

## LESSON 8: A Season of Growth

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### AIM

To present some practical ways of living the season of Lent (5.1.8)

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### OUTCOME

Learners make a commitment to some simple Lenten observance.

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### LEARNING ACTIVITIES


- 1 Do before Ash Wednesday. **Explain** the words:

**FASTING:** going without food (or certain foods) for a time.

**PRAYER:** talking to God.

**ALMSGIVING:** giving to those in need.

**LENT:** 40 days before Easter in which we prepare ourselves to be free to start a new life, like Jesus, when he rises from the dead. It is a time to improve the way we live. Ash Wednesday marks the beginning of this period.


- 2 **Lent calendar:** Start on Ash Wednesday. In groups the children set a task for each day during Lent. Make a copy for all the members of the group. Note that the Sundays between Ash Wednesday and Easter are not part of the 40 days of Lent.  ⇒

Include in the calendar:

- Bible readings in the calendars activities for certain days, for example [James 2:14 – 17], [1 John 3: 1] & [Luke 22: 13 – 20].
- Family activities, for example, visiting someone who is sick, or having a family meal.
- Friend activities, like taking a walk with a friend to collect litter.
- Prayer: praying for those who are lonely.
- Fasting: eating fish for dinner instead of red meat, or doing without a favourite food.
- Almsgiving: packing a box of groceries and giving it to someone who needs it, or helping an old neighbour wash their car.
- Others: writing a letter to a friend, saying sorry to someone you hurt, hugging your teacher and bringing a friend to church.
- Holy Week: write the names of these days on the calendar: Palm Sunday, Last Supper, Good Friday, Easter Vigil, Easter.



### WHAT YOU NEED

- \*  Copies of the Lent calendar (2) ⇒
- \* Bible (3)
- \* Bean seed (4)
- \* Grids for the Lenten cross (7)

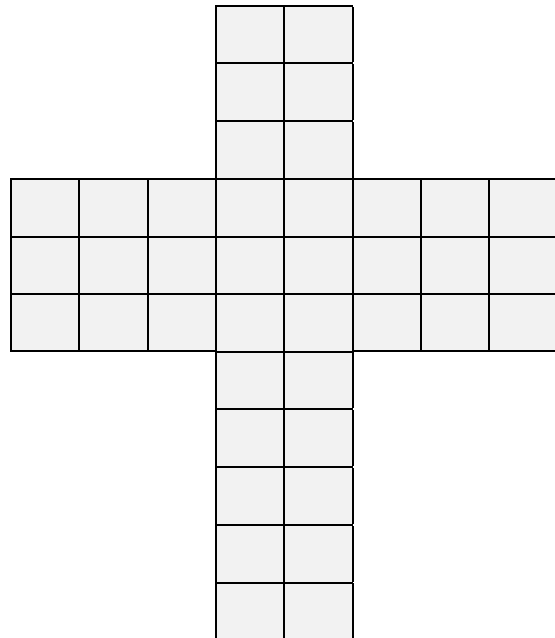
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### ADDITIONAL ACTIVITIES

- 3 **Bible reference:** Mark 1: 14-15
- 4 **Plant a seed** (bean). Watch it grow. It changes until it eventually lifts its head and uncurls its leaves. So we need to change and grow during Lent. Revise LESSON 3: *I Miss You, God.*
- 5 **A class project:** Visit an old age home. Prepare songs, bake biscuits or make special message cards to give them.

- 6 A **class project**: Invite a group of children from another school for a day of fun and games. Find a school that has less than you do.
- 7 Instead of the calendar you could make a **Lenten cross**, as illustrated below.

*LENTEN CROSS*



**NOTE**

There are 40 blocks in the cross corresponding to the forty days of Lent. These begin at Ash Wednesday and end at Holy Saturday, the day before Easter. Remember that the six Sundays during Lent are not part of the 40 days. Sunday is always a celebration of the Resurrection of Jesus.

