

**Caroline Haslett Primary School – RE**

**Topic: Unit 4 - Christianity;  
Lent; Giving things up**

**Year 4**

**Should believers give things up?**

**Knowledge**

Lent is traditionally a time for giving things up. Fasting is linked to penitence and is a way for Christians to be right with God before Easter.

The features of Lent that link to the temptations of Jesus in the desert – 40 days, no food, giving things up, remembering all the things they have done wrong, saying sorry.

In Islam, the month of Ramadan is a time when believers do not eat or drink during day light hours.

The Jewish Yom Kippur is a 25 hour fast from all food and drink.

Hindu believers will sometimes fast – many of them once a week, to please the deity for the day.

In all of these traditions, the aim of giving things up is to please God and enable the believer to focus more on God and be less selfish.

**Vocabulary**

- **Christianity** – religion focussed on the life and teachings of Jesus Christ
- **Easter** – the most important festival of the Christian Church
- **Fast** – going without food or water or both for religious reasons
- **Lent** – a season of reflection and preparation before the celebrations of Easter
- **Penitence** – sorrow for doing the wrong things
- **Sacrifice** – giving something up

**Activities**

- Discuss and debate the kind of things that Christians might think are wrong.
- Explore the story of Jesus and his temptations in the wilderness. Investigate all the features of Lent that link to the temptations in the desert.
- Look at how the temptations are represented in art; discuss particularly how Jesus responded to the suggestions the Devil made.
- Explore the concept of sin and how Jesus alone is perfect according to the Christian faith.
- Look at some stories of people who have given things up to follow God/Jesus and what the consequences have been.



**Skills**

- Describe the importance of Lent and say what difference it makes to Christians
- Make a link between the temptations of Christ and the life of a Christian today
- Suggest reasons why people observe Lent or other fasts
- Suggest ways in which Christians give things up
- Discuss the value of giving things up