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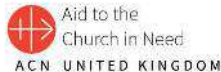
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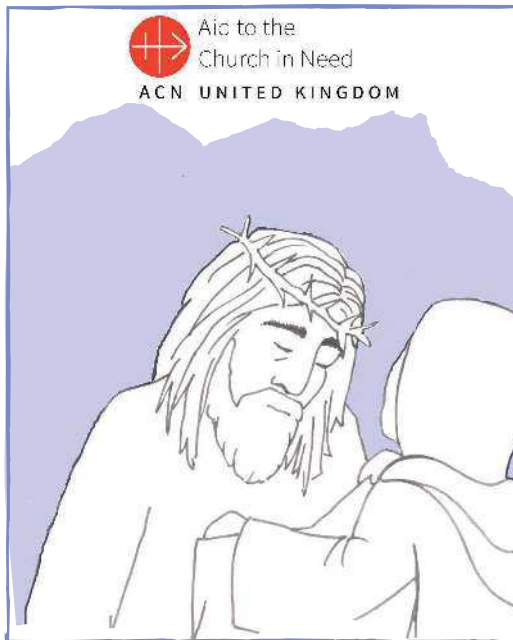
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**The Stations of the Cross line drawings have been produced for us by Wendy Moore, for use with ACN materials.**

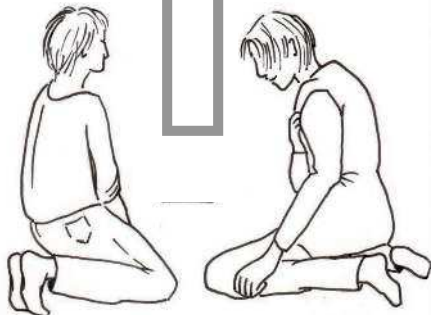
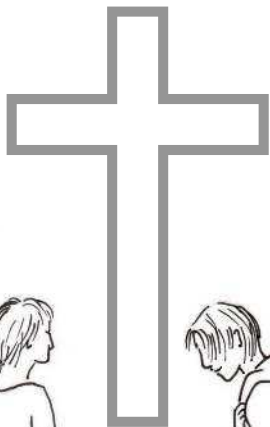
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# MY LENT BOOK



NAME:

# LENT



Pray the Stations  
of the Cross



Write my own  
prayer



## LENT IS 40 DAYS

With this booklet to help me,

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I am going to:

Help people in other  
parts of the world



Learn about  
Aid to the  
Church in Need



Aid to the  
Church in Need

ACN UNITED KINGDOM



		16	17	18
1				
2	15			
3	12		13	14
4				
5		11	10	9
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	24	25	
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	20		29
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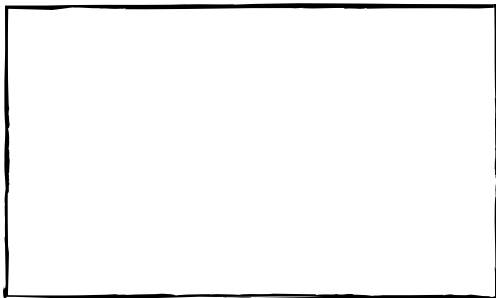
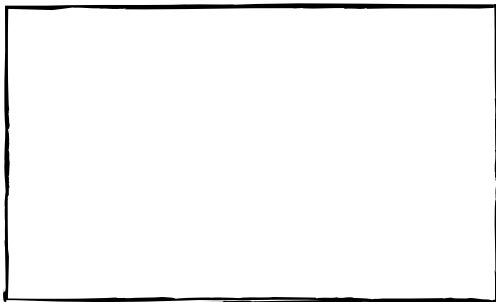
37	38	39	40	
				36
				35
				34
				33
				32
				31

**FACT!** Even though Sundays are part of Lent, they are not counted as the official "40 Days of Lent". This is why there are 46 days in Lent, but only 40 on your calendar.



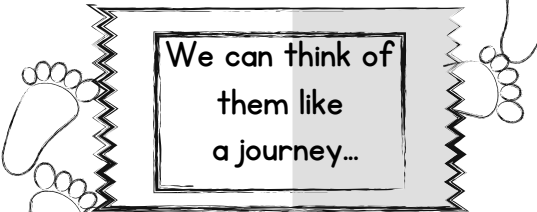
ACN

This week I am praying for:



# STATIONS OF THE CROSS

Praying the Stations of the Cross is like walking in the footsteps of Jesus



We can think of them like a journey...

