



DISCIPLE *of* CHRIST

EDUCATION IN VIRTUE®



Walking Forward with Christ

LENTEN WORKSHEETS
ASH WEDNESDAY - HOLY WEEK

FOR KIDS IN
GRADES
K-2

Ash Wednesday



But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

Matthew 6:6

Prayerfulness is being still, listening, and being willing to talk to God as a friend.

Draw a picture of how Jesus wants you to pray.

Think of one special way you will pray during Lent. How will you pray? (Examples: a Hail Mary, keeping a prayer journal, a Divine Mercy Chaplet, etc.)

When will you spend this special time with God? (Examples: in the morning, in the evening with my family, before bedtime)

Ash Wednesday (continued)



Draw a picture of yourself with ashes on your forehead. Make sure you use a black or gray crayon, marker or pencil.

A large, empty rectangular box with a black border, intended for a student to draw a picture of themselves with ashes on their forehead.

Thursday after Ash Wednesday

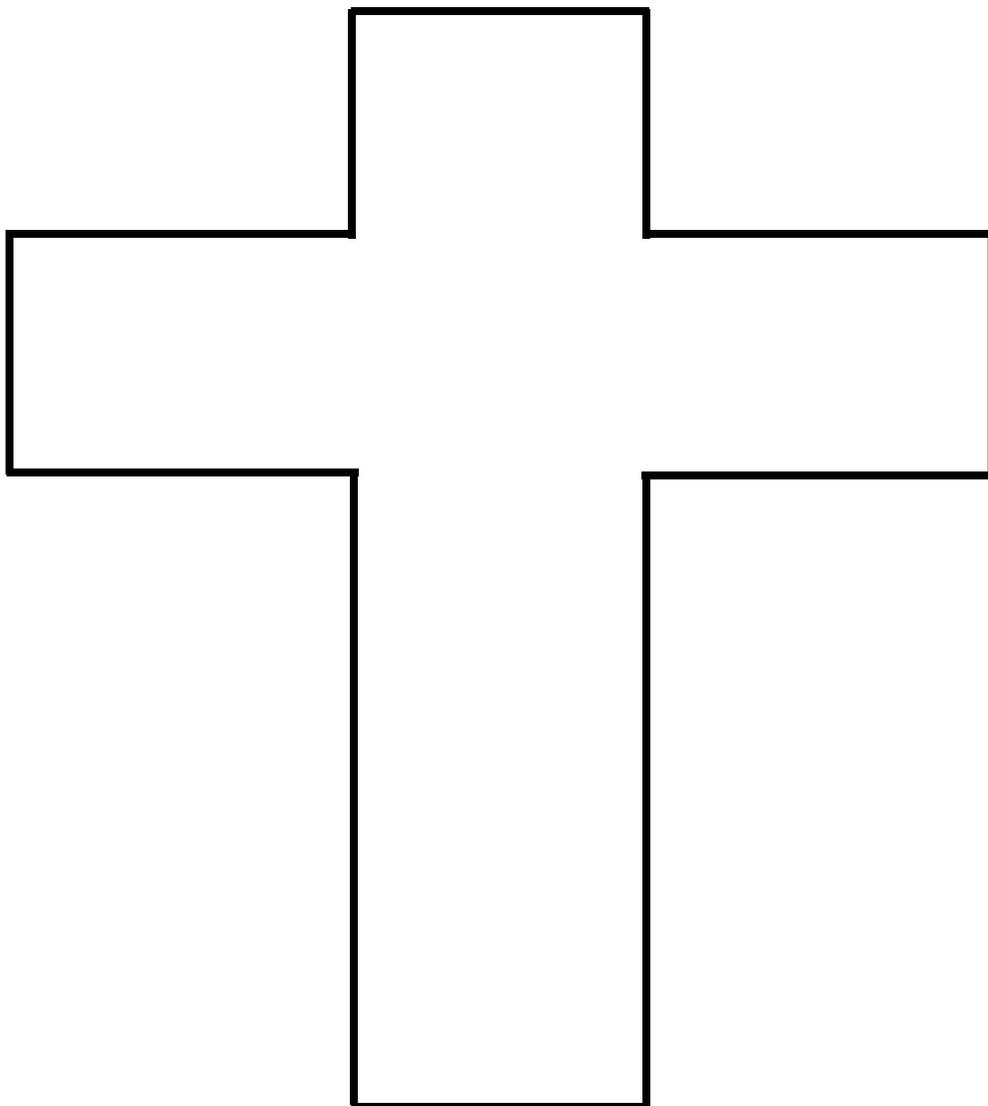


“If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.”

