

# Sacred Heart - Liturgy of the Word with Children

Lent 2026 – 1<sup>st</sup> Sunday is 22<sup>nd</sup> February

Dear Parents

For this Lent we have a 'build-up' theme and focus across all the Sundays including Easter.

In Week 1, there is a 'frame' for you to take home to display on a wall. Each week (or to catch-up) there is a post-card-sized image to take home to stick on the frame. If you are not at Church in week 1 (or other weeks) please ask for a frame and the missing sections.

The six weeks are matched by a table display in the sacred space of the hall, that will be changed and built up by the children after each Gospel.

There is also a sheet of 'stickers' (you cut them out and provide the glue!) representing the 3 pillars of Lent for children – Prayer, Kindness and Sharing. You may like to add these to the chart during the week. You can download, then print more from [www.lotwwc.org.uk/3pillars.pdf](http://www.lotwwc.org.uk/3pillars.pdf)

For family night prayer you could use the frame as a focus asking: ***"Have we been kind today, have we shared with others?"*** Also, perhaps to consider the ***'Action'***. And then to use the focus of the week to ***thank and praise God in prayer.***

For the six weeks

**1st Sunday of Lent — *Temptation in the Desert* (Mt 4:1–11)**

- **Action:** Name one good choice we can make this week.
- **Phrase:** *"Jesus helps us make good choices."*

**2nd Sunday of Lent — *The Transfiguration* (Mt 17:1–9)**

- **Action:** Name ways Jesus brings light into our lives.
- **Phrase:** *"Jesus shows us God's light."*

**3rd Sunday of Lent — *The Samaritan woman at the Well* (Jn 4:5–26)**

- **Action:** What helps our hearts grow? (prayer, kindness, sharing)
- **Phrase:** *"Jesus gives us living water."*

**4th Sunday of Lent (Laetare) Mothers Day — *The Man Born Blind* (Jn 9)**

- **Action:** How can we see others kindly?
- **Phrase:** *"Jesus helps us see clearly."*

**5th Sunday of Lent — *Lazarus Is Raised* (Jn 11:1–45)**

- **Action:** Where do we need hope?
- **Phrase:** *"Jesus brings new life."*

**Palm Sunday — *The Passion of Jesus* (Mt 27:11–54)**

- **Action:** Quiet prayer — place a heart or prayer near the cross.
- **Phrase:** *"Jesus loves us forever."*

**Easter Day — *The Resurrection* (Mt 28:1–10)**

- **Key message:** Jesus is alive!
- **Action:** Proclaim together: ***"Alleluia! Jesus is alive!"***
- **Phrase:** *"Jesus has given us new life forever."*

If you have any questions, please ask one of the Liturgy Leaders

***Paul O'Beirne, Alison Ternan, Tom Fairman, Gemma Escott***