When pray the Stations of the Cross we are journeying with Jesus during his last days on earth. We pause at each station and look at Jesus.



ACN

This Lent we will be learning about a Catholic charity that helps millions of people every year.

The charity is called Aid to the Church in Need (ACN).

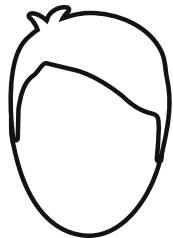
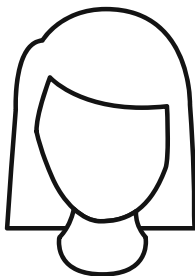


Aid to the  
Church in Need

ACN UNITED KINGDOM

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TODAY IS  
ASH WEDNESDAY



ACN

To be condemned means to be given a punishment. Jesus was innocent but he took on a punishment that he didn't deserve.



Write your prayer for people who are in difficult situations through no fault of their own.

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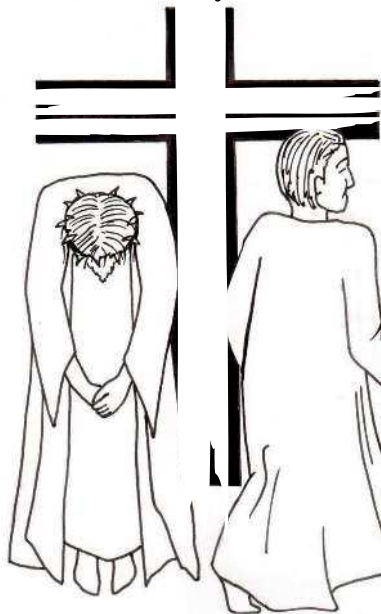
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# JESUS IS CONDEMNED TO DEATH



Jesus, we pray for all those who have to carry heavy burdens with them each day—please help them to carry on despite their struggles. Let us remember to be always thankful.

I AM GRATEFUL FOR:



THANK YOU JESUS

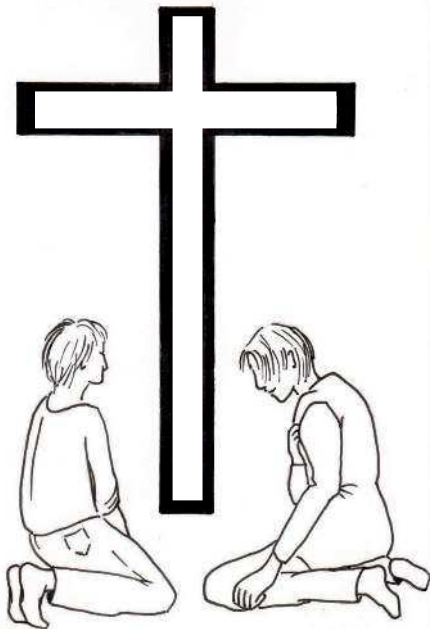
JESUS TAKES  
UP THE CROSS



ACN



I can bring my prayers to  
the foot of The Cross



A bible quote I like is:

My Lent Symbol is:

ONE THING I HAVE DONE SO FAR IN  
LENT IS:

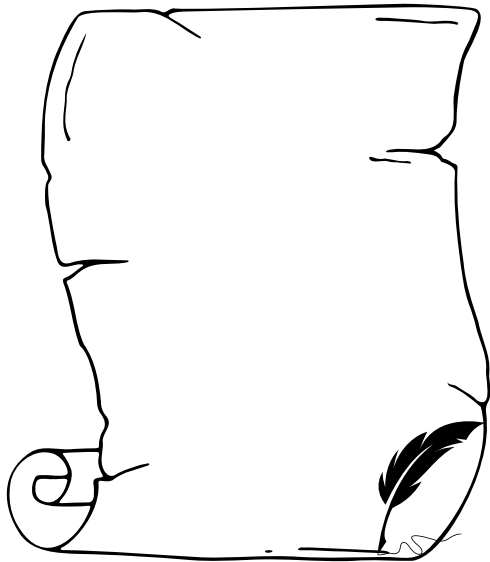
One person, area or  
country helped by  
ACN:

What else I plan to  
do this Lent is:

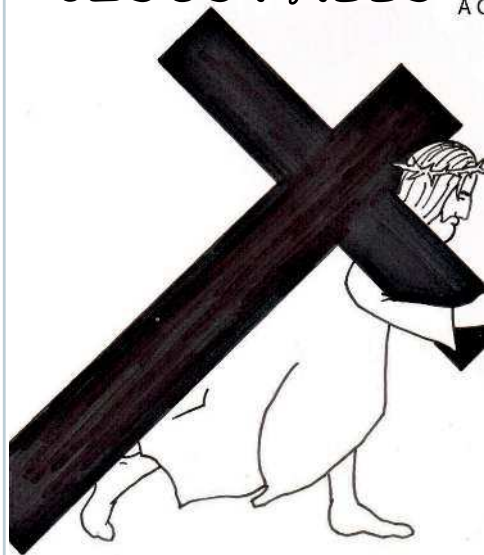




The Lord is near to the broken-hearted, and saves the crushed in spirit. (Psalm 33 (34):18 RSV-CE)



# JESUS FALLS



FOR THE FIRST TIME

## HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy,  
hail, our life, our sweetness and our  
hope. To thee do we cry, poor  
banished children of Eve: to thee do  
we send up our sighs, mourning and  
weeping in this vale of tears. Turn  
then, most gracious Advocate, thine  
eyes of mercy toward us, and after  
this our exile, show unto us the  
blessed fruit of thy womb, Jesus, O  
clement, O loving, O sweet Virgin  
Mary! Pray for us most Holy Mother  
of God: That we may be made worthy  
of the promises of Christ. Amen.

PRAY THIS FOR ALL THE MOTHERS IN THE WORLD HELPED BY  
ACN, AND YOUR OWN MUM/GRANDMA/CARER.

## JESUS MEETS HIS MOTHER



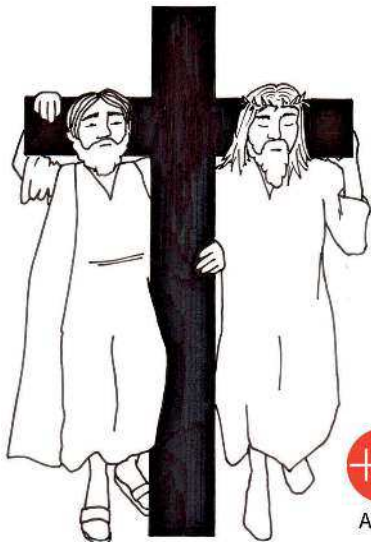
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We can think of our 'crosses' as those things in our lives which cause us problems. We can ask God to take our crosses and carry them for us.



IN THE FRAME ABOVE, DRAW YOUR OWN CROSS AND ON IT LIST THE WORRIES OR PROBLEMS THAT JESUS COULD CARRY FOR YOU.

## SIMON OF CYRENE HELPS JESUS TO

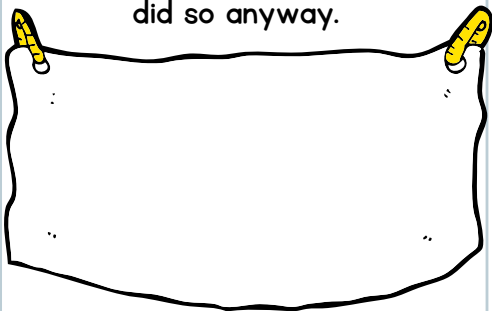


ACN

## CARRY THE CROSS

Veronica showed kindness to Jesus when he needed it most. She showed love, when nearly everyone else had rejected him.

Veronica could have been punished for helping him, but she did so anyway.



We are like Veronica whenever we help someone who is suffering. What am I doing to enable ACN to help suffering Christians?

