

# St Elizabeth's Catholic Voluntary Academy

'Be like Jesus. Be your best. Be safe. Be caring'

## 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 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.

### Key Vocabulary and Definitions

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



Washing of the Feet  
By Sieger Koder



We are in **Lent**



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