# Lent Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Ash Wednesday			
1 <sup>st</sup> Sunday in Lent						
2 <sup>nd</sup> Sunday in Lent						
3 <sup>rd</sup> Sunday in Lent						
4 <sup>th</sup> Sunday in Lent						
5 <sup>th</sup> Sunday in Lent						
Palm (Passion) Sunday				Holy Thursday	Good Friday	Holy Saturday
EASTER						

## LESSON 9: Easter, a Time for Rejoicing

### AIM

To provide experiences that capture the significance of Easter (5.1.8)

### OUTCOME

Learners understand that Easter celebrates the resurrection of Jesus.

### LEARNING ACTIVITIES

- 1 Place a **candle** in the middle of the children. The children sit in a circle. The candle is not lit. A box wrapped in beautiful paper is next to it.
- 2 Tell the children that we are all Jesus' friends gathered together after His death. We discuss what happened during the Last Week (**Holy Week**). You can write the names of the following days on the board and draw a symbol for each:

#### PALM SUNDAY

Jesus went to Jerusalem and the crowd was waving palms.

#### LAST SUPPER

Jesus gives us His body and blood as everlasting food. Judas betrays Him.

#### GOOD FRIDAY

Crucified and died on the cross for our sins.

#### HOLY SATURDAY

Jesus buried in the tomb.

- 3 **How do we feel?** Suggest feelings such as loneliness (Jesus had left us), afraid (the Romans may want to kill us) etc. Play sad, slow music. Choose some of the girls to be Mary Magdalene and some of the other women.

- 4 **Easter Morning**

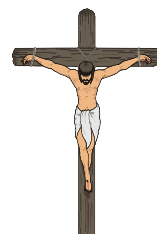
Mary and the other women were sad. They missed Jesus very much. They went to his grave. When they got to the grave, they saw the rock removed from the entrance. Jesus was gone! Two angels told them "Jesus is not here. Jesus is alive!" Mary and the other women were excited and they ran back to tell Jesus' friends that Jesus was alive.



### WHAT YOU NEED

- \* Candle (1)
- \* Brightly coloured shoe box (1)
- \* 🎵 Taped music (3)
- \* Matches (5)
- \* Musical instruments (5)
- \* 🎵 Tune: *Jesus Is All the World to Me* (5)
- \* Crucifix with real flowers or cut-out flowers stuck to it. Enough flowers for each member of the class. Gift tags with the learners' names are attached to the flowers. (6)
- \* Bible (7)
- \* Photographs (8)
- \* 🎵 Song: *Jesus is all the world to me* or *Sing for Life – Ga Gona Ya Tshwanang* (p.205). (10)
- \* Coffee tins, sticks, milk bottles, beads (11)
- \* Memorial acclamations on posters (13)
- \* Cardboard (14)

Palm  
Sunday



- 5 We start a new life with a good friend. **Light the candle.** Allow some of the children to use musical instruments (see ADDITIONAL ACTIVITIES 11) to the tune of “*Jesus is all the world to me*”. The other children repeat the Alleluia. Alleluia, Alleluia, Christ is risen, let us celebrate, Alleluia.
- 6 The disciples had **their best friend** back. He would be with them always. How would you like your best friend with you always? A friend who helps you? Jesus is such a friend. When he rose from the dead he gave each one of you a gift. Open the box – inside the box is a crucifix covered in flowers. Each child receives a flower with a gift tag attached to it.