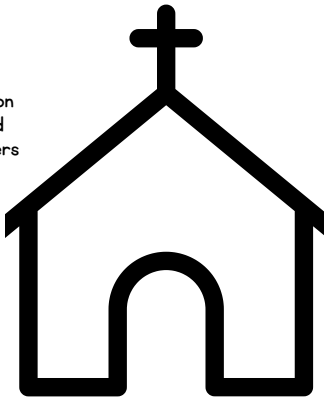
## VERONICA WIPES THE FACE OF JESUS



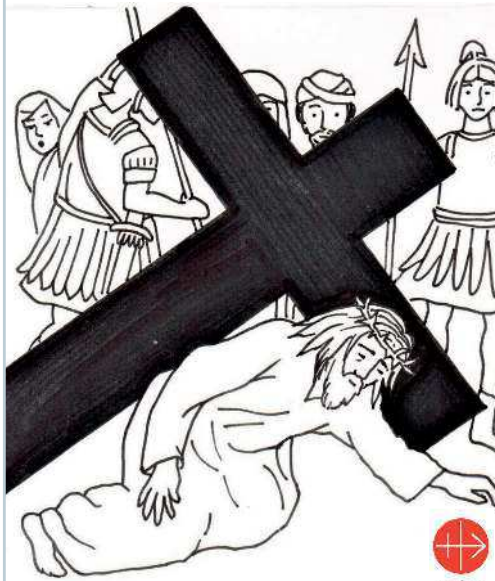
Think of someone you know  
who is having a difficult time:



Write their name on  
the card above and  
record what prayers  
you are going to  
offer for them on  
this church outline  
e.g. Go to Mass,  
pray an  
Our Father etc.  
Decide on one  
thing you can do  
for them.



# JESUS FALLS FOR THE SECOND TIME

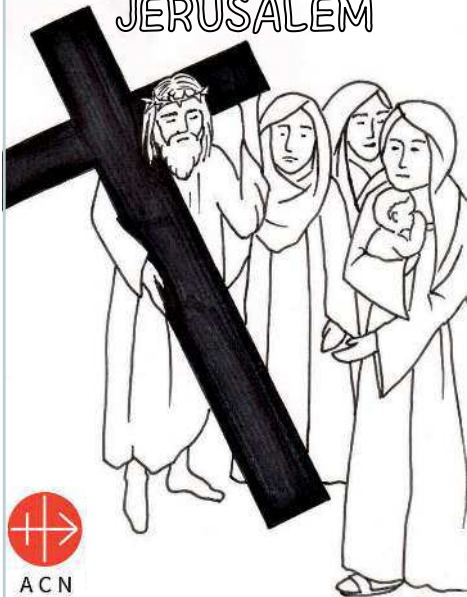


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Jesus reaches down and consoles you. Spend some time quietly thinking about the fact that God wants to console you and help you. He is reaching down to you right now.



# JESUS CONSOLES THE WOMEN OF JERUSALEM



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### Iraq: Ruined Houses

In recent years, nearly 1,300 family houses were damaged or destroyed in Iraq. The houses belonged to Christian families and they were ruined by people who wanted Christians to leave the area. The furniture, clothes and toys left behind when families fled were stolen, broken or smashed. Messages saying bad things about Christians were sometimes painted on the walls.

Many families are now coming home because the area has been made safe again, but they don't know what they will find.

Can I help them pick up their lives again with my prayers and fundraising events this Lent?

DISCUSS WHAT ELSE YOU, YOUR FAMILY  
AND YOUR SCHOOL CAN DO TO  
HELP THE FAMILIES IN IRAQ.

# JESUS FALLS FOR THE THIRD TIME



## Syria: The Cross

Piter, 17 years old, is from Aleppo, Syria. He and his family have had to deal every day with painful experiences during the civil war in Syria (which is now over). "Our saddest moment came when we had to leave our home." Before Jesus was killed they took his clothes, which was humiliating. During this station of the Cross, let's pray:



