

walking with Jesus



a prayer journey

through Lent

The Lord's Prayer

This year during Lent, Pastor Wilson is preaching about the Lord's Prayer to help us understand what the words mean. You can find this prayer in the Bible at Matthew 6:9-13. These are words Jesus taught his disciples to pray.

Lord's Prayer Learning Cards

In your Lent bag is a set of cards with the words of the Lord's prayer on them. If you already know the Lord's Prayer, it will be easy to put them in order. If you are just learning the Lord's Prayer, see if you can learn what order the cards go in by Easter! For non-readers, maybe the pictures will help you!

Resurrection Set

You'll find many things in your Lent bag. One special item is a "Resurrection Set" that you can color and cut out and use to tell the stories of Holy Week, including Jesus' resurrection on Easter Sunday! Note that some of the characters have different expressions on each side so you can use them to tell the story before and after the resurrection.

See the back cover of this booklet for our Palm Sunday plans — which include an outdoor Palm Parade and Easter Egg Hunt!

What is Lent?

Lent is the time we get ready to celebrate the mystery of Easter. Lent starts on Ash Wednesday and continues for 40 days, not counting Sundays, because every Sunday is a day to celebrate that Jesus is alive! In Lent we sometimes say we are on a journey, walking with Jesus and learning how to grow closer to God.

This year at Saint Andrew, we are learning new ways to pray and be close to God during Lent. This booklet and your Lent bag have different ways to pray for every week in Lent. We hope you enjoy trying them!

Ash Wednesday, February 17

On Ash Wednesday, we usually come to church and have communion together and a pastor puts ashes on our foreheads. This reminds us that we come from God and will one day return to God; and that God will always love and forgive us. In your Lent bag is an at-home way to do ashes, with a parent's help. You can also watch a short pre-recorded Ash Wednesday service, with a Children's Moment. And there are two times on Ash Wednesday that you can drop by church to receive ashes if you wish, noon to 1:00 or 5:30-6:30. Choose the best of all these options for your family!



Week 1: February 21-27

Sometimes we don't know what to say when we pray. It is always good to pray for other people. You can ask God to bless people, and pray for any needs they have. You can pray for yourself, too, and talk to God about anything that is on your mind.



Five Finger Prayer

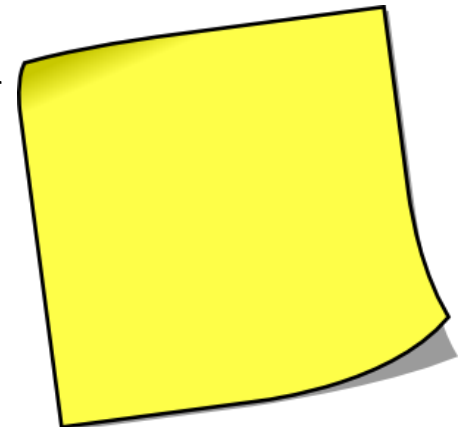
Find the 5-Finger bookmark and small poster in your Lent bag for an idea that uses each one of your fingers to help you think of people to pray for. Put the poster up somewhere where you will see it every day.

Use the 5-Finger prayer to help you remember all the people you want to pray for, including yourself!

Week 1: February 21-27

Post-It Note Prayer Wall

- Use the post-it notes in your Lent bag to write the name of someone you want to pray for or a situation you want to pray about.
- You could choose a time of day (like dinner time or bed time) to do this together as a family, or just write something whenever it comes to your mind.
- You can also write a "thank you" prayer, or an "I'm sorry" prayer.
- Choose a special area on a wall or a door in your house where you can put your post-it prayer notes.
- Check your Prayer Wall every day to remember who and what you wanted to pray for.
- See how many post-it prayers are on your wall by Easter!



Week 2: February 28-March 6

Using objects can help us focus, making it easier to pray because we are not distracted by other things.

