

# How I Spent My Lent!



Lenten Lessons &  
Activities for Children

# How I Spent My Lent!

Hi there!  
It's time to learn a  
little bit more about  
Lent!



We can't wait to share all of the meaningful things we've done and heard during this special season of the Church Year.

We have exciting poems to read, fun games to play and a whole swarm of pictures to color. So get ready, because the season of Lent starts on the next page!

# Forty Full Days!

When Mommy said that it was Lent,  
I had to ask her what she meant.  
Now I know all I need to know,  
Because my mommy told me so.



Dear  
Jesus,  
Thank you!  
Amen.



She said that Lent is forty days  
Filled up with time to pray and praise  
And think of all that Jesus gives.  
He gave his life so we may live.

“When Lent begins,” my mommy said,  
“We might put ashes on our heads.”

But what do these  
small smudges mean?

Why don't we keep  
our foreheads clean?



“We all are marked with sin,” she said,  
“Just like that mark upon your head.”



“The mark reminds us of our sins.  
God wants us to be clean again.”

# Easter Morning!

On Easter Sunday, Jesus rose!

He is alive forevermore.

Now we can praise him every day.

In fact, that's just what Lent is for!

