

Praying Together Resources (PTR018)

“Lent Family Prayer Bags”

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Lent Family Prayer Bags

A weekly journey through Lent for families.

Introduction:

The Lent family prayer bag is a bag containing ideas for a 5-10 mins weekly family devotional for the 6 weeks of Lent. Each week there is a different theme to explore.

Its purpose is simply to enable families to grow in their relationship with Jesus during Lent. It has been designed for families where at least one child is between the ages of 3-13yrs.

What do I need to put inside the Lent Family Prayer Bag?

Print:

- 1) Print the 8 page Lent devotional leaflet (in booklet format), which you can find after this section. It contains the Bible verses, Activities and Prayers for each week of Lent.



- 2) Print onto white card the 6 "Attitudes" cards, which you can find after the Lent devotional leaflet. Print double sided then cut up into 6 cards.



Find:

- 1) Find a small quantity of soil and wrap it up in a piece of tinfoil paper



- 2) Find a dressmaker's pin or a safety pin



- 3) Find a couple of sticks. Make a cross from them, holding the sticks together with a rubber band or string.



- 4) Find a small quantity of sand or soil for the devotional on Good Friday



Purchase:

- 1) Buy a white paper bag¹



- 2) Buy a pair of children's party spectacles with a coloured lens²



- 3) Buy a couple of small bags of sweets eg Treat size Haribos³



- 4) Buy a small plastic shot glass⁴



¹ You can purchase white paper bags from ebay (www.ebay.co.uk) by putting "white kraft paper bags" into the search bar. You want the small bags (7"x9"x3.5")

² You can purchase children's "star" spectacles from ebay (www.ebay.co.uk) by putting "children's novelty glasses" into the search bar

³ Purchase 2 bags of sweets that are exactly the same.

⁴ You can purchase plastic shot glasses from ebay (www.ebay.co.uk) by putting "clear plastic shot glasses 2cl" into the search bar

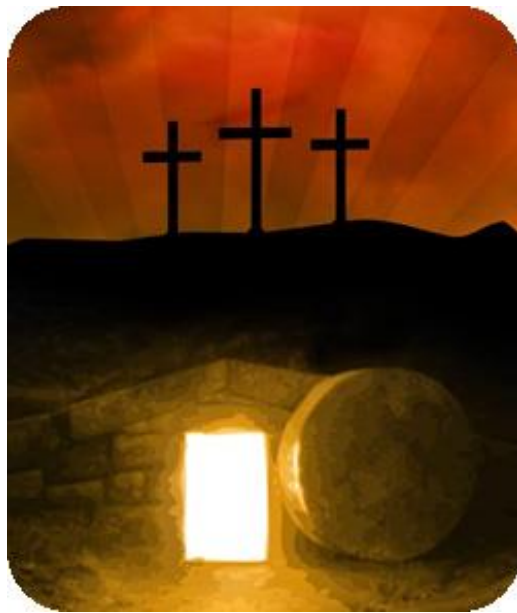
5) Buy a small plastic egg⁵



Once you have printed, found and bought the various items, put them all together in the paper bag and you are ready to go!

⁵ You can purchase small plastic eggs from ebay (www.ebay.co.uk) by putting “plastic filler Easter eggs” into the search bar





Lent Family Prayer Bags

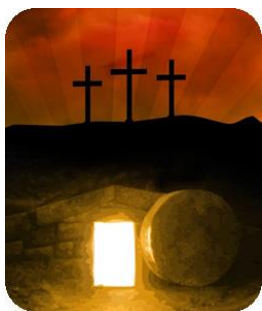


In your Lent Prayer Bag, there is a **Reading**, an **Activity** and a **Prayer** for each of the 6 weeks of Lent.

As a family you may choose to gather together once a week to take part in the activity, or you could repeat the same activity a number of times through the week.

When you gather try using the following format:

-  **Pause** and “be still” for a moment to focus on God
-  **Read the Bible verse**
-  **Do the Activity together**
-  **Pray the Prayer**



Week 1: Attitudes

(Sun Mar 1 – Sat Mar 7)

⏸ Pause

“Be still” for a moment to focus on God

📖 Reading

Lent is a time when we prepare our hearts to remember and celebrate the death and resurrection of Jesus.

It is a good time to have a spiritual “spring clean.”

“You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and patience” (Colossians 3:12 Good News Version)

📈 Activity

Some people give up chocolate or other luxuries during Lent. The Bible encourages us to “clothe ourselves” or “take up” good attitudes and to “give up” bad attitudes.