Luke 9:23

Perseverance is taking steps necessary to carry out objectives in spite of difficulties.

What are two things that are difficult for you? (Examples: Kindness toward a little brother or sister, doing your chores without complaining, following directions the first time) On the cross below, write two things that are difficult for you.



Friday after Ash Wednesday



My sacrifice, O God, is a contrite spirit; a heart contrite and humbled,
O God, you will not spurn.

Psalm 51

Humility is awareness that all of one's gifts come from God and appreciation for the gifts of others.

Jesus does want us to give Him gifts this Lent through our fasting. But the most important thing that Jesus wants from us is our heart. He wants us to give Him all of our love this Lent.

When you fast, you say "no" to something you enjoy. This helps you to say "yes" to God and to better see His gifts to you. It also helps you to see the good in others. Draw a picture of yourself thanking God for His gifts to you.

Friday After Ash Wednesday (continued)

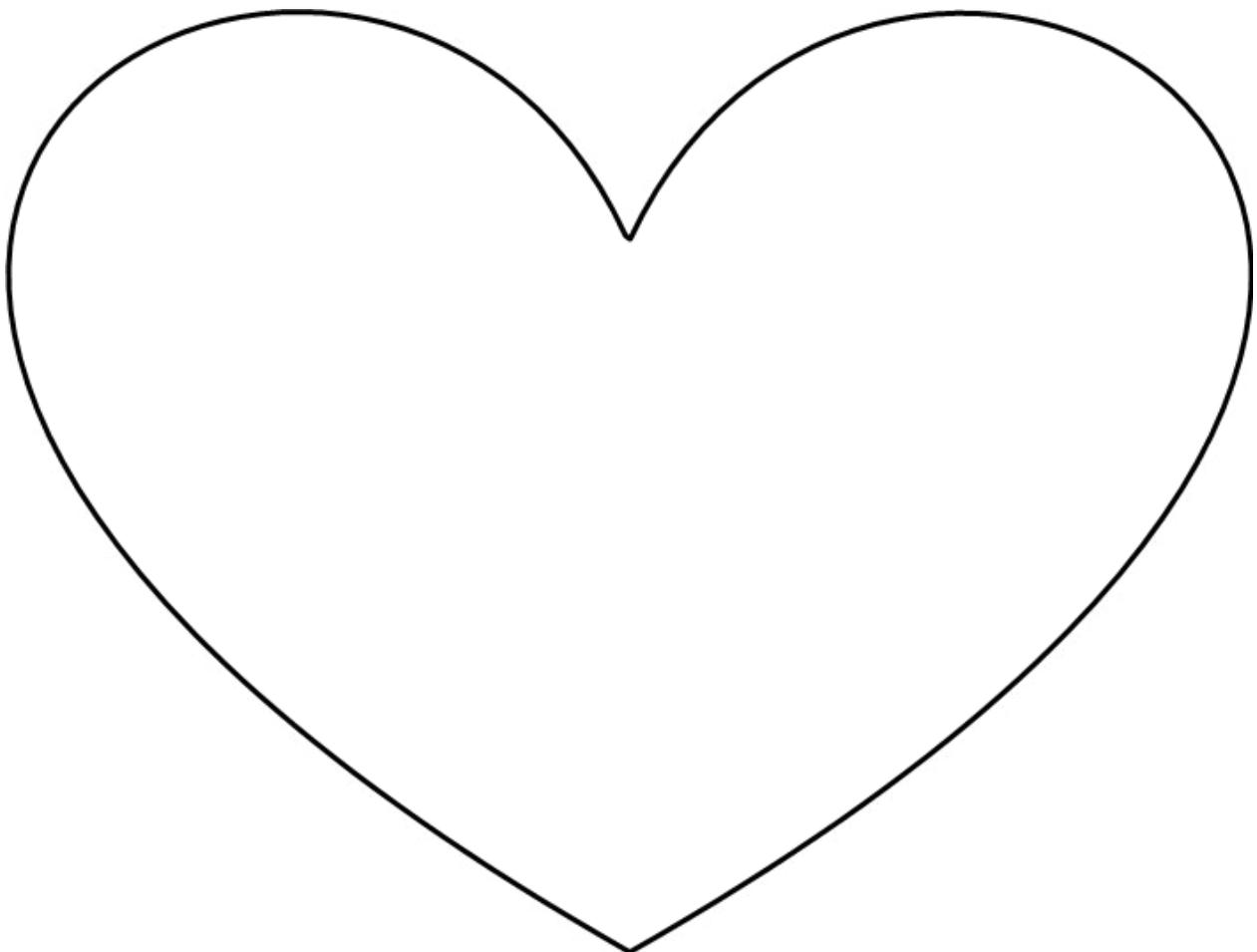


Now give them to Jesus in prayer.

Dear Jesus,

Thank you for loving me. When I fast, my heart is more open to see Your love and to say back to You, “I love You, too.”

Draw a picture of yourself saying to Jesus, “I love You, too.”



When you give Jesus your heart, He keeps it in His heart.
You are always surrounded by His love.

Monday of the First Week of Lent



And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

Matthew 25:40

Kindness is expressing genuine concern about the well-being of others; anticipating their needs.

During Lent, what is one act of kindness you can do for someone?

Giving alms is another way of expressing concern about other people. Draw a picture of yourself being kind to someone.

Tuesday of the First week of Lent



This is how you are to pray:
Our Father who art in heaven, hallowed be thy name,

Matthew 6:9

Prayerfulness is being still, listening, and being willing to talk to God as a friend.

Write one way you will pray more during Lent.

When Jesus taught us to pray, He started by saying “Our Father.” Draw a picture of yourself praying to God, our Father.

Write a prayer.

My loving Father in Heaven,

Wednesday of the First Week of Lent



Even now, says the LORD, return to me with your whole heart for I am gracious and merciful.

Joel 2:12

Perseverance is taking the steps necessary to carry out objectives in spite of difficulties.

