

# Lent ideas for families & children



Lent begins with Ash Wednesday, a day of penitence to say sorry for wrong things and to try and put them right. Write the word 'sorry' on pieces of paper in washable felt-tip pen and put them in a bowl of water. As you watch the words dissolve, ask God to forgive you for anything you've done wrong.\*

Lent is a time for clearing out our lives and cleansing in preparation for Easter. Children could give their bedrooms a good sort out and give any good quality but no longer used items to charity or recycle them by advertising on a website such as [www.freecycle.org](http://www.freecycle.org).\*



Lent is a time for reflection and prayer and spending time with God. Try making a Lent prayer tree. Put some fallen twigs in a vase or pot. Cut out some paper leaf shapes and write or draw on them people or situations your family would like to pray for during Lent. Hang them on the twigs with cotton or string. Or you could simply tie pieces of coloured ribbon or wool onto the tree for each prayer. This could be turned into an Easter tree at the end of Lent - hang Easter egg shapes or crosses with prayers of thanks for all the good things in your family's life.\*

Lent is a time to cut back, slow down and rest - a whole season of 'Sabbath' time, to allow us to spend more time with God. Try to find more 'Sabbath' time together as a family. Have a 'no screens' day or evening and do something together - play a board game, go to the park or go for a nature walk and wonder at God's creation.\*



Download a children's count your blessings chart from Christian Aid to use during Lent at <http://www.christianaid.org.uk/getinvolved/lent-2011/download-resources.aspx> or a Lent prayer action calendar from Roots at <http://www.rootsontheweb.com/Lectionary/52March-April/Lentcalendar>

\* Ideas from *Love Life, Live Lent Family Book*, Church House Publishing, 2008



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## Lent Pots

You'll need a pot. Either have fun with your children making a pot from modelling clay or papier mache or use an old plant pot you already have at home. You might want to paint or decorate your pot using beads, stickers, crayons or any collage bits you have lying around the house.

### ***On Ash Wednesday:***

Place the prayer pot in a special place where it can't be missed, perhaps the centre of the family table. It reminds everyone that Lent is here, but remains empty for the next few days.

### ***On the First Sunday of Lent:***

A small heart cut from paper (use coloured paper or white paper and get children to colour it using felts or crayons) is placed in the pot during the main meal, to remind everyone of God's love and that they should show their love for, and be kind to, others.

### ***On the Second Sunday of Lent:***

A small seed is placed in the pot to remind everyone that God's love for them constantly grows and that they should show love and compassion for other people. At the end of Lent you could plant this seed in the garden or in some soil in a plant pot and grow it.

### ***On the Third Sunday of Lent:***

Place a rubber band in the pot as a reminder that God always stretches His patience and everyone should do the same for others, even when it isn't easy.

### ***On the Fourth Sunday of Lent:***

A marble is placed in the pot to remind everyone to take turns and share with others in all that they do. If you can't find a marble use a 'counter' from a board game.

### ***On the Fifth Sunday of Lent:***

Add a 'plaster' to the pot to remind everyone to help other people when they are sad or hurt.

### ***On Palm Sunday:***

Place a tiny piece of the palm you get at church, to remind everyone that Jesus is their King and they should remember to say their prayers to Him.

### ***On Easter Sunday:***

The last item is a tiny piece of eggshell (real or chocolate eggshell will do) to remind everyone that Jesus will always be with them and is always ready to hear their prayers.

<http://www.suite101.com/content/lenten-activity-for-kids-a43409>