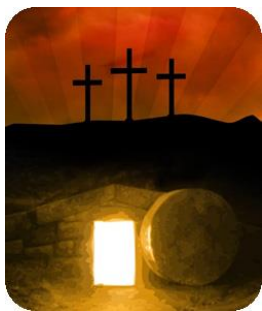
Look at the 6 “attitude” cards. On one side of the card is an attitude to give up and on the other side of the card is an attitude to take up instead.

Q1. Which “attitude” card will you choose to work on this Lent?

🙏 Prayer

Thank you Jesus that we are dearly loved by You.

Thank you that You have chosen us to be members of Your family. Help us this Lent to take up good attitudes, and give up bad attitudes, so that we become more like You. Amen.



Week 2: Sin

(Sun Mar 8 – Sat Mar 14)



Pause

“Be still” for a moment to focus on God



Reading

Jesus came to earth to deal with the sin that separates us from having a relationship with Father God.

Sin is when I break God’s commandments to love Him and to love others. The Bible tells us that:

“If we say that we have no sin, we are fooling ourselves, and the truth is not in us. But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done. If we say that we have not sinned, we are saying that God is a liar and that we don’t accept his true teaching.” (1 John 1:8-10 Easy to read Version)



Activity

Unwrap the soil that is in the silver foil and mix it with a few drops of water. Now rub it all over everybody’s hands. Talk together about the need to wash your hands now that they are dirty. The wrong things we do make our “hearts” dirty.

Q1. What sins can you think of that make your heart dirty?



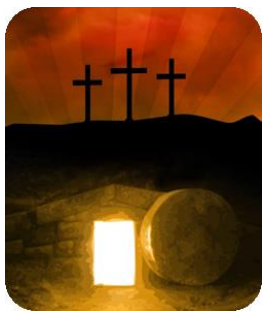
Prayer

Thank you Father that Your word says that if we confess our sins to You, we are forgiven. We ask You to forgive us for:

.....(name some sins)

Please clean our hearts and give us a fresh start. Amen.

Now go and wash your hands!



Week 3: Forgiving others

(Sun Mar 15 – Sat Mar 21)

|| Pause

“Be still” for a moment to focus on God

📖 Reading

Jesus taught us that it is really important that we learn to forgive other people, if we are going to be forgiven.

He said:

“If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don’t forgive others, your Father will not forgive your sins.” (Matthew 6:14-15 CEV)

📌 Activity

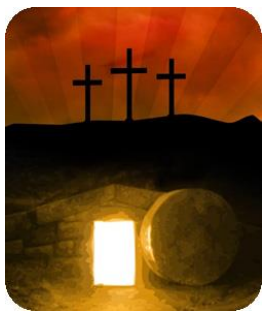
Pick up the pin, and gently prick the back of each person’s hand until they say, “Ow!” Talk together about the things that other people do that hurt you; they may be physical things like kicking or punching.... or they may be unkind words and attitudes. Some things may not hurt very much, like a gentle pin prick, but other things hurt a lot.

Q1. Is there someone that you need to forgive, who has hurt you?

When we choose to forgive, we hand the person over to Jesus for Him to deal with, rather than getting our own back.

🙏 Prayer

Thank you Jesus for forgiving me all the wrong things I have done. I choose to forgive.....(name the person)
for hurting me by.....(name what they have done)
I hand this person over to you now. Please heal me. Amen.



Week 4: Thankfulness

(Sun Mar 22 – Sat Mar 28)

⏸ Pause

“Be still” for a moment to focus on God

📖 Reading

God is good and He is the One who gives us all of the good things that we enjoy in our lives. The Bible encourages us to thank God for all that He has given us and all that He has done for us.

Psalm 136, verse 1 says: *“Give thanks to the Lord, for he is good. His love endures forever.”* (Psalm 136:1 NIV)

📈 Activity

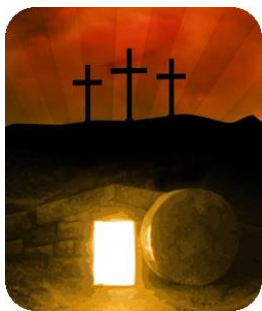
Pick up the pair of spectacles and explain that everything will look a different colour because the lenses are coloured. Talk about the fact that sometimes we look at our lives and only see the bad things, and moan about them. But God wants us to put on our “thankfulness spectacles” and notice all the good things He has given us and done for us. Take it in turns to put on the “thankfulness spectacles” and answer the question:

Q1. What good things do you want to thank God for?

