



Learn and Grow Together in Christ

Year 4 Topic 4 Self Discipline The family of God in Scripture

What I should know already
Lent, a time to remember Jesus' total giving.

Key Vocabulary

Lent	Lent is the 40 day season to prepare for Easter. In Lent we GIVE (charity), we ACT (eg fasting, make changes), we PRAY. The colour of the season is purple
Fasting	Giving up/going without food or drink
Almsgiving	Being charitable and loving.
Easter Triduum	The last three days of Holy Week are called the Easter Triduum. A Triduum is a three day time of prayer and celebration, remembering the three days that Jesus spent in the tomb. These three days come before Easter Sunday: Maundy Thursday, Good Friday and Holy Saturday.
Stations of the cross	During Lent, many people pray the Stations of the Cross. The word station means stopping place on the way to Calvary – remembering Jesus journey to Calvary.
Resurrection and Easter	At Easter, Christians celebrate the resurrection of Jesus, and his new life from God. It is the most important feast in the Christian church – even more important than Christmas.
Other vocabulary	Potential, effort, self-discipline, prayer



Holy Week



Key Scripture Matthew 7:1-6

'Do not judge, so that you may not be judged. For with the judgement you make you will be judged. And the measure you give will be the measure you get. Why do you see the speck in your neighbour's eye, but you do not notice the log in your own.'

Big Questions
Is self-discipline important in life?

Sticky Knowledge

1.
Lent begins on Ash Wednesday when Christians are called to repent and turn away from sin

2.
Lent is a time for self-discipline through prayer, fasting and almsgiving, a time to think of others

3.
Living in God's way by loving enemies

4.
The events of Holy Week, inc Maundy Thursday and Easter Triduum.

5.
The story of the Passion and death of Jesus (Stations of the Cross)

6.
The Resurrection of Jesus to new life on Easter morning.