

**SCRIPTURE**

**Matthew 6:2-4** When you give to the poor, give very secretly. Your Father can see what is done in secret and he will reward you.

**Matthew 27:39-56** The Easter story

**Luke 6: 27-28, 32-36** Love your enemies. Do good to those who hate you..

**John 13: 4-9, 12-15** This is my command: Love each other as I have loved you

**Mark 15: 23-41** Jesus’ death

Mark 16: 2-8

**OUR BIG QUESTION**

Is self-discipline important?

We celebrate growth of new life in Christ, in preparation for the feast of Easter.

During Lent we grow in self-discipline through the practices of prayer, fasting and almsgiving.

**KEY VOCABULARY**

potential penance contrition Lent

fasting almsgiving

Lent is part of the Liturgical Year when people unite themselves with Christ.

**REFLECTION**

Lord, when I am hungry give me someone to feed;

When I am thirsty give water for their thirst.

When a burden weighs upon me lay upon my shoulders the burden of my fellows.

Lord, when I stand greatly in need of tenderness, give me someone who yearns for love. May your will be my bread;

Your grace my strength; Your love my resting place.

**SELF DISCIPLINE**

Years 3 & 4 Topic 6