The three types of penance are prayer, fasting, and almsgiving. Draw a picture of your penance for the season of Lent.

PRAYER	FASTING	ALMSGIVING

How are you doing?

 Great!	 O.K.	 I could do better	 I want to start over
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Ask Jesus to help you.

Dear Jesus,

Thursday of the First Week of Lent



I will give thanks to you, O LORD, with all my heart, for you have heard the words of my mouth; in the presence of the angels I will sing your praise; I will worship at your holy temple and give thanks to your name.

Psalm 138

Gratitude is having a thankful disposition of mind and heart.

Loving God, I am grateful for:

1. _____
2. _____
3. _____

Draw a picture of yourself thanking God for His gift.

Dear God,

Thank you for all You have given me. Please give me a thankful heart, realizing that all I have comes from You. Amen.

Friday of the First Week of Lent



Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift.

Matthew 5:23-24

Honesty is sincerity, openness, and truthfulness in one's words and actions.

Have you hurt someone by your words and actions?

YES NO

Did you say "I am sorry?"

YES NO

Draw a picture of yourself saying "I am sorry."

Monday of the Second Week of Lent



“Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

Luke 6:38

Generosity means giving of oneself in a willing and cheerful manner for the good of others.

In the Scripture verse above, Jesus talks about being generous.

Draw a picture of yourself being generous.

Tuesday of the Second Week of Lent



“The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.”

Matthew 23:11-12

Humility is an awareness that all one’s gifts come from God and appreciation for the gifts of others.

What is one thing you can do well?

Draw a picture of yourself thanking God for this gift or talent.

Wednesday of the Second Week of Lent



Then the mother of the sons of Zebedee approached Jesus with her sons and did him homage, wishing to ask him for something. He said to her, "What do you wish?"

Matthew 20:20-21

Trustworthiness is acting in a way that inspires confidence and trust; being reliable.

The mother of James and John knew Jesus would listen to her request and do what was best. She trusted Jesus.

Draw a picture of yourself asking Jesus for something you wish. Remember, He always hears your prayers, but sometimes His answer may be "no."

