

40 Days: My Lenten Deeds Chart

Every time you **pray**, **fast**, or **help the poor** during Lent, put a check mark on the chart.
Try to do at least one each day.

I Pray



I Fast



I Help



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Jesus Is God and Man

Directions: Read the information with a parent. Then find the words in the word search and fill in the blanks.

Jesus is God. He is one with the Father and the Holy Spirit.

Jesus is also a man. He is like us in all things but sin.

Jesus is fully God and fully man. That means that God knows what it is like to be you and me. He knows what it is like to be happy and to be sad. He knows what it is like to have friends and to laugh. He also knows what it is like to sometimes feel lonely and hurt.

The good news is that Jesus died on the Cross to save us from sin. He invites us to love Him and accept His gift of salvation.



Transfiguration, by Bl. Fra Angelico.

Word Search

**Words to
find:**

Cross
God

Man
Like

Gift

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

Fill-in-the-Blanks

Word bank

Cross

God

Man

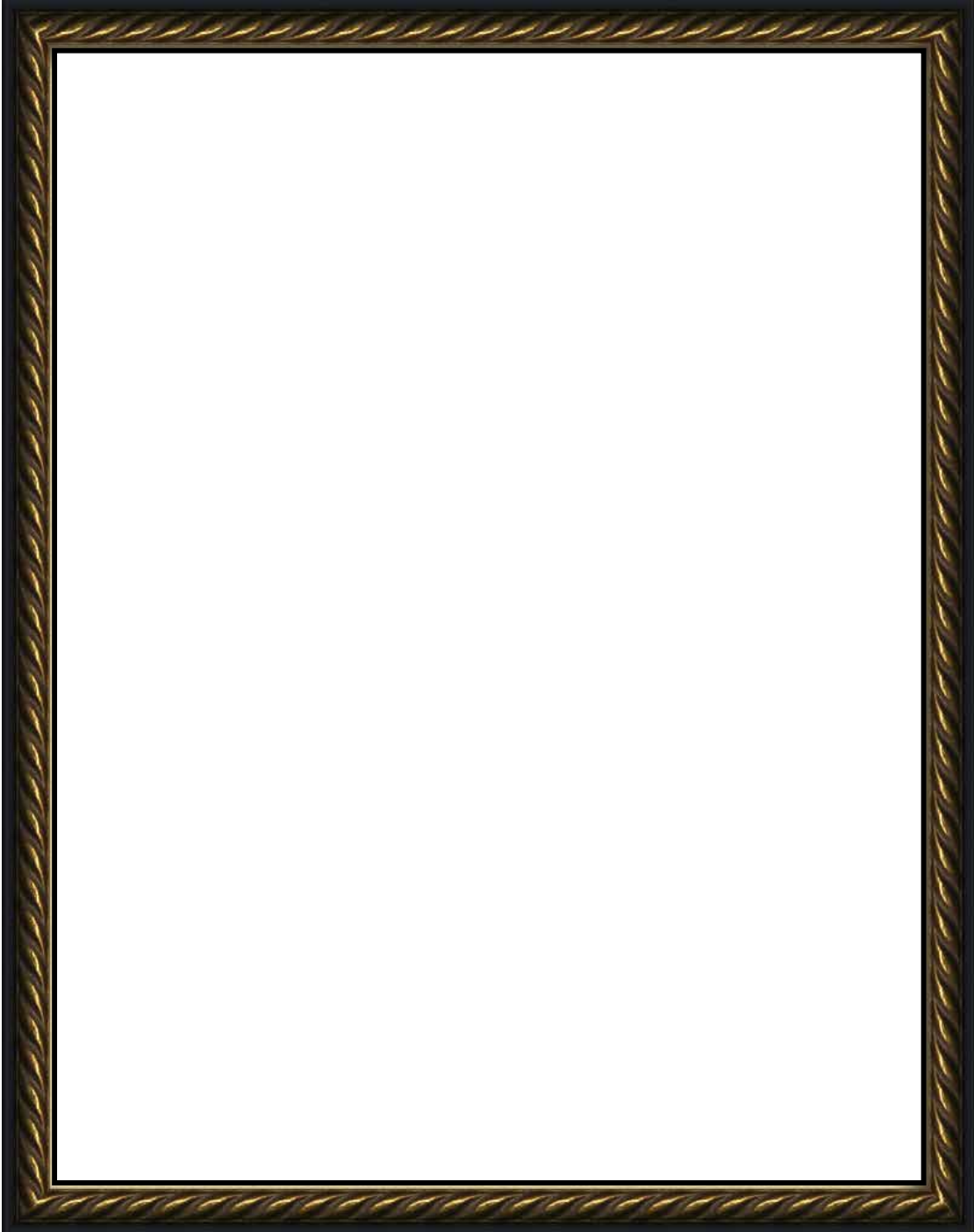
Like

Gift

1. Jesus is fully _____.
2. Jesus is fully _____.
3. Jesus is _____ us in all things but sin.
4. Jesus died on the _____.
5. Jesus gives us the _____ of salvation from sin.

God and Man

Directions: Draw your own picture of Jesus that shows that He is both fully God and fully human.



Answer Key

Jesus Is God and Man

Word Search

See answers at the right.

Fill-in-the-Blanks

1. God
2. Man
3. Like
4. Cross
5. Gift

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

Follow Jesus

Directions: Read about following Jesus. Then solve the puzzle and answer the question.

Jesus said, “If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.” (Luke 9:23).

Our cross is not like Jesus’. It is not big and wooden. It is not something we carry on our shoulders. Our crosses are the hard things we have to face in our lives. Some people might be very sick. Some people might be lonely and need friends. Other people are poor or homeless. Some people have a hard time in school. Everyone’s cross is different.

