

#pictureLent

family activities



Week 1 - Return (Feb. 18 - 21)

Lenten Journey Jar

Daily Texts: Genesis 3:19; Matthew 4:17;
Joel 2:12-14; Jeremiah 24:7

It's time to begin an exciting journey through Lent! This week, create something that can help your family focus on God every single day till Easter. Although there will be other weekly activities and ideas, this activity is designed to help you journey through the entire season.

Supplies Needed:

Large Mason Jar	Small cross
Palm branch or "palm" branch (see below)	
Small light bulb	Cotton ball
Small mirror	Coin
Communion cup or crouton	
Scissors	Markers
Tape	Bible
Copies of table topics and weekly prayer	

How to Make Your Journey Jar

Collect the supplies (to the left) and put them in your jar. Print each week's table topics on the corresponding color paper, which can be purchased in a multi-pack in most office supply stores (if you don't use colored paper, be sure to color code your table topics by putting the correct color dot on the outside of your folded paper so it can easily be found in the jar. Cut each table topic, fold it up and put it in the jar. For Holy Week table topics, be sure to number each day. Cut out the Wesleyan Covenant Prayer and tape it to the outside of your jar. Place your jar on your table and get ready to use it each day of Lent.

Make your own "Palm" Branches!

If you don't live in an area where you can easily get to a palm tree this time of year (or maybe anything green!), make your own "palm" leaves by tracing each family member's hand on a piece of green paper and cutting it out to put in your Journey Jar!



How to Use Your Journey Jar

In the Mornings: Begin each day of Lent by reciting the words of the Wesleyan Covenant Prayer which is taped to the outside of your jar. John Wesley, the founder of the Methodist movement, began each day in this way. Whether you recite your prayer together or take turns, let this prayer help you give the day to God and allow God's grace to move in your life.

In the Evenings: On Ash Wednesday and each Sunday during Lent, take out the object listed for the corresponding Sunday (to the left) and read the assigned scripture. Talk about the scripture together, and end your time in prayer. Take turns saying your Sunday prayers so that everyone in the family has a chance to pray. Be sure to put the item back in the jar until it is time for Holy Week. On all other nights, take out one of the colored papers for that week and do whatever is listed on the paper. Each activity will be short and is meant to create conversation and make Lent a special time for your family.

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Daily Texts: Genesis 3:19; Matthew 4:17;
Joel 2:12-14; Jeremiah 24:7

Week 1/Ash Wednesday: Return

Palm Branch. Read Matthew 4:17.

Week 2: Reveal

Light Bulb. Read 2 Timothy 3:16.

Week 3: Reflect

Mirror. Read Matthew 25:45.

Week 4: Reject

Coin. Read Micah 6:8

Week 5: Remember

Communion Cup/Crouton. Read 2 Corinthians 12:8-9

Week 6: Replace

Cross. Read John 3:16.

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SUNDAYS

Lenten Journey Jar (cont.)

Print this page and the next couple to use in creating your Journey Jar and remembering how to use it! You might want to tape both of the cutouts on this page to your jar to be sure you remember which items to use each Sunday and which color table topics to choose during each week.

You'll also use the prayer below each day as you journey through Lent as a family, so be sure it's taped to your jar and you won't lose it!

Cut this out to remember which color to use each week and which item to use each Sunday!

Cut this out
and tape it to your
Journey Jar

Wesleyan Covenant Prayer

I am no longer my own, but thine.
Put me to what thou wilt, rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed for thee or laid aside for thee,
exalted for thee or brought low for thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things to thy pleasure and disposal.
And now, O glorious and blessed God, Father, Son and Holy Spirit,
thou art mine, and I am thine.
So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
Amen.

Do the Hokey Pokey (and turn yourself around).

Draw a cross on your forehead with washable markers
(Yes, everyone in the family!)

What do you remember about the Ash Wednesday service?

Color
us
GREEN

Read a Bible Verse: John 1:11

Eat dinner by candlelight.

Tell A Knock Knock Joke. (Or use this one:
Knock, Knock. (Who's there?) Noah. (Noah who?)
Noah good place to get something to eat?)

How does God talk to us (Answer: The Bible)

Where do we read God's word? (Answer: The Bible)

Who hears God's word? (Answer: All of us)

Color
us
YELLOW

Read a Bible Verse: Mark 9:35

Say a prayer for people who are hungry.

Alk-Tay In-Lay Ig-Pay Atin-Lay.

What can we do tomorrow to love others?

