

## What is Lent?

This week we both welcome 5<sup>th</sup> graders to visit catechism and take a look at the season of Lent. The Large group teaching will be pretty straightforward and, hopefully, informative. My goals for the teaching are:

**Head:** students will know the purpose and structure of the Lenten season.

**Heart:** students will feel drawn to engage in Lent by attending Vespers, praying, and fasting.

**Hand:** students will choose one area of life in which to fast, e.g. texting, sweets, TV, etc.

## Small Group Questions:

- Have you ever had a time when something in your life got cluttered, like your bedroom, locker, or schedule? How did it make you feel? What did you do?
- Review the teaching notes together. Did the lesson make sense? Why or why not?
- In your own words, why do we practice Lent at Grace Lutheran Church?
- In what area of your life do you think you could fast during Lent this year?
- How can the members of your small group keep each other accountable to the fast you have chosen? Make a plan to keep each other on track.
- Share your highs and lows from the week and spend time praying for each other.
- Pray specifically for our Hunger and Thirst projects that our church is doing during Lent.