

Journeying together through Lent

...so the next generation might know...

Key Biblical events are marked by the church calendar. During **Lent** and **Easter** we remember Christ's life, teaching, death, and resurrection. **Faith Building Activities** built around at this time of year provide a wonderful way to strengthen our faith and encourage the next generation to know God for themselves. Here are some ideas!

Lenten Faith Building Activities

Faith Conversations

- Meet regularly with a friend or family member during Lent to **share what God has been teaching you.**

Devotions and Prayer

- Beginning on Ash Wednesday and continuing on each Sunday leading up to Easter, **read the Scripture passages provided.** Use Scriptures that have been highlighted with small children.
- Memorize the **Lord's Prayer** with your children. Pray it together regularly during Lent.
- Learning a new **Spiritual Discipline**
Start a **Journal** to record your spiritual development. Write or draw your prayer requests and answers, record what God is saying to you or praise God in poetry. Adults and kids can benefit from this discipline.

Service

- Talk with your family about eating **one simple meal each week** of Lent and giving the money you save to your local Food Bank.
- Together with your family, spend time **servicing others** during Lent. Work at a soup kitchen or homeless shelter. Visit elderly people who are in nursing homes or are shut-ins.

Rituals and Traditions

- Set up a **prayer table** at home. Gather here for times of prayer and Bible reading during Lent. Prayer table ideas: purple cloth, Bible, white candle, crown of thorns, empty cross, etc.
- Attend special **Easter Week services** at your church.

Eating together

- Celebrate **Pancake Tuesday** the day before Ash Wednesday with a pancake meal. Talk as a family about the fact that Pancake or Shrove Tuesday is meant to be a day that reminds us we are entering a season of confession and repentance.



LENT

Lent is the Christian season of preparation before **Easter**. In Western Christianity, **Ash Wednesday** marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count).

Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

The purpose is to set aside time for reflection on Jesus Christ – his suffering and his sacrifice, his life, death, burial and resurrection.

(What is Lent? by Mary Fairchild)

Ash Wednesday
March 5, 2014

Good Friday
April 18, 2014

Easter Sunday
April 20, 2014

Resources

Bible for Me: Easter by Amy Holmes published by Tommy Nelson. Cardboard story book suitable for very young children. Includes 12 simple stories to help young children understand the wondrous miracle of Easter.



Lifelong Faith website and Journal. Good ideas for intergenerational faith development. <http://www.lifelongfaith.com/intergenerational-faith-formation.html>

Passion Hymns for a Kid's Heart (vol. 4) with Joni Eareckson Tada, published by Crossway Books. Passion Week Bible Stories and classic hymns (CD included) for children.

Spiritual Disciplines for Families: A Resource for Christian Parents and Grandparents. Sept 4, 2013. mutter.jan@gmail.com. Help in teaching the disciplines of Bible Reading, Confession, Giving, Memorizing Scripture, Prayer, Service and Silence to children.

Readings for Lent

For small children: Read the Gospel readings only.

Use the *New International Readers Version* or an age-appropriate Bible Story book.

Lent Year A	First reading	Psalm	Second reading	Gospel
Ash Wednesday March 5, 2014	Joel 2:1-2, 12-17 or Isaiah 58:1-12	Psalm 51:1-17	2 Corinthians 5:20b-6:10	Matthew 6:1-21
First Sunday in Lent March 9, 2014	Genesis 2:15-17; 3:1-7	Psalm 32	Romans 5:12-19	Matthew 4:1-11
Second Sunday in Lent March 16, 2014	Genesis 12:1-4a	Psalm 121	Romans 4:1-5, 13-17	John 3:1-17
Third Sunday in Lent March 23, 2014	Exodus 17:1-7	Psalm 95	Romans 5:1-11	John 4:5-42
Fourth Sunday in Lent March 30, 2014	1 Samuel 16:1-13	Psalm 23	Ephesians 5:8-14	John 9:1-41
Fifth Sunday in Lent April 6, 2014	Ezekiel 37:1-14	Psalm 130	Romans 8:6-11	John 11:1-45
Sixth Sunday in Lent April 13, 2014	Isaiah 50:4-9a	Psalm 31:9-16	Philippians 2:5-11	Matthew 26:14-27:66 and Matthew 27:11-54
Resurrection of the Lord April 20, 2014 Easter Day	*Acts 10:34-43 or Jeremiah 31:1-6	Psalm 118:1-2, 14-24	Colossians 3:1-4 or Acts 10:34-43	John 20:1-18

What have you learned that helps you better understand God's plan of redemption through Christ?

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