Jesus asks each of us to carry our own cross – the hard things we face in life. When we follow Jesus, we accept the hard things in our lives and walk in Jesus’ footsteps. He knows what it is like to be you and me. And He knows that following Him is hard to do. Jesus only asks us to do things that He already knows we can do. Even though following Him is hard, Jesus loves us. And He helps us carry our crosses every day.

Lent Code

A	B	C	D	E	F	G	H	I
5	11	15	26	1	8	17	4	19

J	K	L	M	N	O	P	Q	R
25	20	9	3	2	12	24	21	10

S	T	U	V	W	X	Y	Z
7	14	16	6	23	18	22	13

1. Jesus asks me to carry my

15 10 12 7 7

2. Jesus knows what it is like to be

_____ and _____

22 12 16 3 1

3. When we follow Jesus, we walk in His

8 12 12 14 7 14 1 24 7

I will follow Jesus today by....



Answer Key

Follow Jesus

1. Cross
2. You/me
3. Footsteps

Lent

Directions: Read about Lent with a parent. Then use the Lent Code to solve the puzzle and answer the questions.

Lent is the 40 days before **Easter**. Jesus rose from the dead on Easter Sunday. Lent begins on **Ash Wednesday**. A cross made of ashes is put on our foreheads on Ash Wednesday. The ashes remind us of when God made Adam. They also remind us of God's mercy and love for us.

Lent is a season for us to grow closer to God. Jesus taught us a few ways to do this. He taught us to help others, to pray, and to fast.



Help others

Jesus tells us to help others. Some examples of people who need our help are the poor, the hungry, the sick, and the lonely. We can help by giving food or money. We can spend time with someone or do good things for them.



Pray

We talk to God when we pray. God talks to us too. We are friends with God when we pray.



Fast

When we fast, we give something up and give it back to God. Some people give up candy or chocolate, or even watching TV for Lent as a gift to God. What can you give up for God?

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S	T	U	V	W	X	Y	Z
7	14	16	6	23	18	22	13

What three things can we do during
Lent to grow closer to God?

1. _____
24 10 5 22

2. _____
4 1 9 24 12 14 4 1 10 7

3. _____
8 5 7 14

Answer Key

Lent Code

1. Pray
2. Help others
3. Fast