Who is our neighbor? (Answer: The whole world)

Who do you know who reflects Jesus' love?

Color
us
PINK

Read a Bible Verse: Romans 15:1

Switch places at the table.

Touch your tongue to your nose.

Who can you stand up for?

Do you think there are hungry people in your city?

Give thanks for one thing you used today.

Color
us
PEACH

Read a Bible Verse: Ephesians 2:8-9

Eat with your opposite hand.

Eat a cracker and try to whistle.

What is your favorite food?

Give thanks to God for second (and third) chances.

Do you need to say, "I'm Sorry" to anyone?

Color
us
BLUE

Read a Bible Verse: Galatians 2:20

After dinner, help your family clean up.

For 5 minutes, replace the word "the" with "meatball."

What is one thing you could do to put others first?

Who can you think of (besides Jesus) who puts other people first?

Give thanks to Jesus for putting himself in your place.

Color
us
GREY

1. Palm Sunday (Return) Read John 12:12-19.

2. Monday: (Reveal) Read Matthew 21:12-17.

3. Tuesday: (Reflect) Read Luke 20:1-8.

4. Wednesday: (Reject) Read Luke 22:1-6.

5. Maundy Thursday: (Remember) Read Luke 22:7-20.

6. Good Friday: (Replace) Read John 19:1-24.

7. Holy Saturday: (Remain) Read Matthew 27:57-66.

Color
us
PURPLE

(and number me!)

Questions about how to make or use your journey far?

email info@lecfamily.org for more information

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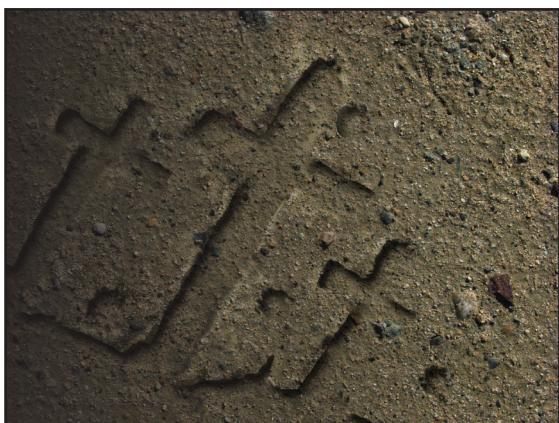
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Week 2 - Reveal (Feb. 22 - 28)

Hidden Cross Hunt

Daily Texts: 2 Timothy 3:16; Colossians 1:15-17;
Matthew 16:13-20; Psalm 119:18; Daniel 2:22;
Acts 9:17-19; Jeremiah 33:3



Our challenge this week is to be on the lookout for the ways Jesus reveals himself to us each day. In big ways and small, God's love is all around us. God's grace goes before us and leads us to be more loving and giving.

As you go about your week, keep an eye out for hidden crosses both in nature and in the buildings and structures around you. Windows, fences, doorways and trees are great places to start your hunt. Before you know it, you'll see them everywhere.

Take pictures of the crosses you find and post them to the LECFamily Facebook, Instagram page or elsewhere (don't forget to tag them with #pictureLent and #LECFamily).

At the end of the week, talk about this activity with your family. Did it make you more aware of the crosses all around you? How is this like our awareness of God? If we are mindful of God's movement in our lives, we are more likely to see the way God is caring for us and guiding us along our way. Before we know it, we begin to see God everywhere!

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Week 3 - Reflect (Mar. 1 - 7)

Service Station

Daily Texts: Matthew 25:45; 1 Peter 4:10;
Acts 20:35; Mark 9:35; Matthew 5:16;
Luke 10:30-37; John 13:12-14

**Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.”**



- John Wesley

Service to others is not just a nice idea. Serving those in need is actually part of our job as Christians! When we love God, we begin to see the world as God sees it. By doing this, we can't help but to help those who are hungry, sick or sad. We begin to love them just as God does. Our lives and well-being become connected to their well-being.

As you go about your week, make it a point to try and serve others. Pick an activity from the list and challenge your family to serve those in need in this special way.

Or, think of another important way to serve others. Talk about your experience and how it helped you to see the world with the eyes of God. How does loving others help us to love God?

