



activities on the other side.

Open page up to see more

choices, with Jesus' help?

in your life where you could make better

and helps us make better choices. Is there a place

Jesus transforms Zacchaeus. Jesus transforms us

Read the story of Zacchaeus. (Luke 19)

Think about a time where you helped someone.

their heart? How does it feel to help others?

How can you help someone who has a "rock" in

heart has become a rock. How does that feel?

When you are angry or sad, it may feel like your

known for doing amazing things. He fed the hun-

change the rock into food. Later, Jesus became

was not called to do this by God. He didn't

devil to transform stone into bread. He knew he

While in the wilderness, Jesus was tempted by the

Rock

Candle

Winter can be cold and dark. Spring is a time where we think of sunshine and flowers blooming. Jesus is called the Light of the World. Jesus told his disciples to be a light in the world too and make a difference. So where do you shine? What do you think you are good at? What is your talent? How can you share that talents for the good of others? Can you encourage someone to see the good in themselves?

Read Matthew 5:14-16 and sing



Created by Sue Van Oss, with some ideas modified from Shawn Schreiner, Vicki Garvey and Gail Jackins

your home!

er, fasting and almsgiving into

in your lives as you bring pray-

and start to make small changes

pull out a card when you can

reasonable and realistic! Just

If you forget to do it every day, don't worry; be

visual reminder!

day. Hang the card on the refrigerator as a good

all strive to do that "one thing" throughout the

vidual or a household with multiple kids/adults;

box each morning, and whether you are an indi-

your household. Draw one simple act out of the

simple way to introduce the season of Lent to

In the box is a paper clip holding Lent Cards; a

Prayer, Fasting & Almsgiving

Take Out - Take Home

Lent Box

Use the items inside this box to think about God during this season of Lent. Here are two suggestions for how to use it as a household or individually:

- Choose one night of the week and invite those around your table to pick one of the items as a starting point for conversation for the whole household, including children.
- For individuals- choose one of the symbols for your own reflection each week as you make your way through the season of Lent.

Lent is a time to connect with God is special ways, through prayer, fasting, and almsgiving (being of service). May these prayer items encourage you to deepen your relationship with God; and remember you can connect with God anywhere, anytime! Take your box with you on vacation; when you travel for work or sporting events, wherever you go.



Where is there hope in your life? Where is there mystery? What transformation do you hope for during the season of Lent?

Watching a bulb or seeds spring forth into a flower is like waiting during Lent for the coming joy and hope of Easter! If you have a bulb in your box—just place the bulb in a shallow bowl and use the little stones to hold the bulbs in place. Add water, and they'll usually bloom just four weeks after "planting". The water should cover no more than the bottom quarter to third of the bulb. If your box has a small pot with seeds, follow the directions inside the package to plant it.

A Flower Bulb or Seeds

Sand

Between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days 'to be tested'. The desert is a dangerous place and Jesus was hungry, cold, and tired. He was also tempted and tormented, but he didn't give up. When things get tough, how do we remember God is there for us? What constitutes wilderness in your life? What have you learned there? What might you learn there?

Read the story of Jesus wandering in the desert, then open the sand and touch it., let it run through your fingers. (Matthew 4, Mark 1 or Luke 4.)

Almsgiving Coin

Another way to make Lent a special time is to practice almsgiving; which is the practice of giving money or food to those in need. Use this box to collect coins during the week, and add them to your purple grocery bag that you bring to church and place at the altar with any food items you donate to the CHUM food drive. Money is greatly appreciated as it goes a long



Read the story of Jesus washing the disciples' feet. (John 13) How can we live like Jesus?

What can you do to be more like Jesus at home? At school? At work? In your neighborhood? At church? Everywhere?

Because Jesus was *fully human*, he gets us, understands us from inside our skin, and knows from Godly things. No matter what we do, he keeps on inviting us to join us in his work which has become our own. Jesus knows that we can do good things on earth, just like he did. In Lent, we are counting down 40 days until Easter.

Human Figure

Skittles Prayer

Open the package of skittles and hand them out to everyone in the household, or if you are by yourself, take them in your hand. Then say a prayer triggered by the color of each candy as followed:

- Red – a sorry prayer—(something you are sorry for)
- Purple – prayer for someone who is sick
- Green – prayer for the world
- Orange – a thank you prayer
- Yellow – pray for anything you would like!

