

Praying Together Resources (PTR021)

“Lent Family Prayer Bag”

© Jane Hulme 2022

Lent Family Prayer Bag

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 plus Good Friday and Easter Sunday. The devotional focuses on an item/s that a parent places inside a large plastic egg beforehand. The item/s inside the egg is changed each week when a different theme is explored.

The purpose of the devotional 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 12-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 A4 picture below in colour, which you can find at the back of this document. Once printed, fold it into four so that it fits inside the white bag.



3) Print onto white paper the 10 commandments and cut to fit the size of the wood. (See later)

Ten Commandments

- 1 Only worship the living God
- 2 No idols
- 3 No misuse of God's name
- 4 Keep the Sabbath holy
- 5 Respect your parents
- 6 No murder
- 7 Be faithful in marriage
- 8 No stealing
- 9 No telling lies about others
- 10 No wanting other people's stuff

(Exodus 20:3-17)

4) Print onto white paper a small red heart to fix to the top of the cross. (See later)



Find:

- 1) A blindfold. This could be a scarf or a blindfold¹ that you have purchased.



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



¹ You can purchase blindfolds from ebay (www.ebay.co.uk) by putting "blindfold" into the search bar.

Purchase:

- 1) Buy a white paper bag²



- 2) Buy a large plastic egg.³ You want one that is around 17.5cm high.



- 3) Buy an orange.



- 4)



Buy a piece of wood to stick the 10 commandments piece of paper onto.

You need a piece that is approximately 12cm x 7cm x 2cm.

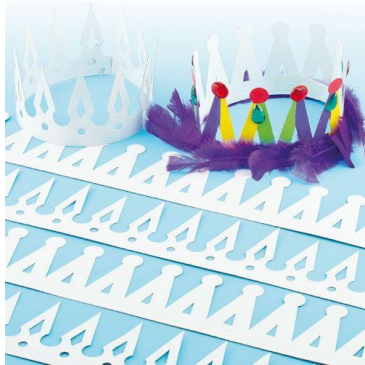
² You can purchase white paper bags from ebay (www.ebay.co.uk) by putting “white kraft paper bags” into the search bar. You want the small bags (7”x9”x3.5”)

³ You can purchase large plastic eggs from ebay (www.ebay.co.uk) by putting “Large plastic Easter/party/gift surprise egg Jell plastics” into the search bar

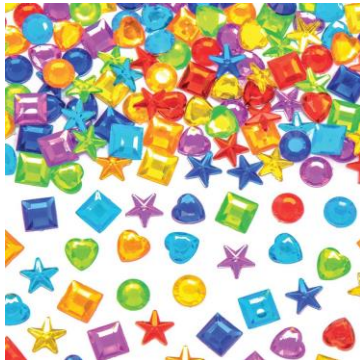
5) Buy a tea light⁴



6) Buy a cardboard crown blank.⁵



7) Buy some self-adhesive jewels.⁶



8) Buy some mini chocolate eggs.⁷



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

⁴ You can purchase tea lights from ebay (www.ebay.co.uk) by putting “tea light” into the search bar

⁵ You can purchase cardboard crown blanks from Baker Ross at <https://www.bakerross.co.uk/> by putting “crown” into the search bar.

⁶ You can purchase self-adhesive jewels from Baker Ross at <https://www.bakerross.co.uk/> by putting “jewels” into the search bar.

⁷ You can purchase mini chocolate eggs from most supermarkets.

