

Great Lent

Pascha (Easter) is the most important holiday in the religious calendar, and we, as Orthodox Christians, try to prepare ourselves for the Resurrection in many ways during Great Lent. Great Lent is the period of preparation that we undergo prior to the Resurrection. It's really a time we try to become better people who follow God's path. We try to improve how we interact with God and with each other. We do this through prayer, confession, almsgiving, fasting, and attending Lenten Services. This is a period of cleansing our body and spirit so we can be ready for the Resurrection. In fact, we can even clean our homes at this time. When we prepare ourselves, we are worthy of God's forgiveness. This period lasts for forty days and ends with Holy Week followed by the Resurrection.



Fasting

One of the ways we use to cleanse our bodies is to fast. The Bible tells us that fasting is rewarding. During Great Lent, there are many foods that are forbidden such as meat, cheese, eggs, oil, fish, milk, and wine. There are some exceptions to this like on the Annunciation of the Mother of God, and Palm Sunday, when fish is permitted. For a complete list, the best thing to do is to speak with your Priest.



PRAYER

During Great Lent we have many additional opportunities to get closer to God through prayer. We can do this during the special Lenten Services of the Pre-Sanctified Liturgies, Great Compline Services, and the Services to the Holy Mother of God. This way we have many chances to partake of Holy Communion.



ALMSGIVING

This is an ancient Christian practice and is considered one of the great virtues. We give and are helpful to people who are in need, especially during this time of Great Lent. Throughout His life, Jesus showed us how to act with other people by helping them.

Words of St-Paul

"I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings.... Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." **Philippians 3:10-14**

Name: _____ Date: _____

Unscramble the words
to discover ways we can prepare
ourselves for the Resurrection
during Great Lent.

PRAYING CLEANSING GIVING FASTING
IMPROVE HELP KINDNESS

FIGASNT

KESNDINS

PGINYAR

HPLE

CANILSEGN

IVPOREM

GNIGIV



PRAYER TO BE SAID DAILY DURING GREAT LENT

*Remove from me the spirit of laziness, despondency, thirst for power, and vain talk,
Instead, grant me, your servant, the spirit of purity, humility, patience, and love.
Indeed, O Lord and King, grant that I may see my own sins and not judge my brother,
For You are blessed unto the ages of ages, Amen
- Prayer of Saint Ephrem -*

Great Lent

{Teacher's Edition}

Lesson Objective: To have children understand what Great Lent is and what our responsibilities as Orthodox Christians are during this period.

Introduction:

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Bible Reading:

Words of St-Paul

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Highlights:

Fasting

One of the ways we use to cleanse our bodies is to fast. The Bible tells us that fasting is rewarding. During Great Lent, there are many foods that are forbidden such as meat, cheese, eggs, oil, fish, milk, and wine. There are some exceptions to this like on the Annunciation of the Mother of God, and Palm Sunday, when fish is permitted. For a complete list, the best thing to do is to speak with your Priest.

Almsgiving

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Prayer

During Great Lent we have many additional opportunities to get closer to God through prayer. We can do this during the special Lenten Services of the Pre-Sanctified Liturgies, Great Compline Services, and the Services to the Holy Mother of God. This way we have many chances to partake of Holy Communion.



Activity:

Have children unscramble the words to discover ways we can prepare ourselves for the Resurrection during Great Lent.

Prayer to be said daily during Great Lent:

O Lord and Master of my life, Remove from me the spirit of laziness, despondency, thirst for power, and vain talk, Instead, grant me, your servant, the spirit of purity, humility, patience, and love. Indeed, O Lord and King, grant that I may see my own sins and not judge my brother, For You are blessed unto the ages of ages, Amen - *Prayer of Saint Ephrem* -