

FOUR LAST STAGES

Death – when the body dies
Judgement – when we are judged for how we lived our lives

Heaven – where we can live with God. (Purgatory is a place where people may go before Heaven to help purify their souls)

Hell – where people are sent who are excluded from Heaven

ASH WEDNESDAY

This is the day after Shrove Tuesday. It is a day of prayer and fasting (and not eating meat). It is the start of Lent. The ash cross is a sign that we are sorry.



DESERT TO GARDEN YEAR 5

DEADLY SIN

All sin is damaging but some are so deadly that they break our friendship with God. Sin Catholics make links with the Ten Commandments and Jesus' great commandment – to love God with to love your neighbour to live a good life. Sin separates people from love and from good. Sin is something bad you do even though you know you shouldn't do it. Sin is also if you do not do something good although you know that you should do it.



FASTING

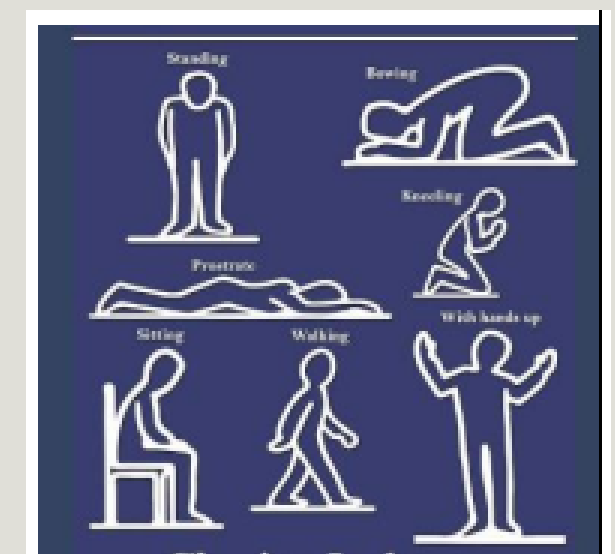
Fasting often means having just one simple meal during the day and there should be no meat in the meal. All Fridays, Ash Wednesday and Good Friday are days of fasting or abstinence. Many Christians also fast during Lent and remove a food group like sugar for the whole of Lent. It helps to teach us to resist temptation and focus more on prayer.

CONSCIENCE

This is an inner voice that guides the choices people make, God speaks to people through their conscience.

PRAYING

This is a way of talking to God, giving your heart to God, becoming quiet, thanking God, asking him and telling him everything including worries and fears and listening to Him



LENT

This is the season before Easter. It matches the 40 days that Jesus was in the desert being tempted by the devil. It is a time of sadness and a time to say sorry. Many Christians fast or give up luxuries. It is a time for prayer, fasting and alms giving (charity)