Lego Prayers

- Each person gets one Lego. First, hold your Lego and tell God one reason God is awesome — like, God, you always love me!. Or God, you are my Creator.
- For each bump on your Lego, pray for a different person and ask God to bless them.
- Thank God for things you are thankful for, as many things as there are bumps on your Lego.
- Find someone who has a different color Lego than you. Thank God for making each person special and unique.
- Other ideas: assign different colored Legos to

different kinds of prayers, for instance, blue is for thank you prayers, green to pray for nature, orange for people who are sick, etc. OR build a house or church and pray for your town, church,



Week 2: February 28-March 6

Prayer Beads

- You have some chenille stems and pony beads in your Lent bag. You will string the beads onto a chenille stem.
- First, choose a bead in a color you like to be your “**gratitude**” bead. It will remind you to thank God for things you are grateful for.
- Next, choose a different color bead to be your “**I’m sorry**” bead. This bead will remind you to talk to God about the things you are sorry for, and will also remind you that God loves and forgives you.
- Choose another color to remind you to pray for **people you love**, and another color for **people who are sick or in need**.
- You may have other ideas of things you want to pray for. You can add as many beads as you want.
- Twist the ends of the chenille stem together. You can make it any shape you want. Keep it in a safe place to use when you pray.

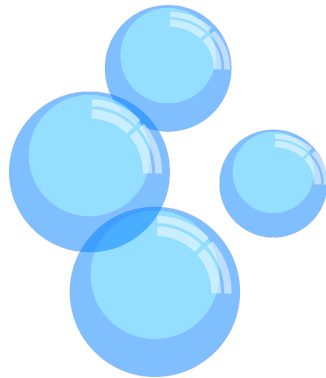


Week 3 - March 7-13

Focusing on our breath and breathing deeply are good ways to calm ourselves anytime and can also be good ways to pray, and get ready to pray. Here are two ways to pray with your breath:

Bubble Prayers

Use your imagination and pretend that the bubbles you will blow are God's blessings, which means all the good things in our lives that God gives us. (Things like our homes, friends, food, family, peace, love, courage. What other blessings can you think of?)

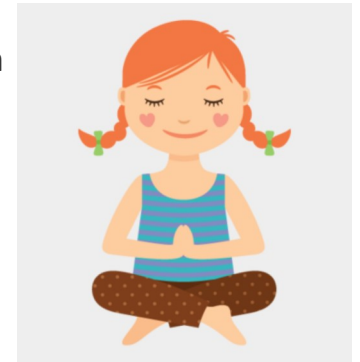


Take turns blowing bubbles and then being the person receiving the "bubble blessings." When you blow the bubbles, imagine the bubbles are God's blessings. When the bubbles are blown on you, say a "thank you" prayer for

Week 3 - March 7-13

Breath Prayer with Bible Verses

- Choose a word or short phrase to repeat in one breath. Some Bible verses work well and are provided on the handout in your Lent bag. Or, use your own words.
- Say one part of the verse or phrase when you inhale and one part when you exhale. For example, think in your mind or whisper to yourself the words of Romans 8:38-39. On the inhale, think or say "Nothing can separate me." Then, on the exhale, think or say "from God's love."
- Do this over and over as many times as you want, until you feel calm and peaceful. Imagine God's presence surrounding you during your breath prayers.



Week 4: March 14-20

Art can inspire or express our prayers. Art can inspire our prayers when we look at a beautiful painting. Or, we can create our own artwork to express our thoughts and feelings to God.

Coloring & Doodling your Prayers

Use the Week 4 coloring sheets in your Lent bag. There should be enough for everyone in your family. Or, create your own shapes on a blank piece of paper.

- Start by finding a quiet place and taking a few deep breaths to relax.
- In the center shape, write "God" or your favorite name for God.
- In other shapes, write the names of people you want to pray for and other things you want to talk to God about.
- Add shapes, doodles, and color as you pray.



