

St Elizabeth's Catholic Voluntary Academy

"To provide a high-quality Catholic education for all children, enabling them to achieve their full potential in a safe and caring environment."



Self-Discipline

Our Big Question

Is self-discipline important in life?

Key Knowledge

- **Lent** begins on Ash Wednesday and lasts for 40 days.
- On Ash Wednesday, a cross is made on our heads with ashes. The priest may say, "Repent, and believe in the Gospel." The ashes symbolise **penance** and **contrition**, and remind us that God is merciful to those who call on Him.
- **Lent** is a time to practice **self-discipline** and become more like Jesus (through prayer, **fasting** and **almsgiving**).
- Jesus' told us to love our enemies and expect nothing back when we do good – this is living in God's way.
- In **Holy Week**, we remember the suffering, death and **Resurrection** of Jesus and hear the story of this (the Passion). Holy week begins on Palm Sunday and ends on Holy Saturday.
- The **Easter Triduum** is the three days before Easter Sunday, starting on **Maundy Thursday** and ending with the Easter Vigil on **Holy Saturday**. This marks the most significant events of Holy Week.
- On **Maundy Thursday**, we are reminded how Jesus showed his self-giving when he washed the disciples' feet.
- During Lent, many people will pray the **Stations of the Cross**.
- On **Good Friday**, we remember Jesus' suffering and death. We believe that Jesus gave his life for us because he loved us so much.



Key Vocabulary and Definitions

almsgiving	Doing good for others (e.g. giving food or money to the poor)
contrition	Repenting past sins. Being Sorry.
Easter	The celebration of Jesus' Resurrection from the dead.
fasting	To go without something. Usually giving up food.
Lent	The time Christians prepare for Easter. It lasts for 40 days.
penance	Confession of sins. Outward expression of being sorry.
Resurrection	The belief in Jesus rising from the dead.

Scripture

Matthew 6: 2-4 (When You Give)
 Matthew 27: 39-56 (The Death of Jesus)
 Luke 6: 27-28, 32-36 (Living in God's Way)
 John 13: 4-9, 12-15 (Washing of Feet)
 Mark 15: 23-41 (The Death of Jesus)
 Mark 16: 2-8 (The Resurrection)

Other Sources

Hymns

Freely, Freely	God's Greatest Gift
Father, I Have Sinned	Do Not Be Afraid
Come Back to Me	Unless a Grain of Wheat Shall Fall
Serving Each Other	Lord by Your Cross
Servant King	

Key Skills



- I can **make some links** between the stories of Holy Thursday, Good Friday, Easter and beliefs. AT1 (i)
- I can begin to use religious vocabulary to **give reasons** for many actions and symbols of Lent/Holy Week. AT1 (ii)
- I can **give some reasons** why Christians try to be self-disciplined in Lent. AT1 (iii)
- I can **make some links** to show how feelings and beliefs affect self-discipline. AT2 (i)
- I can **confidently compare** my own and others' ideas about questioning concerning the need for self-discipline. AT2 (ii)
- I can **express a preference, giving reasons** for it and **make a link** to sources that support points of view. AT3

Prior Knowledge and Skills

- **Lent** begins on Ash Wednesday and lasts for 40 days and purple is used to symbolise repentance.
- On **Ash Wednesday**, a cross is made on our heads with ashes. The priest may say, "Remember you are dust, and to dust you shall return."
- **Lent** is a time to grow in goodness (**prayer, fasting and almsgiving**).
- In **Holy Week**, we remember the suffering, death and Resurrection of Jesus and hear the story of this (the Passion).
- **Palm Sunday** is the beginning of Holy Week. The priest wears red as a sign of someone who has died for what they believe.
- On **Palm Sunday** we remember Jesus riding into Jerusalem on a donkey. The people waved palms and shouted, "Hosanna!" The **Passion** is read on **Palm Sunday**.
- On **Maundy Thursday**, the priest washes feet to remind us how Jesus showed us to serve others. I have retold the story of the **Last Supper**.
- **Good Friday** is a day we remember that Jesus died on the **cross** because he loved us so much. The **Sorrowful Mysteries** of the Rosary tell the story of Jesus' total self-giving.
- On **Easter Sunday** we celebrate the **Resurrection**. We sing 'alleluia' on Easter Sunday because everyone is so happy.



Washing of the Feet
By Sieger Korder



We are in Lent



The colour for Lent is purple to symbolise repentance. It is a time when get ready for Easter.