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## Footsteps to the Cross

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><i>'Give alms...pray to your Father...fast,[but] do not look gloomy'</i> (Matthew 6:2-16)</p> <p>Each Lent we are asked to especially focus on these three pillars help us grow in faith and prepare as we journey towards Easter. Before Lent begins use these pillars to decide on your Lenten Promises, then follow this calendar to guide your personal journey during this Lenten period.</p>		<p>'Come back to me with all your heart' says the Lord. (Joel 2:12)</p> <p> <b>Attend an online Ash Wednesday Mass</b></p>	<p><b>God asks us to care for His creation.</b> Make a list of three ways you can care for the world. </p>	<p>Find out about the work of <b>SCIAF or Missio Scotland.</b> How do they share the love of God.</p>	<p><b>Write a prayer</b> of praise and thanksgiving to Jesus. </p>	<p><b>Read Mark 1:12-15</b> Who helps you to make good choices? How?</p>
<p>Share the <b>Good News of Jesus</b> with someone else!</p>	<p>Make a list of five things you are <b>grateful</b> for. </p>	<p><b>'Lent' also means 'spring'</b> Look for signs of spring today. </p>	<p>Hold a coin and closed eyes. Think about those who don't have any money. <b>Pray for those who are poor and in need.</b></p>	<p><b>Help</b> someone today without expecting anything in return.</p>	<p>What does following Jesus "look" like? </p>	<p><b>Read Mark 9:2-10</b> How can Jesus' light shine through your actions?</p>
<p>Today is the <b>Feast of St David</b>, the patron saint of Wales. Remember the people of Wales in your prayers. </p>	<p><b>Think about your words and actions today.</b> How can you make them more loving and kind?</p>	<p><b>Pray for the sick, lonely and sad.</b> </p>	<p><i>God loved the world so much that he gave his only Son, whoever believes in him will have everlasting life.</i> <b>What does this mean?</b></p>	<p>Why do priests wear <b>purple</b> during Lent? </p>	<p><b>Give up electronic devices</b> e.g. phone, game console, laptop, tablet. Instead spend time with your family.</p>	<p><b>Read John 2:13-25</b> Do I need cleanse my heart of wrongdoings?</p>
<p><b>Go for a walk.</b> SAFELY pick up any rubbish to help look after the environment. </p>	<p><b>Pray the Our Father</b> slowly while thinking about each word and phrase.</p>	<p>Today is the <b>Feast of St John Ogilvie.</b> Find out about St John Ogilvie.</p>	<p><b>Attend Mass today.</b> If you can't go in person, attend online. </p>	<p><b>When you say sorry, do you really mean it?</b></p>	<p><b>Tomorrow is Mother's Day</b> Ask God to bless all mothers across the world. Say a special prayer for your own mum. </p>	<p><b>Read John 3:14-21</b> How did God show love for the world?</p>
<p><b>Donate some food or toiletries to the local foodbank</b> to help someone in need.</p>	<p><b>Pray the Hail Mary</b> slowly while thinking about each word and phrase.</p>	<p><b>Wear a touch of green to mark St Patrick's Day.</b> Why did St Patrick use a shamrock? </p>	<p><b>Send a card</b> to a relative or parishioner who are sick or housebound.</p>	<p>Today is the <b>feast of St Joseph.</b> Pray for your family and ask St Joseph to help you </p>	<p>Pray the <b>Stations of the Cross.</b> Thank Jesus for giving his life to save us. </p>	<p><b>Read John 12:20-33</b> How do seeds and fruit help us understand Jesus' death and resurrection?</p>
<p><b>Could you give your pocket money this week to a charity</b> such as SCIAF or Missio Scotland </p>	<p>The Cross symbolises Jesus' love for us. Cut a cross from black paper, glue small pieces of old magazines on to create a mosaic.</p>	<p><b>Ask Jesus to forgive you for something specific</b> - go to confession, if possible. Ask Him to help you change.</p>	<p>Today is the <b>Feast of the Annunciation.</b> How did Mary saying 'Yes' change the world? </p>	<p><b>What could you sacrifice for today?</b> </p>	<p><b>Make or craft your own Palm branch</b> for Palm Sunday - look online for ideas. </p>	<p><b>Read John 12:12-16</b> How can you turn to God when you are feeling sad or alone?</p>
<p><b>Holy Monday</b> - "Mary took oil and anointed Jesus' feet" (John 12:3) Make an extra effort to do something kind today for someone else.</p>	<p><b>Holy Tuesday</b> - Peter will deny Jesus three times. What makes it hard to share your faith? </p>	<p><b>Holy Wednesday</b> - "I say to you, one of you will betray me." (Matthew 26:21) How does it feel to be betrayed by someone you love.</p>	<p><b>Holy Thursday</b> - Read John 13:1-15. Why do you think Jesus washed his disciples' feet? </p>	<p><b>Good Friday</b> - Jesus dies on the Cross. How can one day be both filled with joy and sadness at the same time? (Jn 19:16-42)</p>	<p><b>Holy Saturday</b> - As we wait, Jesus lies in the tomb. Sit quietly and let Him enter your heart. Listen to Him.</p>	<p><b>Jesus is Risen! Alleluia!</b> </p>