Thursday of the Second Week of Lent



Jesus said to the Pharisees: “There was a rich man who dressed in purple garments and fine linen and dined sumptuously each day. And lying at his door was a poor man named Lazarus, covered with sores, who would gladly have eaten his fill of the scraps that fell from the rich man’s table. Dogs even used to come and lick his sores. “

Luke 16:19-21

Generosity is giving of oneself in a willing and cheerful manner for the good of others

How could the rich man in the Scripture practice generosity?

Draw a picture of someone being generous to you.

Friday of the Second Week of Lent



So Joseph went after his brothers and caught up with them in Dothan. They noticed him from a distance, and before he came up to them, they plotted to kill him. They said to one another: “Here comes that master dreamer! Come on, let us kill him and throw him into one of the cisterns here; we could say that a wild beast devoured him. We shall then see what comes of his dreams.”

Genesis 37:17-20

Honesty is sincerity, openness, and truthfulness in one’s words and actions.

Have you ever told a lie? How did you feel after you told it?

How did you feel after you told the truth?



Happy

or



Sad

Explain why.

Monday of the Third Week of Lent



“Naaman came with his horses and chariots and stopped at the door of Elisha’s house. The prophet sent him the message: “Go and wash seven times in the Jordan, and your flesh will heal, and you will be clean.” But Naaman went away angry. But his servants came up and reasoned with him. “My father,” they said, “if the prophet had told you to do something extraordinary, would you not have done it? All the more now, since he said to you, ‘Wash and be clean,’ should you do as he said.”

2 Kings 5:10-11, 13

Docility means a willingness to be taught.

Naaman wanted to be healed, but he was not willing to be healed in a quiet, ordinary way. He was looking for a big miracle. He did not want to follow the directions of Elisha, even though following the directions would heal him from his leprosy.

Adults sometimes give us directions to follow because they know it will help us.

Have you ever found it hard to follow directions?

YES	NO
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When you follow directions, are you happy?

YES	NO
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Monday of the Third week of Lent (Continued)



Naaman did have a change of heart. He followed Elisha's directions and God healed him. Draw a picture of a time you practiced docility and followed directions. Use speech bubbles to show the adults speaking.

Tuesday of the Third Week of Lent



“So let our sacrifice be in your presence today as we follow you unreservedly; for those who trust in you cannot be put to shame. And now we follow you with our whole heart, we fear you and seek your face.”

Daniel 3:40-41

Temperance enables one to be moderate in the pleasure and use of created goods.

In Lent, it is good to offer a sacrifice to God.

Draw a picture how you can follow God by making a sacrifice (example: giving up something you like).

Wednesday of the Third Week of Lent



Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the Kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven.”

Matthew 5:19

To live as a disciple of Jesus means to follow Him.

In this Gospel passage, He tells His disciples to obey and teach the commandments.

Draw a picture of yourself obeying the commandments listed.

Honor Your Mother and Father

Remember to Keep Holy the Sabbath

Wednesday of the Third Week of Lent (Con't)



Thou Shall Not Steal

List two virtues that help you obey the commandments.

Thursday of the Third Week of Lent



Thus says the LORD: This is what I commanded my people: Listen to my voice; then I will be your God and you shall be my people. Walk in all the ways that I command you so that you may prosper.

Jeremiah 7:23

To be happy means to walk with God. His teachings show us the path to Heaven. Draw a picture of yourself walking with God.

Friday of the Third Week of Lent



One of the scribes came to Jesus and asked him, “Which is the first of all the commandments?” Jesus replied, “The first is this: Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these.”

Mark 12:28-31

Kindness is expressing genuine concern about the well-being of others; virtue that helps you live this commandment.

Draw your own “looks like” and “sounds like” for the virtue of kindness.

Looks Like

Sounds Like:

Monday of the Fourth Week of Lent



The royal official said to him, “Sir, come down before my child dies.” Jesus said to him, “You may go; your son will live.” The man believed what Jesus said to him and left.

John 4:49-50

Faith enables one to know God and all that He has revealed.

The royal official believed that Jesus could heal his son. Jesus saw his faith and because of it, healed his son. Draw a picture of the royal official asking Jesus to heal his little boy.

There are many people who do not know Jesus or have the faith of the royal official. Spend a few minutes praying for them. Say this prayer:

Act of Faith

My God, I believe, I adore, I hope and I love you. I beg pardon of those who do not believe, do not adore and do not love you. Amen.

