

CatholicMom.com Gospel Activity – Celebrating Our Catholic Faith
Religious Education Lesson Plan Helpers by Laura Grace

Name: _____

How Much Do You Know About Lent?

True or False

1. Lent starts on Ash Wednesday.
2. During Lent we fast which is to go without food on certain days.
3. Lent recalls the time that Jesus and the disciples were out in the desert.
4. A cross is marked on our foreheads with blessed ashes on Ash Wednesday.
5. We only do fast on Ash Wednesday.
6. All Catholics must fast during certain days in Lent.
7. We are supposed to do almsgiving during Lent, which is giving to the poor.
8. We are supposed to do abstinence during Lent, which is praying and meditation so we can become more like Jesus.
9. We do fast and abstinence on Good Friday.
10. Lent ends on Good Friday.
11. Lent is the time before Christmas.
12. The color of Lent is green.
13. There are 30 days in Lent, not counting Sundays.
14. The last Sunday in Lent begins Holy Week.
15. No Mass is celebrated on Good Friday.
16. We must do abstinence every Friday during Lent.
17. Lent is considered a time of penance and discipline.
18. Lent is a time to prepare for Jesus' ascension.
19. Eating between meals breaks the fast, but drinking liquids does not.
20. We fast and do abstinence every day during Lent.