



First Sunday of Lent (Year C)

“During that time he ate nothing and at the end he was hungry.” Luke 4:2

In the desert

Jesus spent 40 days in the desert with no food to eat and little water to drink so that he could come closer to God. At Lent we spend 40 days trying to pray more and share more, to think less about ourselves and more about other people.

Lokho lives in Kenya where there was no rain for almost three years. Can you imagine what our local area would look like if there was no rain for such a long time? What would we have to do differently?

Write or draw your ideas below.

Prayer for Family Fast Day

Loving God,
help us to work together
to share what we have
so that everyone has what they need.
Help us to build a better world
where each of us can become
the best person we can be.
Amen.