



# The Lent Song

Tune of "Frere Jacques"



**Prayer, Fasting, and Alms Giving,**

*Hands folded in prayer, hand on tummy, outstretched hands*

**We are meant, to repent.**

*Knock on heart 3 times*

**40 days of sacrifice,**

*One hand with 4 fingers up, one hand in shape of zero*

**Being super, extra nice,**

*Bend arms at elbows and swing back and forth*

**This is Lent. This is Lent.**

*Right hand out like holding a tray, then same with left.*