What Happens in Lent?

In today's Gospel story, Jesus goes out into the desert to fast and pray for forty days. In the forty days of Lent, the Church asks us to fast, give alms, and pray.

In Lent we don't eat meat on Fridays. Many people give up things like candy or dessert for all of Lent. When we give up food that we like, it reminds us that food isn't the only thing we need- we need God too!

Giving alms means giving money or things to the poor or the Church. God lets there be people who need our help so that we can become better by helping them!

The third thing that we should do in Lent is praying. You could say an extra prayer every day- maybe an "Our Father" or a "Hail Mary" when you wake up or before you go to bed. Another good idea is reading a bit from the Bible, because when we read the Bible we let God speak to us.
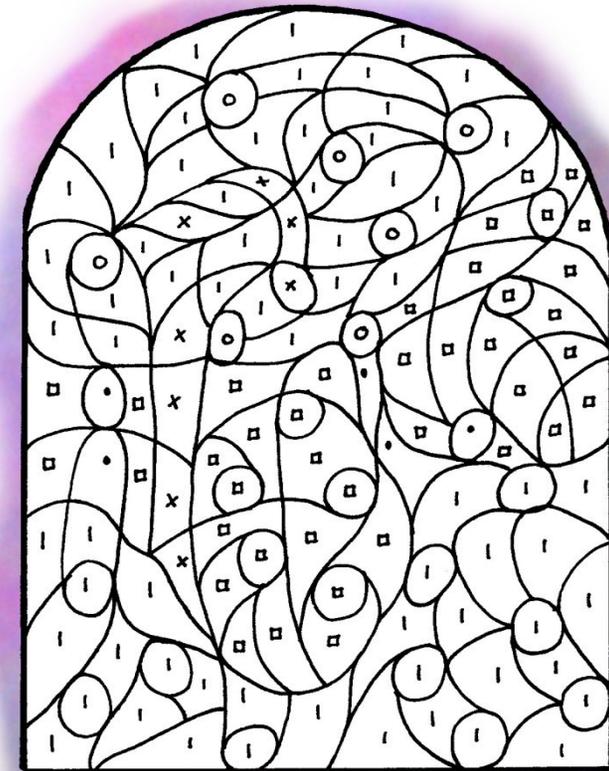
What are some little things you could do for Lent? Try to do things that will help you think a bit more about God every day.

Answers to picture puzzle inside: top: 4, 6. middle: 5, 1. bottom:2, 3.

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Just for us!

FIRST SUNDAY OF LENT
FEBRUARY 22ND 2026

Today's first reading tells us about sin. Use the code at the bottom to colour in the spaces and find out what the story was.
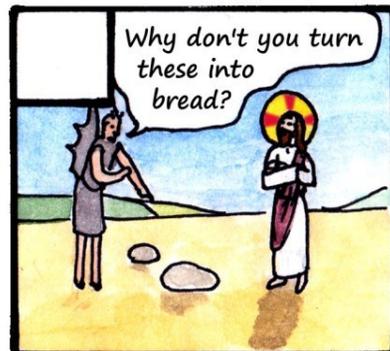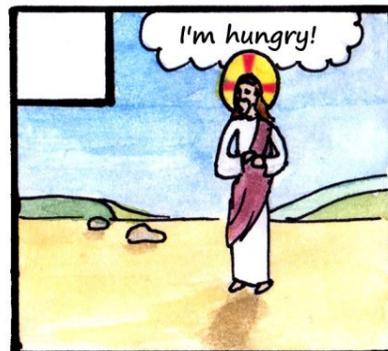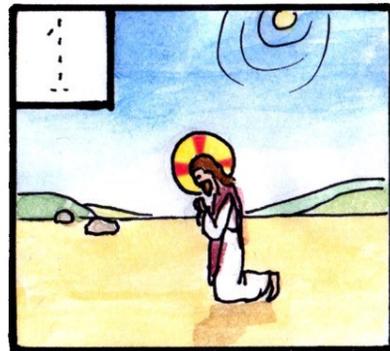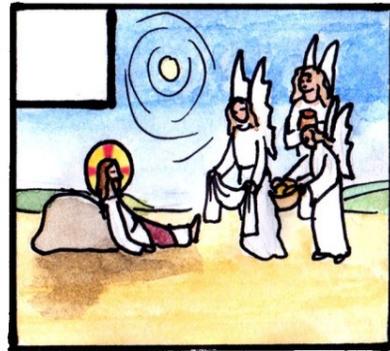
⊡ blue	ı green	x brown
o red	• skin colour	

Sort the Story!

What happened when Jesus had prayed and fasted
for forty days in the desert?
See if you can sort out the order of these pictures.
Write 1 on the first, 2 on the second, and so on.

In our Gospel story today we hear all about how Jesus was in the desert for 40 days and He didn't eat anything. Can you colour in the oicture of Jesus in the desert as HE thinks about what He might like to eat?