

# A Lenten Journey to Easter

## LENTEN ACTIVITIES FOR FAMILIES WITH YOUNG CHILDREN

### Lenten Sacred Space

Start Here! Let's go through Lent together

We begin by setting aside a sacred space in our homes for the Journey towards Easter. Your Lenten Sacred Space should be someplace prominent (your kitchen table, bookshelf etc.) but accessible to kids.

A nice placemat or piece of fabric makes a great "sacred space" for exploration as you journey to Easter. Let your child help in setting this space apart. Each week (*Sunday after church or a designated day*) add another object to the "Lenten Sacred Space." Place the cross in the center of your Lenten Sacred Space. You may want to add other objects that special to you or your child. Encourage your child to begin bedtime prayers at the Lenten Sacred Space.

### Lent Week One: Shell

#### SCRIPTURE:

"After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. And a voice from heaven said, "This is my dearly loved Son, who brings me great joy." -Matthew 3:16-17

#### READ:

Jesus began his earthly ministry with his baptism in the Jordan River. It was a special and sacred time for Jesus. Just like our own baptism is a special and sacred time for each one of us. Baptism reminds us that God loves us no matter what. Do you remember a baptism? What made it special for you?

#### REFLECT:

*Spend some time reflecting on the questions above.*

#### DO:

Place the shell in the Lenten Sacred Space

#### PRAY:

Dear God, you knew us before we knew ourselves; you set aside time for us each day and with every sunrise remind us of your love. Help us to share your love with others in everything we do, at school, at work, at play. Amen.

## Lent Week Two: Sand

### SCRIPTURE:

"And a voice from heaven said, "This is my dearly loved Son, who brings me great joy." Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. -Matthew 4:1-2

### READ:

After Jesus was baptized he was sent out into the wilderness to be tested. The wilderness is a very dry and lonely place. This sand reminds us that even in the loneliest places God will always go with us. When have you felt alone and someone helped you?

### REFLECT:

*Spend some time reflecting on the questions above.*

### Do:

Pour the sand into a special place in the Lenten Sacred Space.

### PRAY:

God, you are always with us even when we feel lonely and scared. Help us to reach out to those who are alone, that they may know your love and peace through us. We make our prayer in Jesus' name. Amen.

## Lent Week Three: Rocks

### SCRIPTURE:

"The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" - Matthew 4:3-4

### READ:

While in the wilderness Jesus was tempted to turn stones into bread. Though he resisted the temptation, he became famous for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance. Might there be a stony place in you that needs transforming?

### REFLECT:

*Spend some time reflecting on the questions above.*

### Do:

Add the stones to the Lenten Sacred Space

### PRAY:

Dear God, help us to be fed with the love of your Son Jesus; that we may feed those in need of love, of food and of friendship, no matter where we meet. Amen.

## Lent Week Four: Candle

### SCRIPTURE:

Jesus said "You are the light of the world--like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house." -Matthew 5:14-15

### READ:

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's gospel, 'Light of the world' and that Light, directing his attention to his disciples and through them to us, insists: 'You are the light of the world. Don't be hiding under some bushel basket.' So where do you shine?

### REFLECT:

*Spend some time reflecting on the questions above.*

### Do:

Add the candle to the Lenten Sacred Space

### PRAY:

You are our Light, O God, and through our light others see your light. Help me to let my little light shine, shine, shine, that others may see You in me. Amen.

## Lent Week Five: Fragrant Oil

### SCRIPTURE:

Mary, sister of Lazarus, took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. -John 12:3&7

### READ:

Jesus in preparing for his journey to Jerusalem and to his death on the cross is anointed by Mary his friend. Mary helps prepare not only Jesus but his followers for what is to come. How do you prepare for a big event? What would you want a good friend to do for you as you start a new and scary journey?

### REFLECT:

*Spend some time reflecting on the questions above.*

### Do:

Dip your finger into the fragrant oil and mark a cross on the back of your hand.

### PRAY:

As this oil was used to anoint Jesus, grant O God that it may be for us a sign of your presence with us in the scary journeys of life. Help us to walk with you and with others always in love. Amen.