Lent Family Prayer Bag



ALL AGE WORSHIP
RESOURCES.ORG



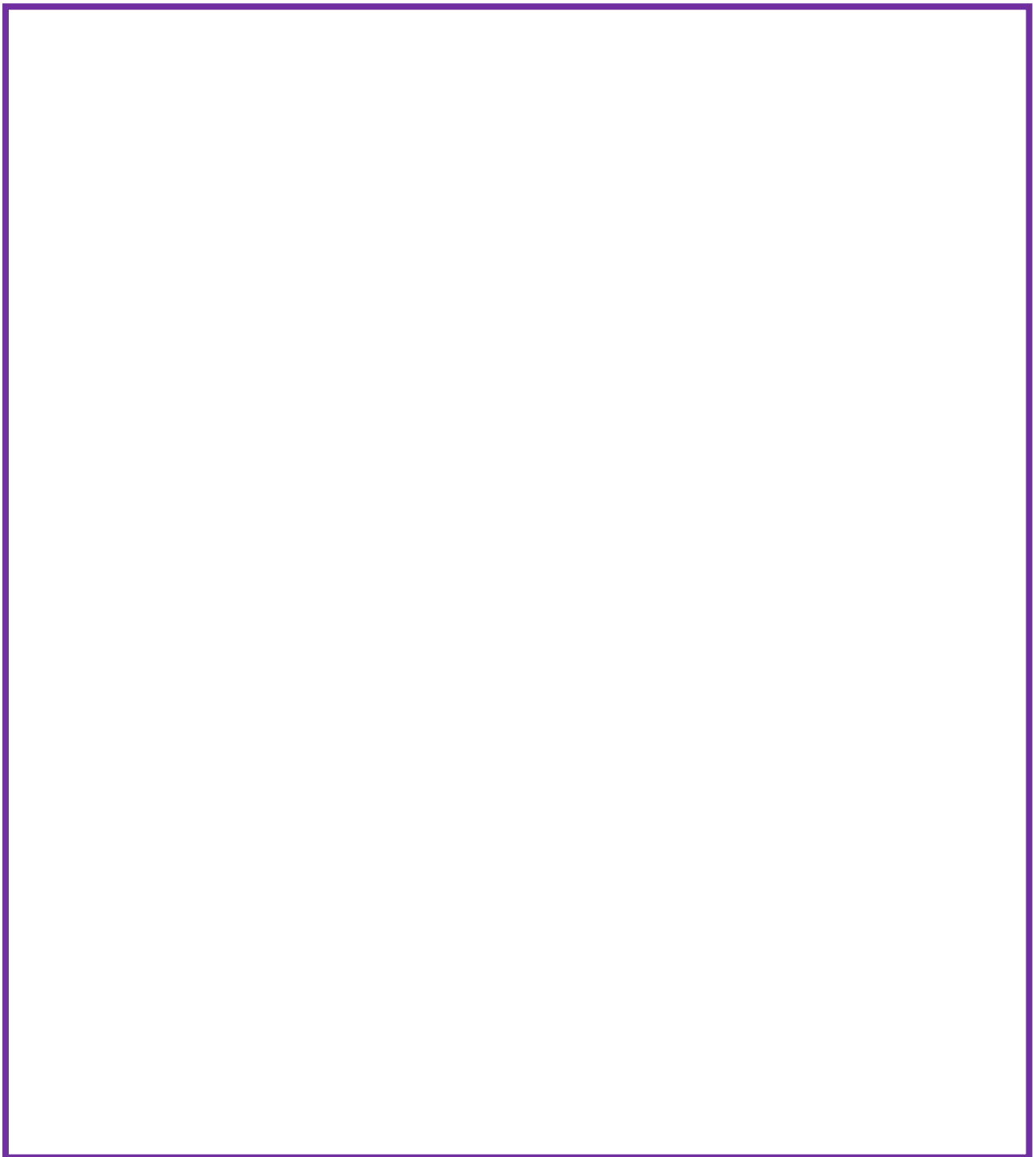
Welcome to your Lent Family Prayer Bag.

In your Lent Prayer Bag, there is a giant Easter egg.

Each week there will be something different to explore inside it.

Put your names or draw pictures of your family here:

My Family:

A large, empty rectangular box with a thin purple border, occupying the lower half of the page. It is intended for children to draw pictures of their family or write their names inside.

This leaflet contains a **Reading**, an **Activity** and a **Prayer** for each of the 6 weeks of Lent plus Good Friday and Easter Sunday. The aim is to enable your family to enjoy a time together exploring what you find inside the egg.