Ideas for service:

- If you see an ambulance drive by, make it a point to pray for whoever is sick or hurt. Pray for the family, the paramedics and the doctors at the hospital. This activity will help you learn to turn to God in times of need and remember that Jesus is always present with us -- especially in times of need.
- Do you have a new neighbor or someone who needs cheering up in your neighborhood? Bake a batch of cookies or pick some up at the store. Attach a picture made by your child and bring it over to your neighbor. In our busyness, we sometimes forget to see the world around us. Small acts of kindness really make a difference in the world.
- Pack up some plastic storage bags with non-perishable snacks, a water bottle, socks, underwear and small toiletries. Print out a few of your favorite Bible verses and have your children draw a picture. When you see someone in need, give them a bag. This act of service reminds children to serve those in need in a responsible way.
- We are usually pretty good at sharing our leftover or used items with those in need. We donate our old clothes and toys we don't play with anymore. Those things are great to do! But, we sometimes forget The Golden Rule. We should treat those in need as we would like to be treated. Help your child to earn or save money to purchase a new toy, book or special item for someone in need. Ask your church leaders for some ideas. Odds are, they know of someone who could use a secret delivery of something special.
- John Wesley, the founder of the Methodist movement, believed strongly in the connection between loving God and loving our neighbors. Place his favorite quote (to the left on this page) about serving others and doing good in a special place in your home. May Wesley's words inspire you to find ways to do good in the name of Jesus Christ everyday.
- Did you know God made each one of us with unique gifts and talents? God did this not just to make us special. God also has a plan in mind of ways we all can do special things to serve others in this world. Think about the ways your family is truly gifted by God. How can you use your gifts to serve others in need. Talk with your pastor or church leaders about ways you can get involved in (or start up) your church's service ministries.

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Week 4 - Reject (Mar. 8 - 14)

Justice League

Daily Texts: Micah 6:8; Amos 5:24; Isaiah 1:17; Isaiah 58:6-7; Proverbs 31:8-9; Romans 15:1; Luke 16:19-31



This week is all about justice. Our Sunday Scripture, Micah 6:8, reminds us to “do justice,” “love mercy” and “walk humbly.” Doing justice is more than just charity and giving to those in need. Justice is all about seeking equality for all and actively doing our part to be sure all people are treated fairly and have what they need.

Similar to last week, find an opportunity for your family to support justice or stand up against injustice this week. Pick something from the list of ideas to do together or come up with another justice project that is meaningful to your family.

Justice Ideas:

- Surprise your kids with a meal of rice for dinner. Talk about what it is like to only have rice to eat. Some folks don't even have this much food to eat! Say a prayer for everyone around the world who is hungry.
- It is easy to make friends with people like us. Make it a point to make friends with someone who is different than you are. Talk about your experience. What did you learn? Did you find you had more in common than you thought?
- Do you know a bully? A bully is someone who hurts others with their words or actions. Talk about something you can do to stand up to a bully or stop them from hurting you or others.
- Fair trade products are items sold at a price that makes sure the person making the product is paid fairly for their work. While it is important not to spend too much money, we must also not buy something so cheaply that it makes the person making the item live in poverty. Take a trip to the grocery store and look for fair trade labels. Talk about choices you can make to be able to buy these products. Perhaps you can buy less of something else in order to buy fair trade items instead?
- Go to the library or bookstore and pick up a book about a human rights hero such as Susan B. Anthony, Helen Keller or Martin Luther King Jr. Talk about things we can do to make the world a better place for all people.
- Challenge your family to recycle more and create less trash. Talk together about the things we can do to care for the earth.

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Week 5 - Remember (Mar. 15 - 21)

Amazing Grace

Daily Texts: 2 Corinthians 12:8-9; Ephesians 2:8-9; Luke 15:31-32; Psalm 51:10-12; Isaiah 43:25; John 8:7; Luke 23:42-43



This week's topic is grace. Grace is so much more than the blessing we say before we eat. Grace is the gift of God's love given to each one of us before we were born which calls us towards God, forgives us of our sins and gives us all we need to grow in our love and understanding of God. As Christians, we talk a lot about grace and the way it shapes our world view. As believers in a God of abundant grace, we are called to see people the way God does -- with eyes of love, compassion and forgiveness.

As you go about this week of Lent, be mindful of the power of grace in your life, in the world and in the lives of your children. Pick a thing or two from the list to help you focus on grace this week.

How will you show God's Grace this week?

