

Dear Faith Shapers,

Lent is always a time when I think about faith practices. How am I living out my faith? How does my family live out faith. Lent is a time to draw closer to Jesus and walk with him on his journey to the cross. This issue is full of hands on activities to make Lent a meaningful experience for you and your family.

Here's how my family celebrates Lent. We chose to give something up as a family. There are some great outside the box ideas to try in this newsletter. We also try to add something too. Sometimes it's a prayer, sometimes it is a family service project or collecting money for a cause that my kids are passionate about. Whatever you choose, do it together. Our kids are learning about faith and Jesus by what we live and do.

May you live out your baptismal promises and shape the faith of the next generation.

Lisa Kammerer, Deacon



The Sights, Sounds, and Smells of Lent

Sights

- Display a cross in a prominent place in your house
- Use a Lent calendar. If you don't have one, there are several on our synod page. www.neiasynod.org/youth-ministry/ideas-resources/liturgical-seasons/lent-easter/
 - Plant a seed and watch it grow during Lent.

Sounds

- Learn a simple prayer of confession, you can pray together. Here's an example. One person says, "Create in me a clean heart, o God," and the rest of the family responds with "And renew a right spirit within me."
 - Learn a new table grace to say or sing before meals.
 - Read a book with a Lenten theme out loud as a family
 - Make wind chimes as a joyful sound just like Jesus' triumphant entry into Jerusalem.
 - Collect coins in a jar and use the money to help others

Smells

- Use soap & wash each other's hands or feet just as Jesus washed the disciples' feet
- Smell perfume and read the Bible story of Jesus' feet being anointed with perfume.
- Bake bread to remind us of the Last Supper Jesus had with his disciples



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5 Ways to use Luther's Small Catechism with kids

Luther's Morning Prayer

Make a poster of Luther's morning prayer & place it by the door so you can pray it daily.



Luther's Evening Prayer

Say it at bedtime. Luther said, "It is a good thing to let prayer be the first business of the morning and the last of the evening."

Read the 10 commandments and Martin Luther's explanations

Rewrite the 10 commandments in your own words. Draw pictures of each commandment to help you remember them.

Printing Press Potatoes

Luther's writings were able to be reproduced and shared all over Europe due to the invention of the printing press. Cut shapes into potatoes or sponges to make your own "printed" pictures.

Memorize the Apostle's Creed

Martin Luther said, "Christian truth could not possibly be put into a shorter and clearer statement than the Apostle's Creed." Creeds remind us that there are some beliefs worth fighting for. Our creeds give our children accurate summaries of the essentials of our faith. It also teaches our children to value church tradition and history.



Substitute a costly VBS craft for one of these ideas.



Out of the box ideas of things to give up or add for Lent

- ♦ Wearing jewelry
- ♦ Text 3 people a day to ask if you can pray for them
- ♦ Go one day a week without any make up or hair products
- ♦ Tip 30% anytime you go out to eat
- ♦ Leave a post it note with a kind thought in every bathroom you visit
- ♦ Only check your phone 3x a day
- ♦ Pick 4 outfits to wear all of Lent
- ♦ Give away \$1 every time you complain
- ♦ When you buy a treat, buy a second one for someone else
- ♦ Turn off your phone when you are with your family



Lent Candle Holder



Advent Candle Holder

