



Called to Wonder

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Lent is the 40 day period that prepares us for Easter. Ash Wednesday marks the beginning of Lent and it ends on Maundy Thursday (the day before Good Friday). In some Christian traditions, people give up something for Lent. However, in the Reformed/Presbyterian tradition we add deeds of kindness.

Try some of the following Lenten activities with your family and see what it adds to your life!

Exploring Lent...

Buy a tree.

Donate a tree to a park or deforested area. Planting a live tree reminds us that Christ's death and resurrection points to eternal life.

Bud forsythia branches.

Buds remind us how our faith grows through nourishment and warmth during Lent. Bring barren branches indoors, set in water and wait patiently for buds to appear.

Fast.

If you are a teen, try a day of fasting. Fasting helps us remember how Jesus suffered and how people suffer today. Read Matthew 6:16-18. (Oil was used for celebrating.) Remember to drink lots of fluids. Talk with someone about this experience and what it meant to you.

Make a prayer corner.

During the season of Lent, make a prayer corner in your home or bedroom. Spend some quiet time there each day. Put on the table a purple cloth or napkin (purple is the colour of Lent), a candle, a Bible, and any object that reminds you of Jesus.

Read a collection of stories about Holy Week.

Luke 22:7-13
John 13:2-17
Matthew 26:20-25
1 Corinthians 11:23-26
Matthew 26: 36-46
John 18:2-14
Luke 23:1-25
Matthew 27:27-31
John 19: 16b-30

Some ideas taken from "Lenten Activities for Children & Youth" as posted on www.presbyterian.ca.

Offering "CAN"dles.

Use glass paints to decorate glass jars which can then be used to collect money during Lent for your church's particular Lent appeal.

If you're looking for a project to support, visit: www.presbyterian.ca/pwsd/ for the current PWS&D supported projects. For example: Hope for Afghanistan—a PWS&D-supported project bringing water to those suffering from drought and poverty in Bamiyan, Afghanistan. When the money is donated, tea lights can be lit in the jars to symbolise sharing the love of God. (Be careful and ask an adult to help you!)