

What Would You Give Up for Lent?

Lent is a very special time for Christians. It lasts for 40 days, from Ash Wednesday to Easter Sunday. It is a time to remember the sacrifice Jesus made, as well as his example in resisting temptations. Lent is also a time of new beginnings and new growth, the perfect time to get fit and healthy for life.

Fasting is an important part of Lent. Christians usually give up something for Lent which they really enjoy so that it is a real sacrifice for them to be without it for 40 days. Traditionally, Christians fast but you can give up anything for Lent, from a video game to using plastic.



What could you give up for Lent? Can you draw and label your sacrifice?

A large, empty rectangular box with a black border, intended for a student to draw and label their own sacrifice for Lent.

Why would you choose to give this up for Lent?

Will it be different for you to give this up for Lent?

What could you do to help you keep your promise?