

# **CATECHESIS@HOME 2021 #3**

## **"REPENT, AND BELIEVE THE GOOD NEWS!"**

(1<sup>st</sup> Sunday of Lent)



Prepared by Archdiocesan Catechetical Centre,  
Archdiocese of Kuala Lumpur



### **INTRODUCTION**

This material has been prepared to provide families an opportunity to gather and spend time reflecting and discussing about the scripture readings of 1<sup>st</sup> Sunday of Lent.

### **HOW TO USE THE MATERIAL**

This document contains activities that members of the family may complete individually (just the children), in pairs (with parental assistance), or as an entire family. It would be helpful to print a hard-copy, so that members of your family may carry out different activities at the same time.

### **WHEN TO USE THE MATERIAL**

During the week after the family has celebrated the Mass of 1<sup>st</sup> Sunday of Lent.

### **OPENING PRAYER**

Heavenly Father, we have gathered here in the name of Jesus. You call us to repentance as we journey through the Season of Lent. Help us to always listen to the voice of Jesus and turn our hearts to him. Holy Spirit, guide us during this gathering. We make this prayer in Jesus' name, Amen.



## **SCRIPTURE REFLECTION**

Invite someone to read Genesis 9, 8-15 and Mark 1: 12-15. Then, as a family reflect on the points and questions given below and share your responses with one another. If necessary, parents are encouraged to rephrase the information and questions according to their children's level of understanding).

### Time of reflection and response:

The desert is a place of 'wilderness', that is, where there is emptiness, loneliness and confusion. During this time, in the face of the Covid-19 pandemic, some of us may feel as if we are in the "wilderness" – "cut off" from our normal way of life, from our friends and even our loved ones.

*What are some ways in which you feel you are presently in the "wilderness", especially in the face of the current circumstances?*

The desert is also a place of "temptation". Because Jesus was hungry and lonely, the devil tried to tempt him with food, power and an attitude of self-reliance. The devil wanted Jesus to think that he could do without God.

*What are the "temptations" that you feel or experience today? Are there areas in your life that you think you are able to handle without depending on God?*

The desert is also the place where God reveals Himself to His people. For example, in the Book of Exodus, we read that when the people of Israel were in the wilderness, God was with them. He gave them food and water, protected and guided them.

*In what ways is God revealing Himself to you in the present situation? Are you aware of His blessings and protection over your family and you? What are the things you are grateful to God for today?*

In the gospel, we read that Jesus also comes out of the desert to begin his mission. He calls the people to repentance, that is, to turn their hearts back to God, and make present the Kingdom of God. Regardless how we feel during these present times, Jesus calls us to change our hearts and to become more aware that God is with us. May we follow him closely him during this Lent.

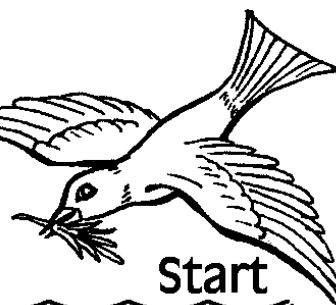
## **FOLLOW-UP ACTIVITIES**

Below you will find some activities for younger children, revolving around the Sunday Gospel. Select the activities you would like to complete with your children, or try to complete them all if you can!