☆ for peace and justice  
throughout the world

☆ for a change in the hearts of  
those who try to make  
others feel small

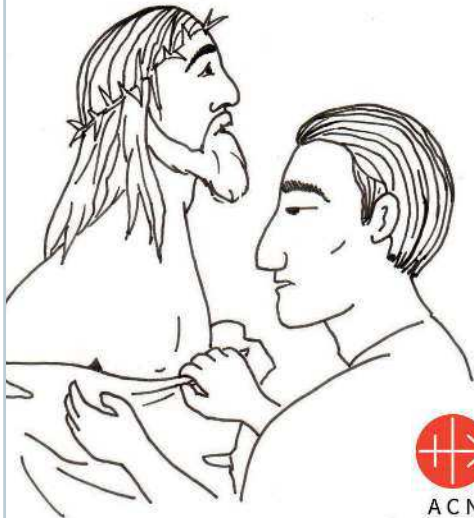


for Piter and all families who

☆ have suffered through war  
☆ that I will be a peacemaker



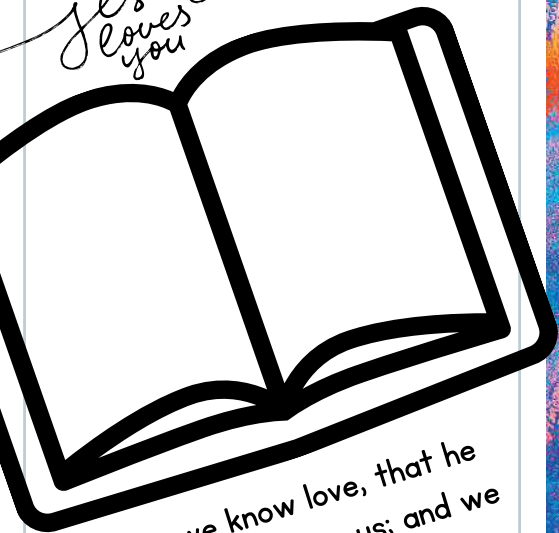
# JESUS IS STRIPPED OF HIS GARMENTS



ACN



jesus  
loves  
you



"By this we know love, that he  
laid down his life for us; and we  
ought to lay down our lives for  
the brethren."

1 John 3:16 (RSV-CE)

JESUS IS NAILED



TO THE CROSS



ACN

Jesus, it is hard to understand why the people that we love might get hurt or die. Remind us that our faith will always help us when we experience loss, and that you will be with us in anything that happens to us.

Write the names of any family members or friends who have died. Pray for them today and especially at the next Mass you go to. Remember they can pray for you too.

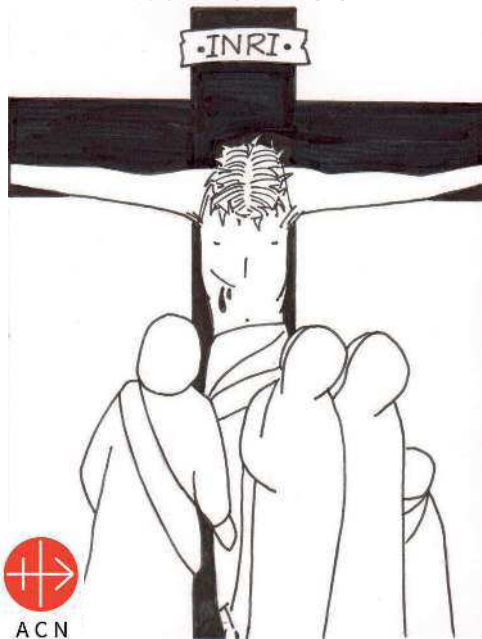
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ETERNAL REST GRANT UNTO THEM,  
O LORD, AND LET PERPETUAL  
LIGHT SHINE UPON THEM. MAY  
THE SOULS OF ALL THE FAITHFUL  
DEPARTED, THROUGH THE MERCY OF  
GOD, REST IN PEACE. AMEN.

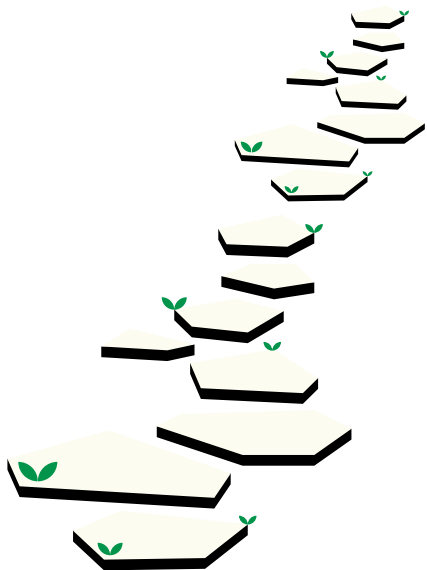
## JESUS DIES ON THE CROSS



When Jesus died everything was in darkness. His disciples were confused and broken-hearted. They had put all their trust in God. Now he was gone they felt lost and helpless in the face of such an evil event. Sometimes we feel like this too. Sometimes we put our faith in God, and our prayers don't seem to be answered. We too can feel overwhelmed and alone and wonder why God allows some things to happen. The disciples didn't realise, that though Jesus' death looked like a huge failure, it was actually the moment of triumph; when God, through his son, Jesus, defeated evil, sin, death and suffering. We still have to face bad things in this life, but we know that one day we will be totally united with God, and reunited with our family members, in a place even happier than our wildest dreams. The Christians who have suffered across the world because of persecution kept their faith, because they knew that even though it seemed as though God had abandoned them in reality he never could. Let us learn that God is always with us.

