

First Sunday in Lent

Gospel: Matthew 4:1-11

“Then the Spirit led Jesus into the desert...”



Meet Sister Consilia

In today's Gospel, Jesus spent some time praying in the _____.

It is very important to eat good food regularly. But we can sometimes 'fast' from a _____ to remind us to pray. This Friday is Family Fast Day.

Will you give up a treat and _____ for people who do not have enough _____?

If you bring the _____ you save to church next week, it will be sent to help people like Sister Consilia.

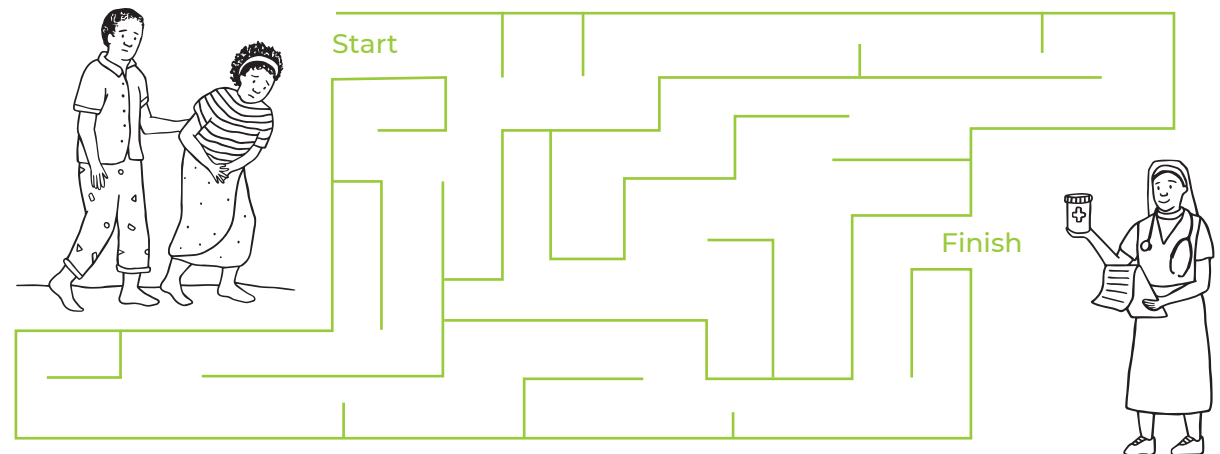
She works in a _____ in Zimbabwe, where people often arrive very hungry.



- hospital
- food
- money
- treat
- pray
- desert

Maze challenge

Find a way through the maze and help people reach the hospital where Sister Consilia has some medicine for them.



This Friday, I will give up _____

Find Lent activities and prayers for children at: cafod.org.uk/primary

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