



# Three Pillars of Lent

## Prayer

*Prayer is talking to God. You can talk to God anywhere and at anytime. He will always listen to you because He loves and cares for you. Prayer is also about listening. Jesus went into the desert to fast and pray. In the desert, Jesus was tempted by the devil. Jesus prayed to God, His Father, to help Him to be strong and able to resist temptation. At some time, we all face temptation to make choices we know are wrong. Like Jesus, you can pray to God to guide you to be strong and do what you know is right. Praying will keep you close to God. During Lent, make time each day to speak to God in Prayer.*

## Good Deeds

*Doing a good deed will make you feel good and someone else happy. A good deed is not expecting anything in return, helping others without waiting for something back. Every day we have many choices to make in the way treat other people. Try, during Lent, to do a good deed each day. It might mean a kind word or just a smile to someone who looks sad. Never believe that because you are only one person you will not make a difference, because you can.*

## Fasting

*During Lent we think about the time Jesus fasted in the desert. Fasting means going without food. It is not good for children to go without food but think of something you can give up during the 40 days of Lent. It could be something you like to eat like treats of chocolate and sweets or something you like to do.*



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