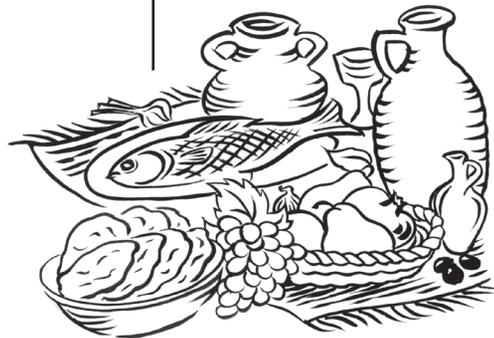


Food for Thought

In today's Gospel, Jesus says, "One does not live by bread alone." Food is still a very important part of our lives. What are some foods and drinks that make you think of your church? Of your home? Of your school? Write some of them in this chart.

	FOODS	DRINKS
CHURCH		
HOME		
SCHOOL		



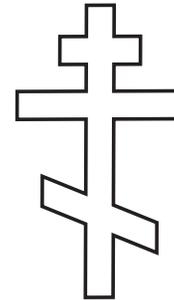
READER

Lent 1

- Today is the **First Sunday in Lent**.
- Lent is a time of **preparation for Easter**.
- The color of Lent is **purple**.

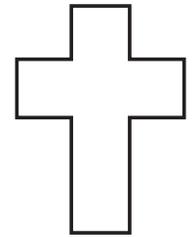
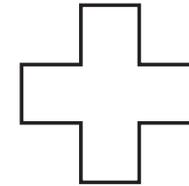
Kinds of Crosses

The symbol of Lent is a cross. Did you know there are many styles of crosses? Check out the key above the words LENT and CROSS. Use the symbols for these letters to discover the names these types of crosses.

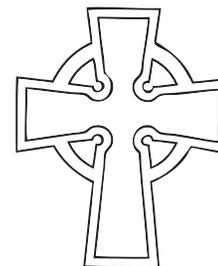


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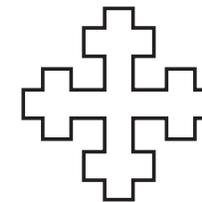
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KEY:

^	+	%	#	~	>	*	=	=
L	E	N	T	C	R	O	S	S

Say to the Lord, "My refuge and my fortress;
my God, in whom I trust." – Psalm 91:2

Memory Verse

The memory verse says that God is like a fortress. A fortress is a safe and secure place. Draw a picture of a place where you always feel safe. Where is God in that place?



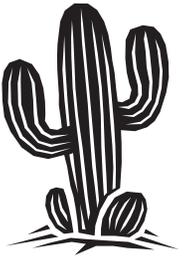
MY REFUGE AND MY FORTRESS

Yield Not!

In today's Gospel story, Jesus goes to the desert to fast. (That means he didn't have anything to eat.) While he was there, the devil tempted him by offering food and earthly power. What tempting things do you find hard to resist? Remember that emotions and actions can be tempting, not just objects!

Things that tempt me:

What I can do to resist temptation:



The 40s

Jesus spent **40** days alone in the desert. Forty is an important number in the Bible! See if you can fill in these other stories of **40**s.

It _____ for **40** days after _____ built the ark.
(Genesis 7:11-12)

Moses and the _____ spent **40** years in the desert. (Acts 13:17-18)

_____ waited on Mount Sinai for **40** nights before God gave him
_____. (Deuteronomy 9:7-10)

Jonah said that the city of _____ would be destroyed in **40** days.
(Jonah 3:3-4)

_____ ascended to heaven **40** _____ after his
resurrection. (Acts 1:1-3)