



Current Affairs Assembly

KS3 Special Occasions – Lent and Easter

Assembly



Breaking the Fast

Aim:

- To consider the benefits of 'giving up something' for Lent

Introduction

Lent

We're part way through the season of Lent. It's a time when people do without something that they would usually enjoy - known as a fast.

Chocolate, smoking, TV and alcohol are popular choices! People's reasons may be varied. For some, Lent gives the motivation for a diet they know they should embark on. For others, denying themselves may prove they have a personality strong enough to do so.

For Christians, Lent is a time that has two purposes. On the one hand it's a time when, by denying themselves even just a little, they identify with the suffering of Jesus in his arrest, trial, torture and death. On the other hand, it's also an opportunity to give extra space to reading the Bible and praying. Luxuries are omitted from mealtimes because simple food is quicker to prepare than a full meal. Time without TV is time waiting to be used. Lent, when used in this way, is a positive period of time.



Looking Deeper

Breaking the fast

Lent ends on Easter Sunday, the commemoration of Jesus rising from death, and to Christians it's a day of great celebration. Central to the celebration for those who've denied themselves luxuries is a lavish meal. Traditionally, in a mainland European country such as France, this meal consists of roast lamb with all the trimmings, together with all sorts of delicious desserts. The adults also enjoy plenty of good red wine, and usually the children get a taste as well.

What makes the celebration meal all the more enjoyable is the denial that went before it. 40 days of simple eating make the roast lamb all the more succulent, the potatoes more creamy, the fruit more juicy and the chocolate more rich.

In the Roald Dahl novel Charlie and the chocolate factory everything in Willy Wonka's world is made of chocolate.

The problem is that it eventually either becomes boring or else it makes them sick. To feast all the time, to be on holiday all the time, to have whatever we want all the time sounds good for a while but it's likely to leave us unsatisfied.



It's not too late to enter the spirit of Lent. There's still a while to go before Easter Sunday. Why not set yourself a small challenge and take a fast from something you like? If you're big enough to see it through, that is. If you find



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the fast gives you time to spare then think of a way the time could be used, maybe for someone else's benefit. If you find you have money to spare then think about a good cause it could be given to. That should make you feel good about what you're doing. Then imagine the enjoyment when you break the fast and give yourself a treat on Easter Sunday.

Reflection

Can you put yourself to the test?
Do you have the willpower?
Imagine the payback, now and on Easter Sunday

Prayer

God who raised Jesus from death on that first Easter Day.
Help us to experience a little of what that meant to the first Christians.
May we feel the contrast between the suffering before and the celebration afterwards.
Amen.

Thought for the day

Absence makes the celebration sweeter.

Key words

Lent, Fasting, Easter Sunday, celebration