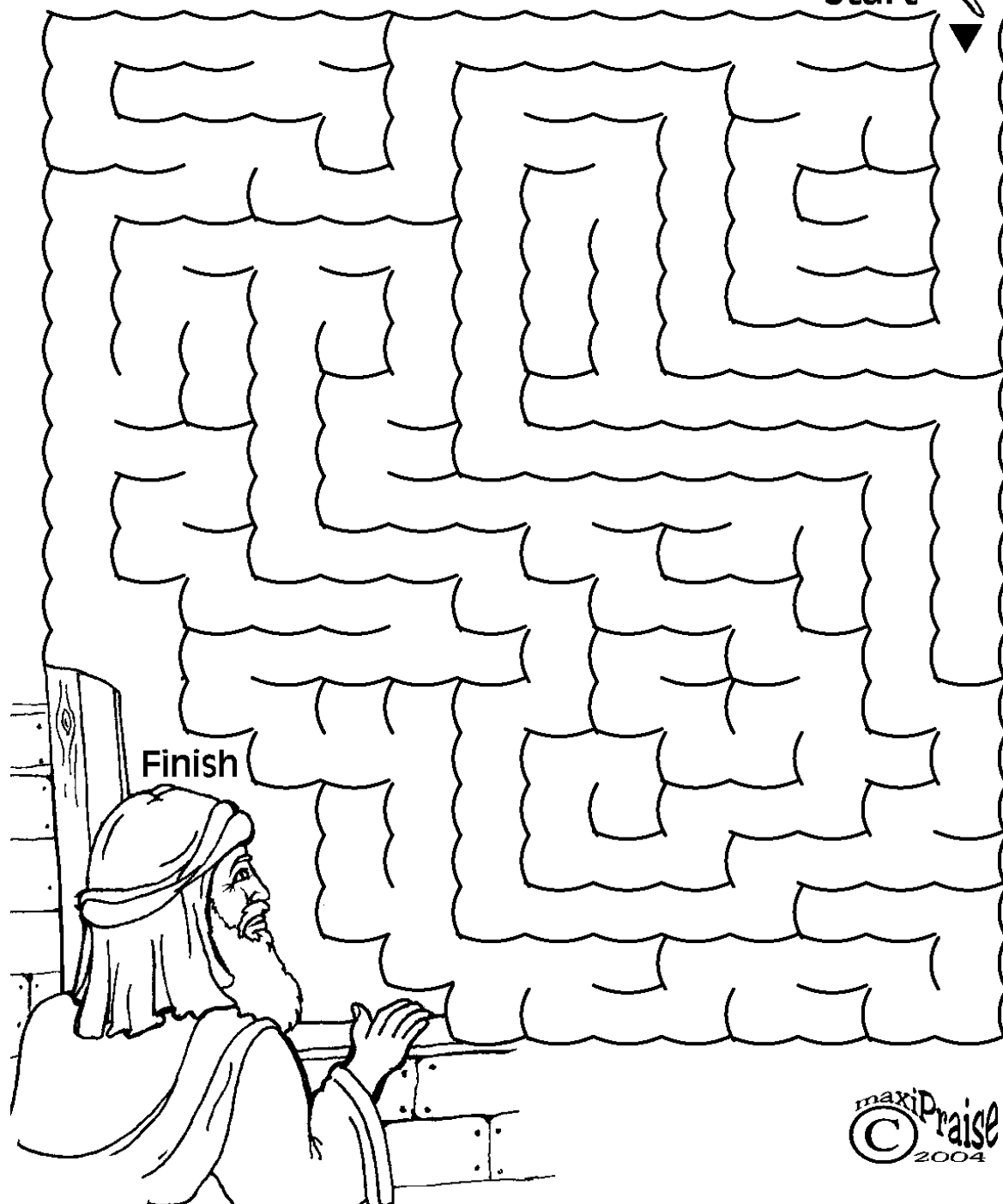
Activity #1: Help the dove find its way to Noah.

# Noah and the Dove

The dove needs to take the olive leaf back to Noah so he can know that flood waters are going down.



Start



maxiPraise  
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## Activity #2": Use the key.

**BibleWise**

# The Covenant

Genesis 9: 8-17

After the great flood waters have disappeared, God makes a covenant with Noah.  
Use the key to help fill in the blanks of the passage from Genesis 9:15 (KJV).