## JESUS IS TAKEN DOWN FROM THE CROSS





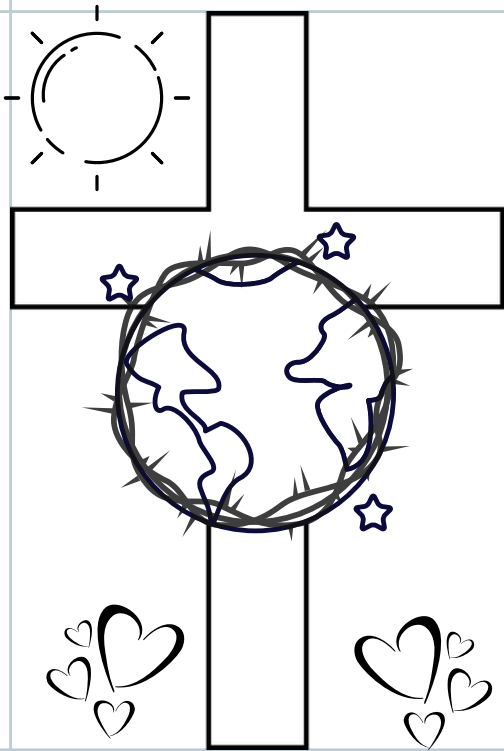
We pray together for the needs of millions of men, women, children and families around the world who suffer because of their faith.

Loving God, we pray that each of your children across the world may know how much you love them. We pray that, where life has become very difficult, you will make a clear path for them.

We pray for their protection, and for them to know that “under His wings you will find refuge”. (Psalm 91:4 RSV-CE) We pray that you give each of them strength and courage to keep going, and let them know that you will never abandon them.

We make our prayer through Christ our Lord. Amen.



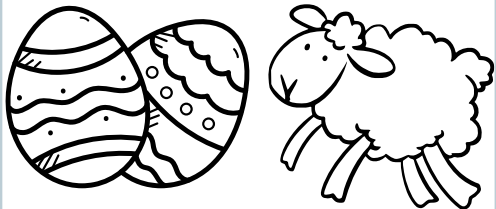


JESUS IS LAID  
IN THE TOMB

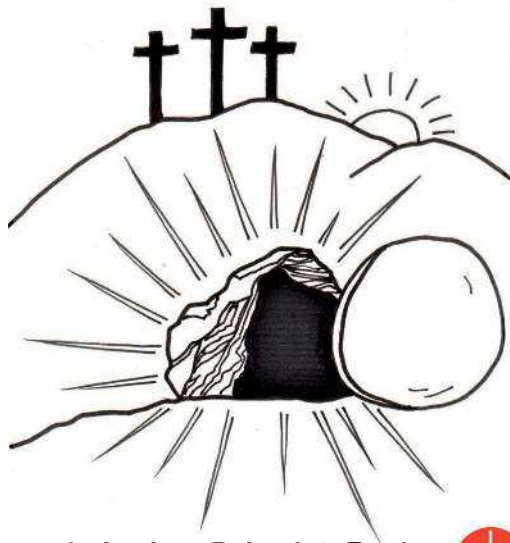


As Christians, we know that Jesus' death was not the end. We know that after being laid in the tomb on Good Friday, Jesus rose on Easter Sunday. Easter brings the promise of new life and reminds us that Jesus – and Jesus working through us – has the power to change and transform our lives and our world.. Jesus, help us always to trust in you, and in the plan you have for each of us.

*Happy Easter!*



EASTER SUNDAY



ALLELUIA!

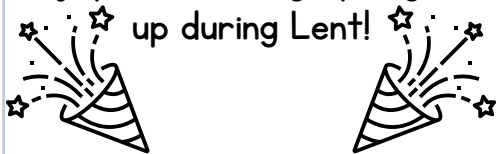


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Now we are in Eastertide  
(or the Easter Season).

This begins on Easter Sunday  
and lasts seven weeks. It  
ends 50 days later on  
Pentecost Sunday.

For Catholics this is a time of  
great celebration and  
feasting. Now you can really  
enjoy all the things you gave  
up during Lent!



# EASTERTIDE

What I learned in Lent is:

Here are some ideas of things we  
can do to support ACN so they  
can help other people:



ACN