Tuesday of the Fourth Week of Lent



When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, “Do you want to be well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; while I am on my way, someone else gets down there before me.” Jesus said to him, “Rise, take up your mat, and walk.” Immediately the man became well, took up his mat, and walked.

John 5:6-9

Perseverance means taking the steps necessary to carry out objectives in spite of difficulties.

In the Scripture, the sick man persevered for 38 years and never gave up. Jesus saw him and healed him.

How can you practice the virtue of perseverance at school or at home today?

Draw a picture of yourself practicing the virtue of perseverance.

Wednesday of the Fourth Week of Lent



Jesus answered the Jews: “My Father is at work until now, so I am at work.” For this reason they tried all the more to kill him, because he not only broke the Sabbath but he also called God his own father.

John 5:17-18

Prayerfulness is being still, listening, and being willing to talk to God as a friend.

Jesus called God “Father” and He taught us how to pray to His Father.

Use the words in the word box to complete the prayer below.

Heaven	temptation	name	bread
will	forgive	Kingdom	heaven

Our Father, Who art in _____ . Hallowed be
 Thy _____ , Thy _____ come, Thy will be
 done on earth as it is in _____ . Give us this day our
 daily _____ and forgive us our trespasses as we
 _____ those who trespass against us. And lead
 us not into _____ but deliver us from evil.
 Amen.

Thursday of the Fourth Week of Lent



God so loved the world that he gave his only-begotten Son, so that everyone who believes in him might have eternal life.

John 3:16

Charity enables one to love God above all and to love our neighbor as ourselves.

God the Father's love is so great that He gave us Jesus, His Son. Jesus wants us to be with Him in Heaven someday.

Draw a picture of how you imagine God's love for you.

Think about a person you love. Do something to show your love for them.

Friday of the Fourth Week of Lent



One does not live on bread alone, but on every word that comes forth from the mouth of God.

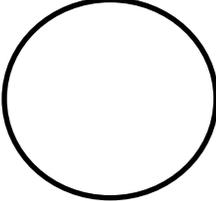
Matthew 4:4

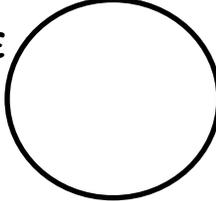
Faith enables one to know every word spoken by God is true.

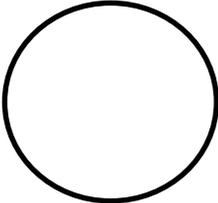
Do you believe everything God says is true?

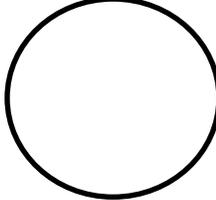
YES NO

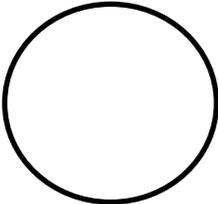
What can you do to draw closer to God? Color only the circles below that would help you draw closer to Him.

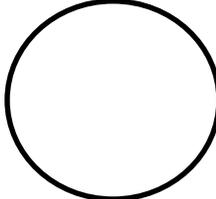
PRAYING 

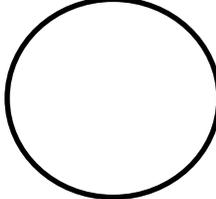
VISITING SOMEONE WHO IS SICK 

GOING TO MASS 

GIVING FOOD TO THE POOR 

TELLING A LIE 

READING THE BIBLE 

DISOBEYING YOUR PARENTS 

Monday of the Fifth Week of Lent



Jesus went to the Mount of Olives. But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them.

John 8:1-2

Docility means a willingness to be taught.

All the people started coming to Jesus because they wanted to learn from Him. So He sat down and taught them.

Draw a picture of Jesus teaching the people.

Tuesday of the Fifth Week of Lent



So Jesus said to them, “When you lift up the Son of Man, then you will realize that I AM, and that I do nothing on my own, but I say only what the Father taught me.