**KEY**

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I	J
3	K	L	M	N	O
4	P	Q	R	S	T
5	U	V	W	X	Y
6	Z	.	,	'	"

**EXAMPLE:**

H	A	V	E
23	11	52	15

F	U	N
21	51	34

"And the \_ \_ \_ shall be in the

12      35      53

\_ \_ \_ \_ \_ ; and I will \_ \_ \_ \_ \_

13      32      35      51      14                      32      35      35      31

upon it, that I will remember the everlasting

\_ \_ \_ \_ \_ between \_ \_ \_

13      35      52      15      34      11      34      45                      22      35      14

and every living \_ \_ \_ \_ \_

13      43      15      11      45      51      43      15

of all flesh that is upon the \_ \_ \_ \_ \_."

15      11      43      45      23

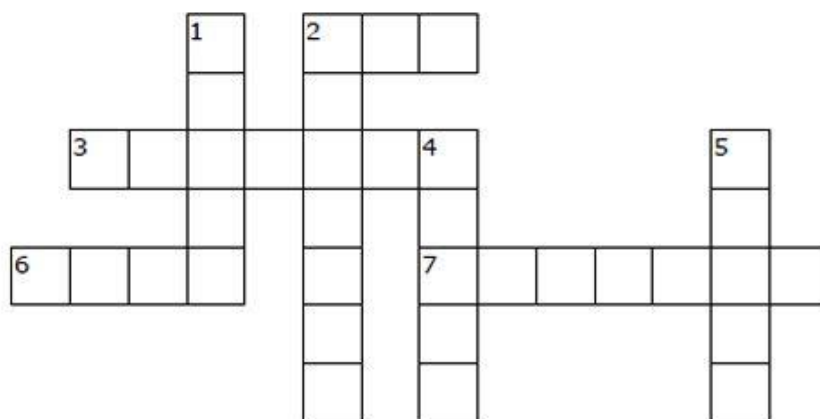
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### Activity #3: Solve the puzzle

## The Rainbow of Promise

"Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth." Genesis 9:16

Puzzle is based on Genesis 9:8-17



#### ACROSS

2. A large boat in which Noah and his family were saved from the Flood
3. An agreement between two people do do (or not do) something
6. A winged animal covered with feathers
7. A colored arc of light that appears in the sky after it rains

#### DOWN

1. A great amount of water that rises and spreads over the land
2. Dogs, cats, lions, and tigers for example.
4. The planet where you and I live
5. A light puffy mass of water vapor floating in the sky

BIRD	RAINBOW	EARTH	PROMISE
ARK	CLOUD	ANIMALS	FLOOD

## Activity #4: Break the code.

# The Rainbow of Promise

"Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth." Genesis 9:16

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



E	J	X	V	D	U	N	F	Y	P	A	T	L	S	H	B	K	Q	G	I	R	W	Z	C	O	M
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 7-25-11-15 \_\_\_\_\_
- 16-20-21-5 \_\_\_\_\_
- 11-7-20-26-11-13-14 \_\_\_\_\_
- 11-21-17 \_\_\_\_\_
- 5-1-14-12-21-25-9 \_\_\_\_\_
- 1-11-21-12-15 \_\_\_\_\_
- 21-11-20-7-16-25-22 \_\_\_\_\_
- 24-13-25-6-5 \_\_\_\_\_
- 24-25-4-1-7-11-7-12 \_\_\_\_\_
- 8-13-25-25-5 \_\_\_\_\_

COVENANT	DESTROY	NOAH	CLOUD	RAINBOW
FLOOD	ANIMALS	BIRD	ARK	EARTH

## Activity #5: Find the words.

# The Temptation of Jesus

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil.



