

Word	Meaning
Almsgiving	The practice of giving food or money to people in need.
Fasting	The choice to abstain from food for spiritual reasons.
Contrition	The state of feeling remorseful and penitent.
Penance	Churchgoers confess their sins to a priest and are given absolution.

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

Self-Discipline

Year 4 Topic 6

OUR BIG QUESTION

Is self-discipline important?

*The
Season
of
Lent*




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

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

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.