

The Season of LENT for the Family



LENT is 40 days of getting ready for Easter. The Number 40 reminds us of Noah's 40 days on the ark (Genesis 7:4), the Hebrews' 40 years in the wilderness (Numbers 32:13), and Jesus' 40 days of temptation in the desert (Matthew 4:2). During these times, God's people prepared to receive a new promise. So, too, Lent is a time of preparation.

Below are activities that you can do as a family as you prepare for Easter and the promise of eternal life. Each week's activities include bible readings, prayer, and a family activity. If you have younger children try using a children's Bible so they can understand God's Word is for them also. These weekly times are planned to bring your family closer together in the Lord and His plan for you.

THE FIRST WEEK OF LENT

Ash Wednesday

Get Ready * Read Mark 1:1-13. Have each person draw a large cross on a sheet of paper. Write or draw around it how you can prepare for Easter in your life (change a bad habit, ask for forgiveness from someone you hold a grudge against, tell others what Lent is all about, etc). Tape your paper to a door or wall for all of Lent.

PRAY: For the Lord's guidance in preparing for Easter.

Follow * Read Mark 1:14-20. Look up *disciple* and *discipline* in a dictionary. How are the two related?

Pray * Read Mark 1:29-39. Each person says a sentence prayer for a family member. End with: *We are your disciples, Lord. Amen.*

THE SECOND WEEK OF LENT

Welcome * Read Mark 2:13-17. Invite someone to eat with your family this week.

Family * Read Mark 3:31-34. Have the youngest person draw a picture of Jesus in the center of a large sheet of paper. Around this picture write the names or attach pictures of people who are important to you. Post your picture on the refrigerator door for the week.

PRAY: For the people each day that you listed on the paper.

Grow * Read Mark 4:1-20. Plant some seeds in good soil and wait for them to grow.

THE THIRD WEEK OF LENT

Have Faith * Read Mark 4:35-41. Talk about what frightens each of you. How can Jesus help?

Power * Read Mark 5:21-43. Watch, listen, or read the news together and talk about what you see, hear, or read. How does the world need Jesus' healing power?

PRAY: For the people in our community, state, and around the world who need Jesus' healing power.

Eat * Read Mark 6:31-42. Make bread together using a simple recipe or a pre-packaged quick bread mix.

THE FOURTH WEEK OF LENT

Be Open * Read Mark 7:31-37. Close your eyes in order to open your ears. Be silent for a few minutes and listen. Open your eyes and tell each other what you heard.

Witness * Read Mark 8:27-38. Invite someone to go to church, Bible study, or Sunday school with you.

PRAY: For courage to be witnesses for the Lord.

Kingdom Folk * Read Mark 10:13-31. Make a list of all the children in your classroom at school or Sunday school. For each one on the list give \$.25, or another amount, to a children's charity.

THE FIFTH WEEK OF LENT

The Greatest * Read Mark 10:35-45. Develop a list of area places that serve people, such as the Food Pantry, Salvation Army, Red Cross, etc. Decide as a family which place you can go and volunteer to serve others.

PRAY: That you can serve others through Jesus' love.

Hosanna * Read Mark 11:1-17. Who are your heroes? How are they like Jesus?

Love * Read Mark 12:28-34. Wear a yellow ribbon to remind you of the golden rule. Talk about ways you love your neighbor.

THE SIXTH WEEK OF LENT

Give * Read Mark 12:41-44. Clean out your closet and toy box and give away some of your possessions-more than just the leftovers.

Watch * Read Mark 14:32-43.

PRAY: To always be open to see and do His will.

Son of God * Read Mark 15:21-39.

With water from a small bowl, make the sign of the cross on each person's forehead saying: *As you were buried with Christ in Baptism, so shall you rise with Him. Amen.*