H O L Y C T W J Q O F D C T D  
T Y C E L R Z N O F G V I L Y  
E E O M W S W E Q R V T I Y F  
M V M Y C T O S T M D V N M G  
P A M P V O R P F A E A E X P  
T B A B L N L I E D W L N I A  
E L N G H E D R X L A M H I U  
D C D D A M B I H S A S X G T  
L U I M N Z K T U U R L N E H  
F I A W G Z J R B O N U Q T O  
W P V B E F E U W Y X G R H R  
G C L E L J D C W H Z E R N I  
Q X I A S U T A H X S X G Y T  
P X M F O R T Y Y E E X U Q Y  
K I N G D O M S D S P E N Z Y

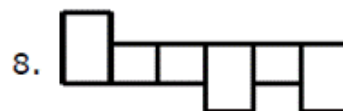
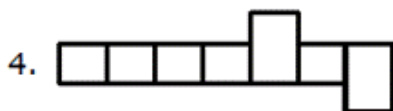
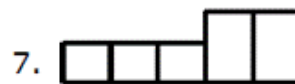
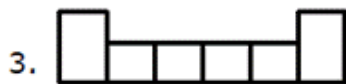
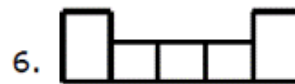
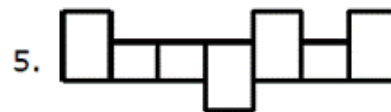
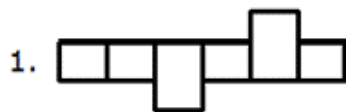
SPIRIT	DEVIL	DAYS	JORDAN	STONE
HOLY	LIVE	ANGELS	AUTHORITY	WORSHIP
DESERT	TEMPLE	COMMAND	BREAD	WORLD
TEMPTED	FORTY	KINGDOMS	JERUSALEM	HUNGRY

Activity #6: Enter the correct words.

## The Temptation of Jesus

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil.


Enter the correct words in the boxes based on the shape of the letters.




desert	hungry	bread	world
tempted	stone	worship	angels

## Activity #7: Find the words.

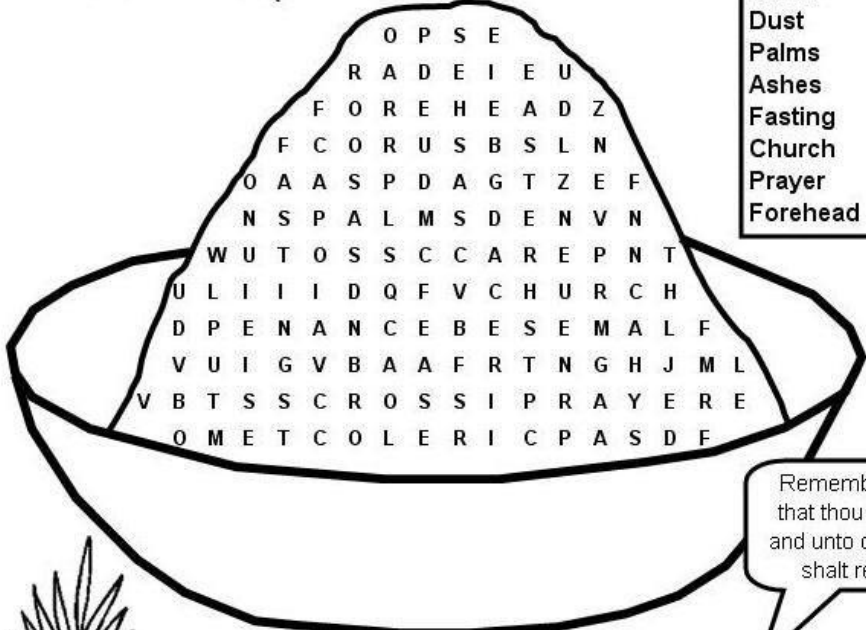
### Ash Wednesday







Find these hidden words and circle them in the puzzle below.

Cross  
 Lent  
 Rite  
 Penance  
 Easter  
 Dust  
 Palms  
 Ashes  
 Fasting  
 Church  
 Prayer  
 Forehead







Remember man that thou art dust and unto dust thou shalt return!