## Lenten Calendar 2021- Footsteps to the Cross

*Designed for Children, but also suitable for Families and Adults.*

**'Give alms...pray to your Father...fast, [but] do not look gloomy'** (Matthew 6:2-16)

Each Lent we are asked to especially focus on prayer, fasting and almsgiving. These three pillars help us grow in faith and prepare as we journey towards Easter. Before Lent begins use these three pillars to decide on your Lenten Promises, then follow this calendar to guide your personal journey during this Lenten period.

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It is recommended that the bible passages are read from a bible or missal, but for convenience the Sunday Readings in a child-friendly translation follow.

# Lenten Calendar 2021- Footsteps to the Cross

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## 1<sup>st</sup> Sunday of Lent – Mark 1:12-15

Then the Spirit sent Jesus into the desert alone. He was in the desert 40 days and was there with the wild animals. While he was in the desert, he was tempted by Satan. Then angels came and took care of Jesus.

After John was put in prison, Jesus went into Galilee and preached the Good News from God. Jesus said, “The right time has come. The kingdom of God is near. Change your hearts and lives and believe the Good News!”

## 2<sup>nd</sup> Sunday of Lent – Mark 9:2-10

Jesus took Peter, James, and John and went up on a high mountain. They were all alone there. While these followers watched, Jesus was changed. His clothes became shining white, whiter than any person could make them. Then two men appeared, talking with Jesus. The men were Moses and Elijah.

Peter said to Jesus, “Teacher, it is good that we are here. We will put three tents here—one for you, one for Moses, and one for Elijah.” Peter did not know what to say, because he and the others were so frightened.

Then a cloud came and covered them. A voice came from the cloud. The voice said, “This is my Son, and I love him. Listen to him!”

Then Peter, James, and John looked around, but they saw only Jesus there alone with them.

As Jesus and his followers were walking back down the mountain, he commanded them, “Don’t tell anyone about the things you saw on the mountain. Wait till the Son of Man rises from death. Then you may tell.”

The followers obeyed Jesus and said nothing about what they had seen. But they discussed what Jesus meant about rising from death.

### 3<sup>rd</sup> Sunday of Lent – John 2:13-25

But it was almost time for the Jewish Passover Feast. So Jesus went to Jerusalem. In the Temple he found men selling cattle, sheep, and doves. He saw others sitting at tables, exchanging money. Jesus made a whip out of cords. Then he forced all these men, with the sheep and cattle, to leave the Temple. He turned over the tables and scattered the money of the men who were exchanging it. Then he said to those who were selling pigeons, "Take these things out of here! Don't make my Father's house a place for buying and selling!"

When this happened the followers remembered what was written in the Scriptures: "My strong love for your Temple completely controls me."

The Jews said to Jesus, "Show us a miracle for a sign. Prove that you have the right to do these things."