When you gather as a family try using the following format:



Pause and “be still” for a moment to focus on God



Open your egg and explore what is inside



Read the Bible verse



Do the Activity together



Pray the **Prayer**

Parents: Items to put inside the large plastic egg:

Week 1: The orange

Week 2: The A4 picture of two arms

Week 3: 10 commandments block of wood

Week 4: Tealight

Week 5: Blindfold

Week 6: Cardboard Crown and Jewel stickers

Good Friday: Sticks x2, rubber band and heart sticker

Easter Day: Put nothing inside the egg. Produce the chocolate eggs at the end of your time together.



Week 1: Everything God created is good

(Sun Mar 6 – Sat Mar 12)

|| Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

We discover from the 1st book of the Bible that God created everything. He made the sun, moon and stars, the trees, plants and flowers, the birds, animals and fish. The very best part of His creation was us.

“God saw all that He had made, and it was very good.” (Genesis 1:31)



Activity

Take turns to look, touch, smell and taste the orange that God has created.

Q1. Is the orange very good?

Can you find some things outside that God has created? You could make a collage or take some photos to remind you that everything God made is good.

Q2. Who do you think God asked to look after His creation?

Q3. What could you do this Lent to become more eco-friendly?

See if you can do one or more of the actions below:

- 1) Turn off the lights whenever you leave a room.
- 2) Walk somewhere at least once a week rather than use a car.
- 3) Switch 1 or 2 of your normal products to eco-friendly ones.



Prayer

Thank you, Father God, for creating such a beautiful world. Help us to take seriously our responsibility to look after it well, and to do something eco-friendly this Lent. Amen.



Week 2: Relationship broken with God

(Sun Mar 13 – Sat Mar 19)

Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

When God first created human beings, He created us to enjoy relationship with Him, knowing His love and His goodness. He gave the first humans a lot of freedom, and one rule.

“And the LORD God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.” (Genesis 2:16-17)



Activity

Look at the picture.

Q1. How does it feel that God wants a relationship with you?

The first humans chose to disobey God and ate the fruit they were told not to eat. Sadly, their relationship with God was broken. Since that time, we have all chosen to disobey God. Rip the picture in half to show our broken relationship with God.

Q2. How do you feel as you look at the broken picture?

Q3. How do you think God feels?

Q4. If you tried to mend this picture, would it look the same?

The only way for our relationship with Father God to be mended is through Jesus.



Prayer

Father God, please forgive us for breaking our relationship with you through the wrong things we have done. Thank you for sending Jesus to put things right between us. Amen.



Week 3: God's ways for the best life

(Sun Mar 20 – Sat Mar 26)



Pause - "Be still" for a moment to focus on God.



Open your egg and explore what is inside.



Reading

God gave His people 10 commandments to show them how to live a life that was pleasing to Him, and good for them. The 10 commandments focus on our relationship with God (1-4), our relationship with others (5-9) and our relationship with things (10). Many years later, Jesus quoted a summary of these commandments when He told people to:

"Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbour as yourself." (Matthew 22:37-39)



Activity

Look at the "tablet" containing the 10 commandments.

Q1. What idols (things we make more important to us than God) **might be in our lives today?** (Write these down on a piece of paper. When you have finished writing, rip up the paper as a way to say "no" to idols)

Q2. What practical way could you show love to someone else this week? (Write it down and make sure you get round to doing it!)

Q3. Are you content with the "stuff" that you have?



Prayer

Father, thank you for showing us that living a life of love is the best way to live. Help us to love You with all of our heart, soul and mind and to love other people as we love ourselves. Amen.



Week 4: Jesus enters the world

(Sun Mar 27 – Sat April 2)



Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

God sent Jesus to put things right in His beautiful world. Jesus came to be our Saviour and our Lord and to mend our broken relationship with Father God.

“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. For God did not send his Son into the world to condemn the world, but to save the world through him.” (John 3:16-17)



Activity

Q1. What is the most precious thing that you own? You may want to go and find it.

Q2. How hard would it be to give that precious thing to someone who treated you really badly?

Although we have treated Father God badly in different ways, He has given us the gift of His precious Son Jesus.

- Light your candle. As you look at the flame, think about how much Father God loves you.
- What do you want to say to Father God?



