

Sacred Heart - Liturgy of the Word with Children

Lent 2026 – 1st Sunday is 22nd 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

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

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