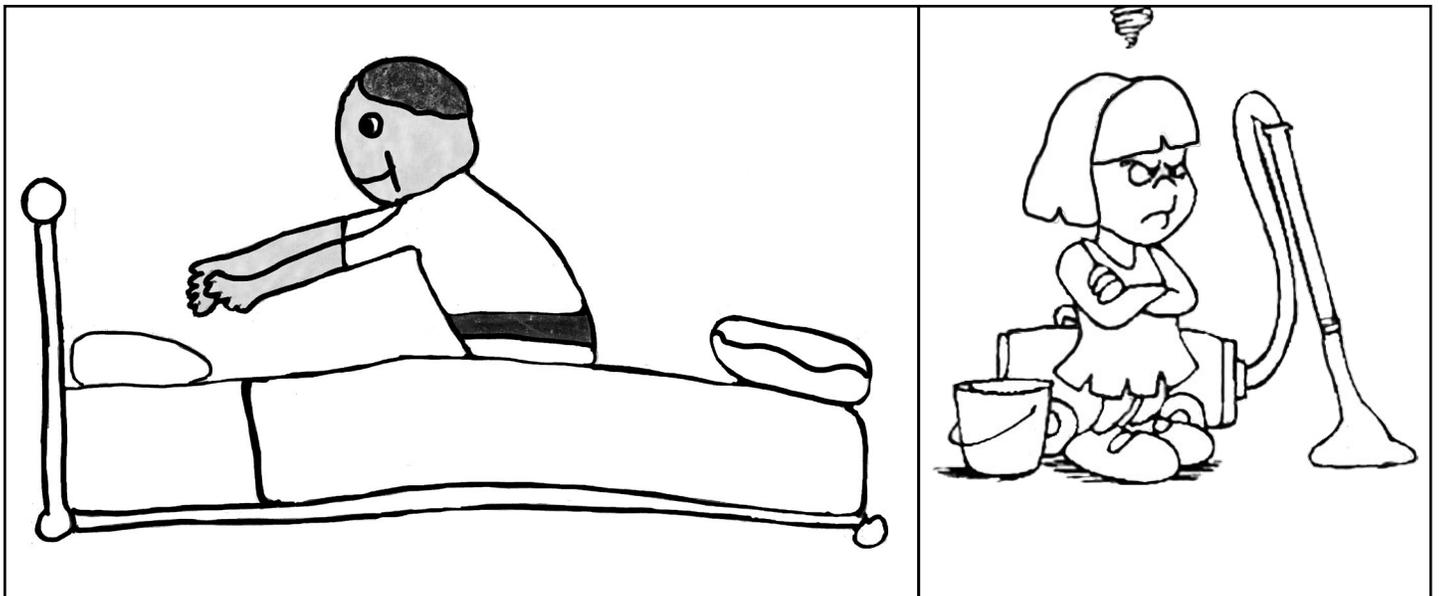
John 8:28

Obedience means assenting to rightful authority without hesitation or resistance.

Jesus practices the virtue of obedience by doing all that the Father has taught to Him.

What is one way you can practice the virtue of obedience at home?

Color the picture that looks like the virtue of obedience.



Wednesday of the Fifth Week of Lent



Jesus said to those Jews who believed in him, “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.”

John 8:31-32

Honesty is being sincere, open, and truthful in one’s words and actions.

Why is it important to be honest?

It is right and good to tell the truth even if it means you will get in trouble. When you tell the truth, you are living like Jesus.

Draw a picture of what being honest “looks like.”

