

Name \_\_\_\_\_

Date \_\_\_\_\_

# Prayer and Fasting

*During Lent we prepare to celebrate Jesus' Resurrection by praying, fasting, and performing acts of loving service.*

Easter is such an important season in the Church year that we set aside 40 days to prepare for it. Traditional ways to prepare during Lent are to pray, fast, and give alms. When we pray we take time to talk with God. We share with him what is in our hearts, and we listen to what he has to say to us.

## **Lenten Door Hanger**

Decorate the door hanger with symbols of Lent and Holy Week. Then cut out the door hanger. On the back of the door hanger, write a Scripture passage that you can use during your Lenten prayer time.

Hang the door hanger on your door each day during Lent. Use the time to pray and reflect on the gift of Salvation that we receive through Jesus' life, Death, Resurrection, and Ascension.

