



Family Lent Ideas

Dear Faith Shapers,

March continues our Lenten journey but also includes Holy Week and Easter! What a great month! In this month's newsletter insert is included activities to help you continue to celebrate Lent and as well as Holy week and Easter. When the generations come together to make Jesus the center of our celebrations, we can learn from one another; we let our children see us practicing our faith and we can create lasting traditions for years to come. Its so important that we talk with each other about the foundations for living a life of faith. It helps us to reclaim the ancient tradition of telling and retelling of the messages of hope that have been handed down from generation to generation.

May you find time to walk with Jesus alongside one another, rejoicing in the good news that He is Risen. He is Risen Indeed. Alleluia!

Kristin Johnson
Deacon

Lent Idea #1 Choose a charity to support and have everyone in the family save change for a week or longer!

Lent Idea #2 Print off a world map, choose a country and pray for it. Draw a smiley face on the map to show where you have prayed for.

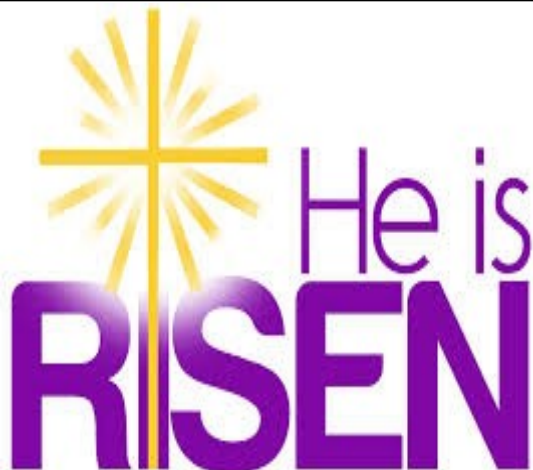
Lent Idea #3 Make a card and send it to one of your friends and relatives. Before you send it, thank God for that person.

Lent Idea #4 Count your blessings every day with the Blessing Jar.

**Take a jam or coffee jar and decorate it. Cut up some bits of paper and put them by the jar with some pens or pencils. Put the jar somewhere accessible to everybody at any time e.g kitchen table. When something good happens or someone has been kind to you, write it on a slip of paper and put it in the jar. Make a routine of opening the jar once a day or once a week when everyone is together, reading the slips and saying thank you to God for His blessings! Maybe you could even glue them all into a book to look back at in the future to see how God has blessed you!

Lent Idea #5 Use the Freedom Bubbles prayer.

**Talk about Jesus dying to set us free from the wrong things we had done and also to release us from the things that worry us. Then think about something you wished you hadn't done or something you were worried about and, in your heads or out loud, asked God to help you with it or to forgive you. Then blow some bubbles and watch them float as a symbol of the freedom that Jesus was giving you.



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Jelly Bean Prayer

Supplies:

- Assorted colors of Jelly Beans (M&M's or Skittles may also be used, adapt colors as needed)
- A zip lock plastic bag

Directions:

1. Put one jelly bean of each color in the plastic bag.
2. Gather your family for prayer. You could use this when it is time for Dessert.
3. Encourage members of your family to pray for the following things, and then they may eat them.
4. Close by praying the Lord's Prayer
5. Let them color and write their prayers in the jelly bean jar below.

Green-For all of God's creation

Red-For all those who protect and care for us.

Blue-For the lost and forgotten

Pink-For our neighbors and for missionaries

Orange-For all those that teach us

Yellow-For all families and the members of your family

Purple-For our the leaders of government, the church, and our communities

Black-For the things that are most important to your family.

White-For what you are thankful for.



Seven Days to Easter

Starting on Palm Sunday, follow Jesus' footsteps. Choose a time when the family can be together and read the Bible story and discuss the story. You can also do fun things with the key objects such as: hide the objects and find them, create, draw or color the objects, or place them at your dinner table for discussion.

Day 1– Palm Sunday Story: Jesus entering Jerusalem Scripture: John 12:12-19, Mark 11:1-11
Key objects: palm branch, donkey

Day 2– Monday Story: Jesus turning over money changer's tables Scripture: Mark 11:15-19, Matthew 21:12-17
Key object : coins

Day 3– Tuesday Story: The withered fig tree Scripture: Mark 11:12-14, 11:20-25, Matthew 21:18-22
Key objects: fig tree, figs

Day 4– Wednesday Story: Woman anointing Jesus; Judas agreeing to betray Scripture: Mark 14:1-11; Matthew 26:6-13, 26:14-16
Key Objects: perfume (pour some on cloth), 30 silver coins

Day 5- Thursday Story: The Last Supper, foot washing, Garden of Gethsemane Scripture: Mark 14:17-26, 32-42; John 12: 1-17
Key objects: bread, wine, bowl with water

Day 6– Friday Story: The crucifixion; the burial Scripture: Luke 23; Matthew 17:1-61
Key objects: cross, crown of thorns, dice, sponge, nails

Day 7– Saturday Story: The tomb; prophecy of Crucifixion Scripture: Matthew 17:62-66; Isaiah 53
Key objects: stone, lamb, tomb

