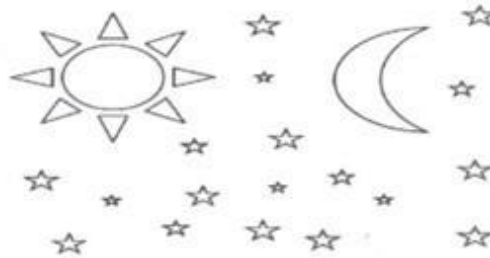
Matthew 5:14 - 16 NKJV

"You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."



The sun gives off light and the moon has no light except the reflected light from the sun. Just as the moon has no light except that from the sun, we have no light except from Jesus. Christians are the reflective light of Jesus, the Light of the World.

Since we only have the light of Jesus, and no light of our own, we must be very careful to make sure that nothing comes between us and Jesus. We don't want anything or anyone to block the light of Jesus shining in and through us. We are the light of the world as long as we reflect Jesus, and that light is given to penetrate the spiritual darkness of this world.



Dear Father,
Thank-you for the light that You have given us through Jesus. Help me to be the reflective light of Jesus, the Light of the World. Don't allow me to let anything come between me and Jesus. I don't want anything or anyone to block the light of Jesus shining in and through me. As I reflect Jesus let that light penetrate the spiritual darkness of this world.
In Jesus' name, Amen

Light - candle.

My response:

I will shine!

Write in the space given above what you would do in order to shine the Light of Jesus to others during this Lent.

LENTEN CAMPAIGN 2024

One of the ways that you can shine during the Season of Lent is to become actively involved in the Lenten Campaign. It is organised by the Archdiocesan Office of Human Development (AOHD). Through the Lenten Campaign, the Church wishes to show the love and mercy of Jesus to those who are poor and needy.

Money Bank Fund

As part of the Lenten Campaign, the AOHD is organising a number of activities. This year, it is having a special project for children to carry out. It is known as the Money Bank Fund or Offertory Box. The aim of the project is to help you do your part to bear and bring the light of Jesus to others and also to help you understand the importance of practicing almsgiving during the Season of Lent and even at other times of the year.



The Money Bank Fund may look like the one in the picture, which is in the shape of a loaf of bread. It reminds us that there are people around us who need food, clothes, medicine and other important things in order to care for themselves and their family.

During the Season of Lent, Jesus calls us to return to him so that we can become true sons and daughters of God. He also asks us to do our part to bring his love and mercy to people around us regardless of their race, religion and culture.

How do you get the box?

You may obtain it from your catechist in church. The catechist will tell you what you have to do once you collect the box. Get the help of your parents / guardians and friends to carry out this project.

PRAYER

Heavenly Father, you ask us to repent of our sins and to come back closer to you during this Season of Lent. Help me to prepare myself well so that I may celebrate Easter meaningfully. I ask for your grace to bear and bring the light of Jesus to others - in my family, friends and those who are poor and needy. Holy Spirit, guide us during this Lent. We make this prayer in Jesus' name, Amen.