Keep passing the spectacles around until you can't think of any other good things to thank God for.

🙏 Prayer

Father God, thank you for all the good things that you give to us day after day. Please help us to keep on wearing our thankfulness spectacles so that we notice your good gifts and say, “thank you.” Amen.



Week 5: Blessing others

(Sun Mar 29 – Sat April 4)

⏸ Pause

“Be still” for a moment to focus on God

📖 Reading

Having received so many good things from God, Jesus wants us to bless other people by giving to them.

Jesus said to His disciples:

“Freely you have received, freely give.” (Matthew 10:8 NIV)

📈 Activity

Take one of the bags of Haribo sweets and share them out with each member of the family. As you enjoy eating them, listen to Jesus’ words again: *“Freely you have received, freely give.”*

Now talk together about the different ways that you can “bless” other people:

- Giving people time eg visiting them, listening to them.....
- Giving people kind words eg words of encouragement.....
- Giving people gifts eg money, other gifts.....
- Giving people God eg praying for them, sharing His love...

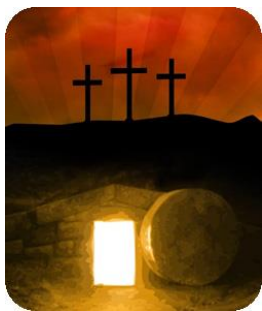
Q1. Who does God want you to bless this week?

Q2. How are you going to bless them?

Decide who you are going to give the other bag of sweets to and what you are going to say to them.

🙏 Prayer

Thank you Father that we have received so much from You. Please help us to keep blessing other people by giving to them in different ways. Amen.



Week 6: Loving Jesus

(Sun April 5 – Sat April 11)

⏸ Pause

“Be still” for a moment to focus on God

📖 Reading

This week is called Holy Week because it is the week when Jesus ended up being arrested and crucified on a cross, although He was innocent of any wrongdoing.

The Bible tells us:

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” (John 3:16 NIV)

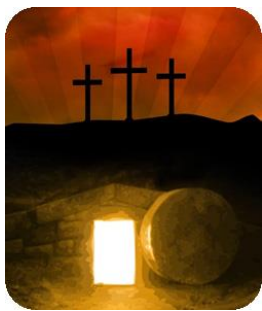
📈 Activity

Fill the little glass with soil or wet sand and push the cross into it, so that it stands upright. Talk together about how people get punished when they do wrong things. Jesus was nailed to a cross, not because he had done anything wrong, but to take the punishment for all the wrong things that we have all done, so that we can be forgiven and can come into God’s holy family. Look at the cross and spend a moment in silence as you think about how much Jesus must love you to be willing to give up His life for you.

Q1. What do you want to say to Jesus?

🙏 Prayer

Thank you Jesus for loving us so much that you were willing to hang on a cross for us. We love you Lord Jesus and ask that You would help us to love you more. Amen.



Easter Day

(Sun April 12)

⏸ **Pause**

“Be still” for a moment to focus on God

📖 **Reading**

After Jesus had died on Good Friday, His body was put into a tomb, which was sealed up. On the first Easter Sunday, some women came to look at the tomb. Can you imagine their surprise when they found that it was empty and there were some angels who spoke to them? This is what the angels said:

“Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay.” (Matthew 28:5-6 NIV)

📈 **Activity**

Imagine that the plastic egg is Jesus’ tomb. Now open it and find that there is nothing inside it. Talk about the fact that when Jesus’ friends went to the tomb, His body had gone. All that was left were the grave clothes. That is because Jesus had risen from the dead! Many of Jesus’ friends saw Jesus alive again.

Jesus rising from the dead means that Jesus is who He said He was, the Son of God. Everything that Jesus said is true. We can trust Him to forgive us our sins and give us eternal life. Jesus is alive today and we can know Him.

Q1. What do you want to say to the Risen Lord Jesus today?

🙏 **Prayer**

Praise you Jesus that you are risen from the dead. Thank you that we can put our trust in You. Amen.

Give up

Being rough

Give up

Being selfish

Give up

Being angry

Give up

Unkind words

Give up

Hate

Give up

Being proud

Take up

Thinking of others

Take up

Being gentle

Take up

Kind words

Take up

Being patient

Take up

Being humble

Take up

Love