Prayer

Father God, thank you for loving us so much that you gave us the gift of Jesus to be our Saviour and our Lord. Thank you that Jesus came to put our relationship with you right. Amen.



Week 5: Who is Jesus?

(Sun April 3 – Sat April 9)



Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

When Jesus grew up to be a man He taught people about Father God and He did many wonderful things. One day Jesus met a man who had been blind since he was born, and Jesus healed him. Having healed the man, Jesus asked Him:

“Do you believe in the Son of Man?” (John 9:35)

The man replied: *“Lord I believe”* (John 9:38)



Activity

Set up a simple obstacle course in one of your rooms. Take it in turns to do the obstacle course with and without the blindfold on. Talk about what it must be like to be physically blind.

Q1. Can you imagine what it was like for the blind man to suddenly be able to see?

Believing in Jesus is like seeing with our inner eyes. When we don't believe in Jesus, we are spiritually blind.

Q2. How would you answer Jesus if He said to you: “Do you believe in me?”

Q3. What difference does believing in Jesus make to your life?



Prayer

Lord Jesus open our inner eyes that we might believe in you and trust you with every part of our lives. Amen.



Week 6: Jesus is King

(Sun April 10 – Sat April 16)

II Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

As Jesus was coming to the end of His ministry He rode into Jerusalem on a donkey; a sign that He was God’s expected King.

“A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David!” “Blessed is he who comes in the name of the Lord!” “Hosanna in the highest heaven!”” (Matthew 21:8-9)



Activity

Take the cardboard crown and decorate it by painting it or colouring it. Stick on the jewels so that it is fit for a king!

The people were very excited when Jesus rode into Jerusalem as God’s long-awaited King. They thought that He was going to set them free from the Romans. When they realised that Jesus wasn’t that sort of king, they turned against Him.

Q1. What words would you use to describe the kind of king that Jesus is?

Q2. When might we be tempted to turn against Jesus?



Prayer

Jesus, we praise You that You are King. You are the One with all power and authority and we worship You. Help us to keep loving you and following you even when life is hard. Amen.



Good Friday: Jesus dies on the cross

(Fri April 15)



Pause - “Be still” for a moment to focus on God.



Open your egg and explore what is inside.



Reading

After a special meal with His disciples, Jesus was arrested. Although He had done nothing wrong, many people, especially the religious leaders, hated Jesus, and He was crucified.

“When they came to the place called the Skull, they crucified Jesus there, along with the criminals—one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.”” (Luke 23:33-34)



Activity

The Bible teaches us that Jesus’ death wasn’t a mistake. Jesus died so that we can be forgiven the wrong things we have done and have our relationship with Father God put right.

Make a cross using the sticks. You can use the elastic band to strap them into a cross. Stick the heart at the top of the cross.

Imagine now that all the wrong **thoughts** you have ever had, wrong **words** you have ever said, and wrong **actions** you have ever done are placed upon Jesus on the cross. Hear Jesus say to you, “*Father forgive.*” Receive His forgiveness.

Q1. As you look at the cross what do you want to say to Jesus?



Prayer

Thank you, Lord Jesus, for your great love for us. Thank you for taking our place on the cross. We love You. Amen.



Easter Day: Jesus is risen!

(Sun April 17)



Pause - "Be still" for a moment to focus on God.



Open your egg and explore what is inside.



Reading

After Jesus died on Good Friday, His body was put into a tomb, which was then sealed up. On the third day some women came to the tomb to put spices on Jesus' body. They were surprised to find the tomb empty. Then some angels spoke to them.

"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

Q1. Do you like good surprises? What is the best surprise that you have ever had?

Q2. Look at your empty egg. Was that a good or bad surprise today?

On the 1st Easter Day, it looked like Jesus' disciples had a very bad surprise because Jesus' tomb was empty, and Jesus' body was gone. But, later on in the day, the disciples met with the Risen Lord Jesus, which was the very best surprise in the world!

Jesus rising from the dead means that He is alive today and we can know Him. Through Jesus, we can now know Father God. The empty tomb is a good surprise, and we are going to celebrate with the good surprise of some Easter eggs.



Prayer

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





GOD

US