Jesus answered, "Destroy this temple, and I will build it again in three days."

The Jews answered, "Men worked 46 years to build this Temple! Do you really believe you can build it again in three days?"

But the temple Jesus meant was his own body. After Jesus was raised from death, his followers remembered that Jesus had said this. Then they believed the Scripture and the words Jesus said.

Jesus was in Jerusalem for the Passover Feast. Many people believed in him because they saw the miracles he did. But Jesus did not believe in them because he knew them all. He did not need anyone to tell him about people. Jesus knew what was in a person's mind.

### 4<sup>th</sup> Sunday of Lent – John 3:14-21

"Moses lifted up the snake in the desert. It is the same with the Son of Man. The Son of Man must be lifted up too. Then everyone who believes in him can have eternal life.

"For God loved the world so much that he gave his only Son. God gave his Son so that whoever believes in him may not be lost, but have eternal life. God did not send his Son into the world to judge the world guilty, but to save the world through him. He who believes in God's Son is not judged guilty. He who does not believe has already been judged guilty, because he has not believed in God's only Son. People are judged by this fact: I am the Light from God that has come into the world. But men did not want light. They wanted darkness because they were doing evil things. Everyone who does evil hates the light. He will not come to the light because it will show all the evil things he has done. But he who follows the true way comes to the light. Then the light will show that the things he has done were done through God."

### 5<sup>th</sup> Sunday of Lent – John 12:20-33

There were some Greek people, too, who came to Jerusalem to worship at the Passover Feast. They went to Philip, who was from Bethsaida, in Galilee. They said, “Sir, we would like to see Jesus.” Philip told Andrew. Then Andrew and Philip told Jesus.

Jesus said to them, “The time has come for the Son of Man to receive his glory. I tell you the truth. A grain of wheat must fall to the ground and die. Then it makes many seeds. But if it never dies, it remains only a single seed. The person who loves his life will give up true life. But the person who hates his life in this world will keep true life forever. Whoever serves me must follow me. Then my servant will be with me everywhere I am. My Father will honour anyone who serves me.

“Now I am very troubled. What should I say? Should I say, ‘Father, save me from this time’? No, I came to this time so that I could suffer. Father, bring glory to your name!”

Then a voice came from heaven, “I have brought glory to it, and I will do it again.”

The crowd standing there heard the voice. They said it was thunder. But others said, “An angel has spoken to him.”

Jesus said, “That voice was for you, not for me. Now is the time for the world to be judged. Now the ruler of this world will be thrown down. I will be lifted up from the earth. And when this happens, I will draw all people toward me.” Jesus said this to show how he would die.

### Palm Sunday – John 12:12-16

The next day the great crowd that had come to the festival heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, shouting,

“Hosanna!

Blessed is the one who comes in the name of the Lord—  
the King of Israel!”

Jesus found a young donkey and sat on it; as it is written:

“Do not be afraid, daughter of Zion.

Look, your king is coming,  
sitting on a donkey’s colt!”

His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things had been written of him and had been done to him.

## Easter Sunday – John 20:1-9

Early on the first day of the week, Mary of Magdala went to the tomb. It was still dark. Mary saw that the large stone had been moved away from the tomb. So Mary ran to Simon Peter and the other follower (the one Jesus loved). Mary said, “They have taken the Lord out of the tomb. We don’t know where they have put him.”

So Peter and the other follower started for the tomb. They were both running, but the other follower ran faster than Peter, reached the tomb first. He bent down and looked in. He saw the strips of linen cloth lying there, but he did not go in. Then following him came Simon Peter. He went into the tomb and saw the strips of linen lying there. He also saw the cloth that had been around Jesus’ head. The cloth was folded up and laid in a different place from the strips of linen. Then the other follower, who had reached the tomb first, also went in. He saw and believed. These followers had not yet understood from the Scriptures that Jesus must rise from death.

Reading taken from [www.biblegateway.com](http://www.biblegateway.com) – International Children’s Bible (ICB)

*Diocese of Aberdeen Calendar of Readings*