

# CHILDREN'S PRAYER LEAFLET: LENT, A TIME OF BLESSINGS (FEBRUARY 2023)

Lent is a time of many blessings. Children too are called to live Lent well. For, through Lent and Easter, God renews his blessings and a blessing is like a shower of gifts, it is a special time when we receive God's attentions in a special way. God fills us with gifts. God, after having given us everything, gives us his crucified Son: the greatest of blessings, the most precious gift. Through the cross of Christ, we receive eternal life.

The Lord God promises us blessings, and this Lent prepares us for them. Let the children not neglect this Lenten period as it is an opportunity to have a strong life experience with Jesus. Let the children pray much more, let them try to put the Word of God into practice in the smallest things.

## THE LITTLE STORY: SAINT CANUT IV



Once upon a time there was a little boy who loved the Lord very much. When he grew up, he became King of Denmark; as he had been a good boy, so he became a good king. He was brought up as a Christian and behaved like a good Christian and was different from other kings. Understanding that it is the duty of a prince to defend his subjects, he liked to practise his arms and soon became a master of the military art.

In battle he was the first and never retreated; placed, still young, at the head of the Danish armies, each of his battles was a victory. But it was on the throne that his qualities and virtues shone through. Canute understood that obedience to the eternal King and that the only true King was God and that he had to obey God faithfully and that the practice of the Gospel would earn him in Heaven.

The frugality of his table, for he did not eat like a king, but simply the simplicity of his clothing, made a striking contrast with the luxury of his court, for his subjects dressed more than he did. Nevertheless, he knew how to make his dignity respected and to impose on all by his majesty and by the fear of his just authority. Here is an example: A Danish chief, in order to meet his insane expenses, was not ashamed to practice the criminal profession of pirate and brigand; one day the king of Denmark learned that his vessel had plundered a Norwegian ship and massacred the crew. He had the culprit seized, convinced him of the crime by his own confession and sentenced him to death without fear of the vengeance of his powerful family.

This just king was the most loyal of men, and his goodness of soul equalled his firmness. Austere and pious, like a monk, he fasted often, spent the nights in prayer, and had only one concern, that of spreading faith in his kingdom, understanding well that it is the true source of all progress and civilisation. Hell raised enemies to this holy king in the shadows; while he was praying in a church, he was surrounded by assassins, and rather than flee, he continued his prayer and allowed himself to be stabbed on his knees on the steps of the altar. God avenged his death by afflicting Denmark with many calamities, and miraculous healings took place at his tomb.

**DAILY READINGS AND EXERCISES OF THE WORD TO BE PUT INTO PRACTICE BY  
CHILDREN (FEBRUARY 2023)**

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|------------------------|---------------------------|--|
| 1. <b>Wednesday :</b>  | <b>Mk 6, 1-6 :</b>        | <b>Pray the Pope's intention:</b> Let us pray that, by living in true communion, parishes may become more and more communities of faith, of fraternity and of welcome towards the neediest |
| 2. <b>Thursday:</b>    | <b>Lk 2, 22-40 :</b>      | <b>Presentation of the Lord:</b> pray for the other children   |
| 3. <b>Friday :</b>     | <b>Mk 6, 14-29 :</b>      | Pray so as not to be wicked.   |
| 4. <b>Saturday :</b>   | <b>Mk 6, 30-34 :</b>      | Have pity on someone and help them   |
| 5. <b>Sunday :</b>     | <b>Mt 5, 13-16 :</b>      | Behave well today to please Jesus  |
| 6. <b>Monday:</b>      | <b>Mk 3, 53-56 :</b>      | Avoid causing pain to others   |
| 7. <b>Tuesday:</b>     | <b>Mk 7, 1-13 :</b>       | Do something loving for your father and mother   |
| 8. <b>Wednesday :</b>  | <b>Mk 7, 14-23 :</b>      | Do not make a lot of noise and speak calmly.   |
| 9. <b>Thursday:</b>    | <b>Gn 2, 18-25 :</b>      | Pray ten 'Hail Marys' or a rosary for your elders who are of age to marry  |
| 10. <b>Friday :</b>    | <b>Mk 7, 31-32 :</b>      | Present all your stubbornness to the Lord Jesus and may He help you to be wise   |
| 11. <b>Saturday :</b>  | <b>Mk 8, 1-10 :</b>       | Pray for all young people and give a small gift, even a drawing, to your brother or sister   |
| 12. <b>Sunday :</b>    | <b>Mt 5, 17-37 :</b>      | Be attentive at Mass and try to listen   |
| 13. <b>Monday:</b>     | <b>Gn 4, 1-15. 25 :</b>   | Carry out an act of peace towards your brother   |
| 14. <b>Tuesday:</b>    | <b>Mk 8, 14-21 :</b>      | Thank God for his love for your entire family.   |
| 15. <b>Wednesday :</b> | <b>Mk 8, 22-26 :</b>      | Do not boast and remind your parents to attend the Lenten retreat  |
| 16. <b>Thursday:</b>   | <b>Mk 8, 27-33 :</b>      | Offer what hurts you to your Friend the Lord Jesus and trust Him   |
| 17. <b>Friday :</b>    | <b>Mk 8, 34-9.1 :</b>     | Do not make any mess and act like a good child to please the Lord Jesus  |
| 18. <b>Saturday :</b>  | <b>Heb 11, 1-7 :</b>      | Pray for the gift of faith and for your parents to be spiritually refreshed at the retreat   |
| 19. <b>Sunday :</b>    | <b>Mt 5, 38-48 :</b>      | Pray for someone who has caused you pain   |
| 20. <b>Monday:</b>     | <b>Mk 9, 14-29 :</b>      | Have a good time praying and talking to Jesus  |
| 21. <b>Tuesday:</b>    | <b>Mk 9, 30-37 :</b>      | Do a job that you often refuse to do (clean your shoes, put your dish away, put your toys away) etc.   |
| 22. <b>Wednesday :</b> | <b>Mt 6, 1-6. 16-18 :</b> | <b>ASH WEDNESDAY.</b> Participate in the Ash Wednesday ceremony if possible or pray for those who will,  |
| 23. <b>Thursday:</b>   | <b>Lk 9, 22-25 :</b>      | Do not lie to please Jesus.  |
| 24. <b>Friday :</b>    | <b>Mt 9, 14-15 :</b>      | Smile a lot to give joy to others.   |
| 25. <b>Saturday :</b>  | <b>Lk 5, 27-32:</b>       | Tell the Lord what efforts you want to make for Him during this Lent   |
| 26. <b>Sunday :</b>    | <b>Mt 4, 1-11 :</b>       | Pray one 'Hail Mary' so as not to fall into sin  |
| 27. <b>Monday:</b>     | <b>Mt 25, 31-46 :</b>     | Do good to someone by offering them some of your food and show your parents the shoes and clothes you no longer need so that they can give them to the poorest.                            |
| 28. <b>Tuesday:</b>    | <b>Mt 6, 7-15 :</b>       | Pray the 'Our Father' prayer as many times as possible during the day.   |

*Prayer leaflet of the Incarnation Movement (Movement of the Catholic Church)*

