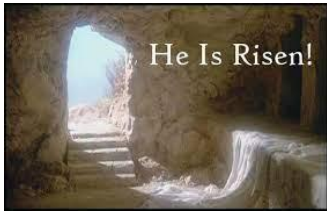


Year 4
Spring



Self Discipline

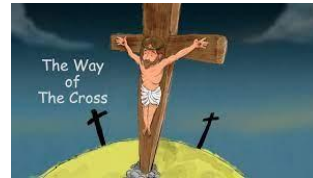
Lent is the season when Christians practise both giving and giving-up, to identify with the complete self-offering of Jesus which is remembered in the liturgy of Holy Week and the Easter Triduum (Holy Thursday, Good Friday and Easter Vigil). We will be learning to make links between the religious stories of Holy Thursday, Good Friday and Easter and Christian beliefs.

Prayer used during the Communion Rite

“Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”

Key Knowledge

- Ash Wednesday.
- Lent is a time for self-discipline, for prayer, fasting and almsgiving.
- Jesus commandment to love our enemies.
- Holy Week.
- The Stations of the Cross.
- The Sorrowful Mysteries of the Rosary.
- Easter Triduum.
- Liturgy of Maundy Thursday, washing of the feet.
- Liturgy of Good Friday – reading of the Passion and the Veneration of the Cross.
- The Resurrection.



Key Vocabulary

Self-discipline: the ability to control one's feelings and overcome one's weaknesses.

Penance: an act that shows you feel sorry for something that you have done.

Contrition: feeling sorry or guilty about something bad you have done.

Lent: the period before Easter which lasts for 40 days when we remember the suffering of Jesus.

Easter: the feast that commemorates Christ's resurrection.

Resurrection: the rising again to life of a dead person (when Jesus came to life again).

Fasting: to stop eating completely or almost completely for a certain stretch of time.

Alms giving: the practice of giving money or food to people living in poverty.

Veneration: to show great respect or reverence to something.

Easter Triduum: The period which includes Holy Thursday (Maundy Thursday), Good Friday and the Easter Vigil and finishes on Easter Sunday.

Questions of Meaning and Purpose:

- How can I be self-disciplined in the choices I make?
- How will self-discipline help me to grow and to reach my full potential?