

Dear Faith Shapers,

As you know, Lent is a time of prayer, penance and sacrifice. It is a time of concentrated effort toward the springtime of spiritual growth, or rebirth and renewal. It is also a wonderful time for the entire family to be more attentive to the words of Jesus and to each other. And since Lent is a 40-day journey with Jesus, it is never too late to develop a spiritual practice or make a change for you or your family. Included in this month's issue may you find several activities that you can do together to help share your faith with one another and those around you.

Kristin Johnson
Associate in Ministry

Walking through Lent with Kids

While you journey through this Lenten season, may some of the below activities help your children come understand it's meaning and importance in their faith walk.



1. Practice the 3 C's. Give 3 compliments a day to your spouse, your child or to someone else.
2. Remove something from your calendar and spend that time as a family.
3. Blessing- Make the sign of the cross on each other's forehead before bed at night or when leaving for school/work each day.
4. Mosaic-Cross- Cut out a large cardboard cross and squares of colored paper. Whenever a family member does a good deed or makes a sacrifice, he or she glues a square to the cross. Try to cover the cross by Easter.
5. Fast so others may feast. Read Matthew 25:31-46. As a family, discuss giving up some type of food for a week – give the savings to your local food pantry.
6. Print off a world map, choose a country, learn something about that country and then pray for it. Draw a smiley face on the map to show where you have prayed for.

This information is prepared for you by the
Northeastern Iowa Synod-Home Life Network
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A FUN Activity to Celebrate the Easter Joy with Kids:

"Egg" Your Neighbor's House!

Hide 10 Easter Eggs (9 filled eggs and one empty egg) in your neighbors yard. Put a note on their door that says "You have been egged! There are 10 eggs hiding in your yard. Enjoy the hunt but don't be discouraged when you find an empty egg. It is a simple reminder of Jesus' empty tomb— for He is Risen!"



In December's issue of Living Faith at Home the Faith5 was introduced. This is a family devotion where you:

1. Share your highs and lows
2. Read scripture
3. Talk about how that scripture applies to your day
4. Pray together and
5. Bless one another.

Since we know how easy it can be to skip picking a verse of scripture to share, cause it can be tough to find one, here is a wonderful resource for you.

It's called "Drops from the Well". With your cell, text the word "Drops" to [614-328-5636](tel:614-328-5636). You will then receive, every Sunday afternoon at 4:14 (For John 4:14) a text to your phone with a scripture verse from the Gospel text from the previous Sunday's lesson. You can then use that "drop" of scripture throughout the week for your Faith5.

Free. Simple. For you. Text 'Drops' to [614-328-5636](tel:614-328-5636).