Dear \_\_\_\_\_  
 Friends Forever  
 Love **Jesus.**

## ADDITIONAL ACTIVITIES

- 7 Other **stories of Jesus** after He had risen from the dead:  
 (i) The road to Emmaus - [Luke 24:13-35]; (ii) The upper room - [John 20:19-23];  
 (iii) Thomas - [John 20:24-29]; (iv) Matthew - [28:16-20 and Luke 24:50-53]
- 8 **Friendship**
- Discussion on being alone
  - Invite some parents to talk about a friendship of their own.
  - Take a photo of each child with their special friend. Stick the photo and the written work on the shape of a brick. Build a friendship wall. Display it in the class. Later stick the individual bricks in their books.
- 9 Make a **list of qualities** that a good friend should have.
- 10 **Song:** *Jesus is all the world to me* or *Sing for Life – Ga Gona Ya Tshwanang* (p.205)
- 11 Make the **musical instruments**. Coffee tins with sticks as a drum or milk bottles with beads inside as a rattle.
- 12 Suggest a **family activity**. Have a cozy warm meal together. Set the table in a special way. Light a candle. Celebrate that Jesus is alive and with us always as our best friend.
- 13 **Memorial acclamation** (from the Mass) ‘Christ has died, Christ has risen, Christ will come again’ OR ‘Lord, by your cross and resurrection you have set us free. You are the saviour of the world.’
- 14 Let the children make their own **Easter cards** to be sent to a special friend, with a message of love.
- 15 **The story of Krishna and Sudhama**
- There were two boys, one called Krishna, and the other, Sudhama. They lived together in a small village. They played together. Sudhama was often ill and Krishna helped him because he was stronger. When they grew up Krishna became king. Sudhama stayed in the village and because he was weak could not find work. One day Sudhama’s wife sent him to Krishna to ask him for help. Sudhama was embarrassed to ask, but he wanted to see his friend so he went. In his pocket Sudhama had a gift, just a few grains of rice. When he got to the castle Krishna was so happy to see his friend. Sudhama gave Krishna the gift, but forgot to ask for help. As he walked home he was worried that his wife would be angry. When he walked into the village he saw his hut was gone. In its place was a beautiful home with storerooms filled with food. Sudhama smiled: a true friend gives help without being asked.
- (An adaptation of ‘Friends’ from Barbara Hume & Anne Servier. *Starting With Me*. 1991)

## LESSON 10: The Ascension of Jesus

### AIM

To help the learners develop an understanding of the meaning of Jesus' Ascension (5.3.1)

### OUTCOME

Learners understand that the Ascension of Jesus makes him present everywhere.

### LEARNING ACTIVITIES

- 1 **Scripture:** After Jesus had risen from the dead and had appeared to his disciples, a time came when he had to go back to God [Acts 1:6-11].
- 2 How do you think his disciples felt when he left?  
Let the learners **discuss** this question. When you say goodbye to someone you love, what feelings do you have? Let the learners reflect, and make a list of feelings.
- 3 **Story:**  
Maria lives with her grandmother in Mamelodi. Her mother lives in Hammanskraal where she teaches Grade 7. Her father lives in Johannesburg because he is a miner. During the holidays, her parents go to Mamelodi to be with Maria. When the time arrives for her parents to leave again she feels sad and afraid. They promise to see her again soon.
- 4 **Reflect on the story:** Think of Maria's situation. What could her parents do to make it easier for Maria while they are away?
- 5 **What did Jesus do?** Though Jesus was no longer with his followers in that they could not eat and drink with him, speak to him, and listen to him in the normal way, he did not leave them alone. He sent the Holy Spirit to be their Comforter. Read [John 14:15-20] in a simplified version, or render the passage in your own words. The Spirit is the One who unites us with Jesus so that he is never far away.



### WHAT YOU NEED

- \* Bible (1)(5)(9)
- \* Story (3) ⇨
- \* Drawing and colouring materials (7)
- \* How to say goodbye in a variety of languages (8)
- \* Apostles' Creed (9)

### ADDITIONAL ACTIVITIES

- 6 Have the children share their **own experiences** of sad goodbyes.
- 7 The children **draw pictures** of the Ascension described in Acts 1:9-11.
- 8 Say **'Good bye'** in different languages. Involve the children in drawing up a list. Make them into speech bubbles, as in the illustration. Place the good-bye speech bubbles on a display board.



### EXAMPLES

Totsiens (Afrikaans)  
Sala sentle (Setswana)

Au Revoir (French)  
Chão (Portuguese)

### GRADE 3

- 9 Recite the **Apostles' Creed**, paying particular attention to the article:

He ascended into heaven  
and sits at the right hand of the Father.

Explain the meaning of 'God's right hand'. Right hand is a symbol of the power of God, and it also signifies that the person in this position is under God's protection. There is an expression in English which conveys this sense: we say, for example, that John is my right hand man, meaning that John carries out things with my authority and under my protection. Look up the following Scripture verses: [Exodus 15:6, Psalm 80:18, Matthew 25:34, Acts 2:33]. Jesus is God's right hand man.