Week 4: March 14-20

Praying with photos

Find the two photo handouts in your Lent bag. Choose one photo to use for your prayer. When you're ready, take some deep breaths to relax your body.

- To begin, keep your eyes on the first thing you see in the photo and focus there for about a minute.
- Next, let your eyes look at the whole photo. Take your time, looking at every part.

Think about these questions:

- How does the photo make you feel?
- Do you see anything that reminds you of God in the photo?
- Does the picture remind you of anything else?
- Imagine God is sitting next to you. Is there anything you want to say to God?
- You can do this with any photo or painting.



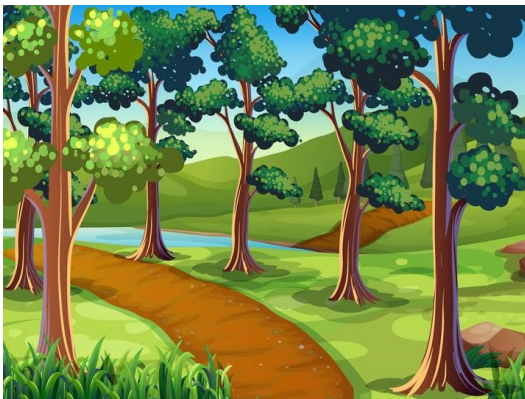
Week 5: March 21-27

Some people like to pray by moving their bodies. It helps them focus and reminds them we can love God and pray to God with our whole selves — body, mind and spirit!

Nature Walk

Use the handout in your Lent bag to go on a nature walk and pray based on what you see on your walk. For example, the handout says when you see a bird, pray for someone important to you.

As you begin your walk, say a prayer, asking God to show you both the unique things and the ordinary things in creation. If you walk by people's houses on



your nature walk, you can also pray that God will bless the people who live there — even if you don't know them!

Week 5: March 21-27

Body Prayer

Use movements (in parentheses) while you say the following prayer. Start by taking 3 deep breaths.

God, you are above me (*reach arms toward the sky*)

Below me (*touch your toes*)

Inside me (*put your hands on your heart*)

And all around me (*make big circles with your arms*)

I worship you (*reach arms toward the sky*)

And give my life to you (*touch your toes*)

And I love you (*hands to heart*)

With all that I am (*big arm circles*)

Amen.

If you like praying this way, try making up a body prayer with your own words and actions!



Week 6: March 28 - April 3

We know prayer is talking to God, but it can also be *listening* to God. When you listen, you are spending quiet time with God. Some of the stories of Holy Week are sad; quiet time with God can help. (See list of Holy Week Bible stories in your Lent bag.)

Finding Silent Space

Because our lives are noisy, we have to practice being silent; and when we do, it becomes easier to feel God's presence all around us. Here are some ways to help you practice being silent:



- Find a quiet spot in your house
- Turn on a battery-powered candle
- Sit quietly and take three deep breaths
- Set a timer for one minute. If you can be quiet for one minute, try three minutes or even more!

Week 6: March 28 - April 3

Music and Prayer

Sometimes music can help us pray when we don't know what words to use. Try these different ways to use music when you pray:

- Find a song without words that you like. Let it help you focus on listening to God as you pray. Here's one to try: <https://tinyurl.com/2a2xha9u> It has birds chirping in the background — how cool is that?!
- Find a song with words that you like. You might try the one at this link: <https://tinyurl.com/4d33galf> Imagine God saying these words to you as you listen. Here's another one; it's about listening for God's voice: <https://tinyurl.com/yuzhjar4>



Celebrate!!

Palm Sunday, March 28

Palm Parade

12:00 noon

Join our in-person Palm Parade on the church grounds. We'll gather at noon to pass out palm branches and have a socially-distanced parade! All ages are welcome. When we finish, we'll have our annual...



Easter Egg Hunt

The youth will fill and hide eggs for us. We'll have separate areas for different ages and count on parents

