**Children’s liturgy – First Sunday of Lent (Year C)**

**Preparation of the worship space**

Colour: purple

**Song suggestions:** Eat this bread (633, Laudate)  
Bread for the world (625, Laudate)

**Welcome:** Today we are going to hear about how Jesus spent 40 days praying in the desert, to get closer to God, and to get ready for his ministry. At the end of this time he was very hungry. Let’s think some more about this today.

**Opening prayer:** God of life, your Son Jesus went out into the desert to spend time in prayer and be closer to you. Help us to draw closer to you this Lent, in our prayers and in our actions. Through Christ our Lord, Amen.

**First reading (optional):** Deuteronomy 25:4-10

**Psalm:** Psalm 90:1-2, 10-15

**Gospel acclamation:** *everyone stands and sings the acclamation together. For Lent we use an acclamation that doesn’t use the word ‘Alleluia’.*

**Gospel:** Luke 4:1-13

Jesus returned from the Jordan full of the Holy Spirit and was led by the Spirit into the desert, where he was tempted by the Devil for forty days. In all that time he ate nothing, so that he was hungry when it was over.

The Devil said to him, “If you are God's Son, order this stone to turn into bread.”

But Jesus answered, “The scripture says, ‘Human beings cannot live on bread alone.’”

Then the Devil took him up and showed him in a second all the kingdoms of the world. “I will give you all this power and all this wealth,” the Devil told him. “It has all been handed over to me, and I can give it to anyone I choose. All this will be yours, then, if you worship me.”

Jesus answered, “The scripture says, ‘Worship the Lord your God and serve only him!’”

Then the Devil took him to Jerusalem and set him on the highest point of the Temple, and said to him, “If you are God's Son, throw yourself down from here. For the scripture says, ‘God will order his angels to take good care of you.’ It also says, ‘They will hold you up with their hands so that not even your feet will be hurt on the stones.’”

But Jesus answered, “The scripture says, ‘Do not put the Lord your God to the test.’”

When the Devil finished tempting Jesus in every way, he left him for a while.

*(Gospel passage taken from Good News Translation® and used with permission, see details below\*)*

**Gospel reflection:** What do you remember from the reading today?

Jesus goes out into the desert for 40 days to be alone and to pray. He goes to draw closer to God, to listen to what God is asking him to do and to find strength for his work of spreading the good news.

Today is the first Sunday of Lent. Can anyone tell me anything about Lent? How long does it last for? What do we try to do during Lent?

Lent is a time when we try to be a bit like Jesus in the desert. We spend 40 days trying to come closer to God, so that we are ready for Easter. We try to pray more and share more. We try to think less about ourselves and more about other people – our neighbours at home and around the world.

Can you tell me what a desert is?

A desert is a very dry place, where there is very little rain or water to drink. While Jesus was there he had no food and he was probably thirsty as well. How do you think he felt while he was out in the desert?

Lokho lives in a small village in Kenya, where there was no rain for almost three years. When her cows and goats died because of the lack of water, she had no other way to feed her family.

How do you think you would feel if it didn’t rain for three years? What would our local area look like?

Everywhere would be very dry, there would be no green grass, or flowers growing. Streams and lakes would dry up and everywhere would become very dusty.

Together with other women in her village, Lokho learnt some new skills for growing food in very hot and dry places. CAFOD’s local expert, Wakera, gave the women seeds and tools to make a garden where they could grow vegetables and provided special shade nets to protect their crops from the scorching sun.

Lokho’s daughter Worqi says, “My favourite food is vegetables, the ones my mum grows. I like rice with onions and tomatoes and potatoes.”

By selling some of the vegetables that she grows, Lokho is able to pay the fees for her children to go to school, buy other things that they need and save a little in case the rains fail again. Lokho and her neighbours work together to support each other and to share what they have.

We talked earlier about Lent being a time for coming closer to God. A time when we pray more and share more. How do you think we can do this?

We can be closer to God by praying, by asking for forgiveness for all the things that we have done wrong, and by trying to live the kind of life God wants us to. We can share with and care for others who need our help. We can give our money and our time to help make the world a fairer place for us all to live in.

We can also pray for Lokho and for all members of our global family who struggle because of a lack of water or food.

God is always with us. Knowing that we are never alone can give us strength to face challenges. And it can lead us to work together with others to make a real difference in our world today.

How will you pray more and share more this Lent?

**Intercessions** *You may want to ask the children to offer their own prayers or*

*you can use the suggestions below.*

As we try to draw closer to God this Lent, we pray together:

We pray for the world’s leaders: that they may do all that they can to care for and protect the earth, and to support their people as their lives change because of the climate crisis. Lord, in your mercy…

We pray for our brothers and sisters throughout the world, especially those who do not have enough water or food: that God may guide us all to support each other and to share our hope for a better world. Lord, in your mercy…

We pray for our parish, our family and friends: that we may be filled with God’s love and share what we have, working together with our brothers and sisters throughout the world to ensure everyone has what they need. Lord, in your mercy…

**Closing prayer:** God who walks with us and knows what it is to be hungry, teach us to support each other and to work together to overcome the problems in our world. Amen.

**Activity suggestions**

Share the activity sheet with the children and invite them to colour in the picture of Jesus in the desert. Encourage them to try out the doughnut activity at home and to pray the prayer together as a family during the week.

Invite the children to sit quietly for a few moments listening to God and then to write a prayer. Can they think about why water is such a precious gift and about all those people who struggle because of drought?

Find more activities and resources to help children to support CAFOD this Lent, including a Lent calendar, a video about Chirri in Kenya and support to get involved in the Big Lent Walk at **cafod.org.uk/primary/lent**

\*Gospel passage taken from:

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