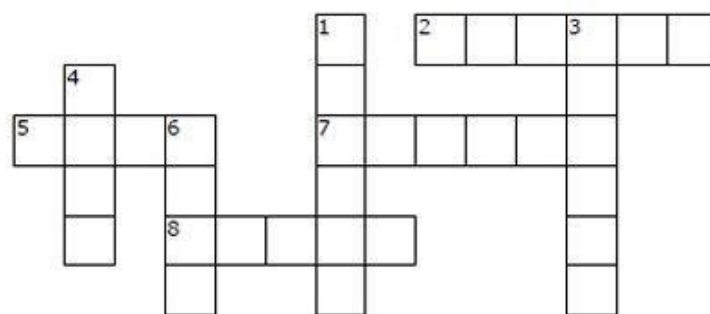
[www.biblekids.eu](http://www.biblekids.eu)

## Activity #8: Solve the puzzle.

### The Good News

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God is near. Repent and believe the good news!" Mark 1:14-15

Based on Mark 1:9-15, 19-28



#### ACROSS

2. The river where Jesus was baptized
5. The man who baptized Jesus
7. Messengers of God
8. A clear, odorless liquid; H<sub>2</sub>O

#### DOWN

1. The place where God is
3. A dry area with very little vegetation
4. The opposite of bad
6. Information about recent events

ANGELS	DESERT	GOOD	JOHN
NEWS	WATER	HEAVEN	JORDAN

Activity #9: Find the saints and feast days.

## February Saints and Feast Days Word Search

X	H	J	P	R	E	S	E	N	T	A	T	I	O	N	Q
W	R	N	N	Z	J	V	A	G	M	G	P	R	J	F	H
W	M	W	A	E	L	T	C	E	P	R	C	H	B	C	F
Y	Q	X	R	G	I	T	T	W	A	K	M	H	W	Y	P
T	K	O	L	H	A	H	X	C	U	Z	X	T	R	R	E
R	M	T	K	O	O	T	Y	W	L	K	X	G	N	I	T
E	K	A	R	D	U	L	H	B	M	N	M	P	Z	L	E
B	B	V	I	X	O	R	B	A	I	V	K	N	R	E	R
B	Q	U	Q	P	C	Y	D	R	K	T	Z	M	S	T	D
H	S	L	M	G	R	J	Y	E	I	R	G	I	D	M	A
Q	K	Y	G	X	L	J	R	N	S	K	A	M	G	F	M
D	A	N	S	G	A	R	K	T	Z	L	P	Y	Q	T	I
C	Z	C	L	M	J	W	R	Y	B	J	X	T	T	C	A
R	R	M	S	C	H	O	L	A	S	T	I	C	A	C	N

*\*Directions: Search only for the parts of the saints names or feast days that are in **bold print**.*

St. **Blaise**

St. **Ansgar**

St. **Agatha**

St. **Paul Miki** and  
Companions

St. **Jerome** Emiliani

St. Josephine **Bakhita**

St. **Scholastica**

Our Lady of **Lourdes**

St. **Cyril**

St. **Methodius**

St. **Peter** Damian

St. **Polycarp**

**Presentation** of the Lord

## Activity #10: What are you planning for Lent?

# Planning for Lent

Lent is a time where we are called to refocus and live more simply while striving to be closer to God, and to live more like Jesus taught us to live our lives. Lent includes a focus on prayer, fasting, and almsgiving/service.

Make a plan for one thing you will do during Lent this year for each focus area of the Lenten season.

## Prayer:

Ideas: read from the Bible each day, specific time for quiet and prayer every day, pray for someone new from church/school/work each day, attend church at least once during the week other than on a Sunday.

## Fasting:

Ideas: give up a certain food/drink/candy that you love, give up the computer or TV one day per week, stop eating meals from out, give up an activity that wastes your time, focus on having simple meals during Lent, fast one day per week.

## Almsgiving / Service:

Ideas: volunteer for a local organization, give up some of your normal spending and donate the money to those in need, help a friend or neighbor in need, visit an elderly friend or relative who doesn't get many visitors.