- God's love goes before us in all things. Even before we were born, God loved us with a love greater than we could ever imagine. No matter what we do, nothing can separate us from God's great love. We call this love prevenient grace. We don't need to earn prevenient grace or worry that it will ever be taken away by something we do or don't do. God loves us. Period. What would it look like to show that sort of love in your house? How can you remind one another of this sort of undeserved, unmerited, unconditional love?
- Grace is like God's Magic Eraser. Have you ever used one of these things? It can even clean up permanent marker. Chances are, you have a sin or poor choice which could use God's Magic Eraser. Talk with your family about the power of God's grace and the love God has for all of us. This sort of grace is also called justifying grace. Ask for a little help from God's Magic Eraser to help you walk away from your poor choices and make better choices instead.
- God's grace allows for do-overs. Who do you need to give a do-over to? Did someone hurt you in some way? How can you offer the same sort of grace which God offers to you?
- When we celebrate Holy Communion, we remember Jesus' love for us and His open invitation to eat with him and re-connect with Him and with one another. When we do things like go to worship, pray, read our Bibles and celebrate Holy Communion, we are doing the things that help us to grow in grace and see the world the way God sees it through the help of the Holy Spirit. We call this kind of grace sanctifying grace. Take advantage of the next opportunity offered to receive Holy Communion as a family. If your children have never celebrated Holy Communion, be sure to include them. Receiving Holy Communion is not about our goodness or understanding -- it is about God's gift of grace!
- Look up a Bible verse about God's grace such as 2 Corinthians 12:9. Talk together about the grace of God. Where have you felt God's grace in your life?
- Sometimes when we "say grace," we remember to give thanks and ask for God's help for those who are hungry. But, we forget to ask the Holy Spirit to help us grow in grace and to be mindful of the ways grace is shaping us to be more like Jesus. When you say grace, don't forget to ask for more grace every day!

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Week 6 - Replace (Mar. 22 - 28)

Cross Walk

Daily Texts: John 3:16; Galatians 2:20; Jonah 4:9;
John 4:21-23; Ephesians 5:2; Romans 6:23;
1 John 1:7-9



On this special week leading up to Holy Week, we focus on the cross and the way Jesus gave himself up for us. In this way, pick a few things from this list which we can do to replace our own wants and desires with the hopes Jesus has for our lives.

Make a Change:

- Challenge your family replace 30 minutes of TV or electronic games with 30 minutes of scripture reading or prayer. The best way to get to know Jesus is to hear God's words through scripture or to talk to God through prayer.
- We all say things or think things we know we shouldn't. We gossip, worry, complain and spend all sorts of time thinking about silly things. Whenever you think or say these things, try and replace these thoughts with words of love and grace. Tie a string around your finger or put up post it notes in your home to help you remember.
- If eating out or getting a special treat is part of your usual day or week, try and replace this practice with a simple meal. Before you eat, offer a prayer for those who go without regularly.
- Help your children to replace worry with trust. No matter our age, we all have worries. Though different than those of adults, children worry about all sorts of things. In our worrying, we sometimes forget to trust in God and remember God's constant presence with us and plan for our lives. Look up Philippians 4:6-7 and read it together. Share a time when your faith in Jesus helped you to replace your worries with trust.
- Replace your usual jewelry (or lack of jewelry) with a cross. Perhaps you have a special family cross to show your children. Or, head to the craft store to pick up a cross bead and string. As you prepare for Holy Week, wear a cross to help you remember the way Jesus replaced us on the cross.
- We all have something God is calling us to replace with faith and love. Usually, the Holy Spirit works in our hearts and we just seem to know what we should be doing differently. Talk with your family about the things or attitudes God is calling all of you to replace. How can you help one another replace these things with faith and love?

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Week 7 - Holy Week (Mar. 29 - Apr. 5)

Lenten Journey Jar

Daily Texts: Mark 11:1-11; Matthew 21:12-20;
Luke 20:1-8; Luke 22:1-6; Luke 22:7-20; John 19:1-24;
Matthew 27:57-66; John 20:1-9



This Lenten journey has brought us a long way. As you make your way through Holy Week, remember each week of the journey thus far. Each week's theme word will help guide your family through Holy Week. From Return to Resurrection, we will journey with Jesus this week.

There are no additional activities this week. Participate with your church's Holy Week activities, and continue to take time to pray and read scripture together this week, using your Journey Jar as a guide.

Using your Lenten Journey Jar, take out the object for each day and read the assigned scripture for the day. Just like the empty tomb, your jar should be empty by Easter Sunday. Use your jar as a vase for flowers to celebrate the new life we all receive in the resurrection of our Lord.



Thank you from the whole #pictureLent team! We have been praying for your family throughout Lent. We hope it has been a meaningful season for your entire family and pray you are entering the Easter season ready to live a life of resurrection, as Easter people, knowing Christ is alive in the world and in each of us. Blessings to you!