Thursday of the Fifth Week of Lent



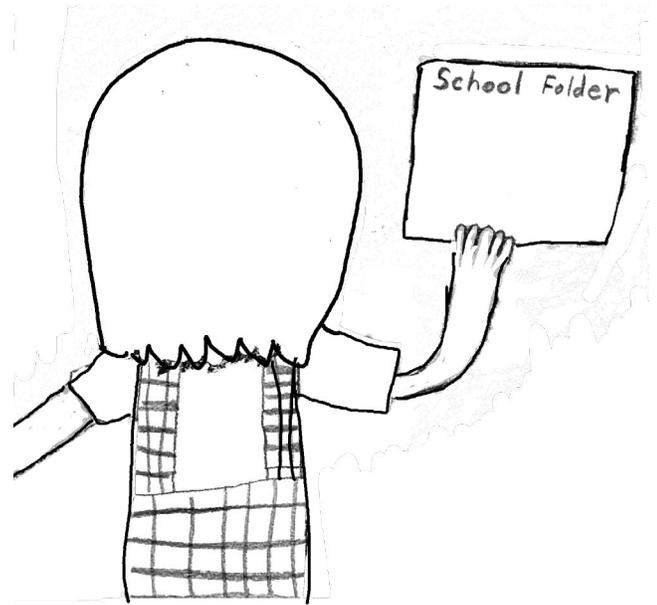
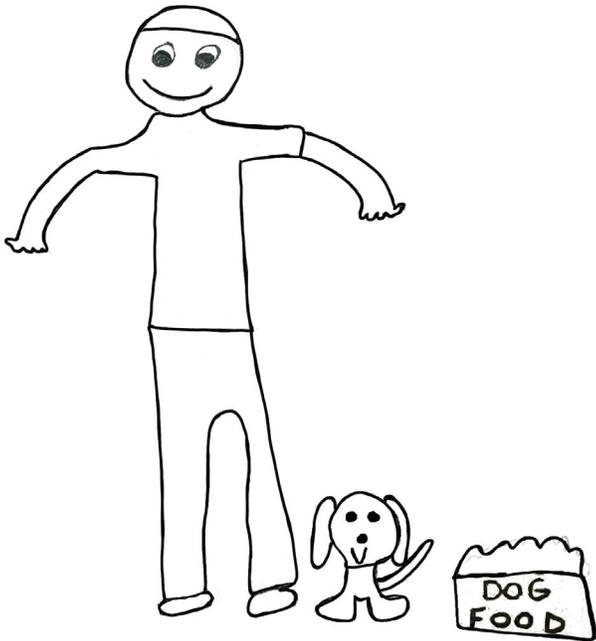
Jesus said to the Jews: “Amen, amen, I say to you, whoever keeps my word will never see death.”

John 8:51

Responsibility is completing one’s duties or tasks; accepting the consequences of one’s words and actions, intentional and unintentional.

Each person has the responsibility to keep the word of God and follow His commandments.

The two pictures below shows what responsibility looks like. Color the pictures and write what each sounds like.



Friday of the Fifth Week of Lent



If I do not perform my Father's works, do not believe me; but if I perform them, even if you do not believe me, believe the works, so that you may realize and understand that the Father is in me and I am in the Father."

John 10:37-38

Trustworthiness is acting in a way that inspires confidence and trust; being reliable.

In the Scripture, Jesus practiced trustworthiness because His teachings and actions were united with God.

Circle the sentence below that shows what the virtue of trustworthiness sounds like.

"I WILL TAKE THE MONEY TO THE OFFICE."

"I WILL EAT THE COOKIE THAT MOM TOLD ME TO GIVE TO MY LITTLE SISTER."



Say this prayer:

Dear Jesus,

Help me to be faithful in even the little things of each day.
In Your eyes nothing is little when done with great love!

Holy Week



Draw your own Stations of the Cross

First Station	Jesus is condemned to death Mark 15:1-15

Second Station	Jesus takes up the cross John 19:13-17

Holy Week



Third Station	Jesus falls for the first time Isaiah 53:4-7; John 1:29

Fourth Station	Jesus meets His mother Lamentations 1:12; Luke 2:25-40; John 19:26-27

Holy Week



Third Station	Jesus falls for the first time Isaiah 53:4-7; John 1:29

Fourth Station	Jesus meets His mother Lamentations 1:12; Luke 2:25-40; John 19:26-27

Holy Week



Fifth Station	Simon of Cyrene helps Jesus carry His cross Mark 8:34; Mark 15:21; 2 Timothy 2:3
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Sixth Station	Veronica wipes the face of Jesus Isaiah 53:2-3; Matthew 25:40
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Holy Week



Seventh Station	Jesus falls the second time Psalm 38:6–22; Isaiah 63:9

Eighth Station	Jesus consoles the women of Jerusalem Matthew 7:21; Luke 23:27–31

Holy Week



Ninth Station	Jesus falls the third time Psalm 37:23-24; Hebrews 4:15-16
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Tenth Station	Jesus is stripped of His garments Psalm 22:16-18; John 19:23-24
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Holy Week



Eleventh Station	Jesus is nailed to the cross Luke 23:33-43; John 19:1

Twelfth Station	Jesus dies on the cross Matthew 27:50; John 19:28-37

Holy Week



Thirteenth Station	Jesus is taken down from the cross Psalm 22:14-15; John 19:38-40
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Fourteenth Station	Jesus is laid in the tomb Matthew 27:57-61; Mark 15:46-47
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