

# LENT



## SUPPLEMENTAL ACTIVITIES FOR FAMILIES DURING LENT

from *Faithful Families for Lent, Easter and Resurrection* by Traci Smith

Before beginning, decide what your intention is during Lent. Do you want to focus on prayer, fasting, giving and/or time?

### \* \* PRAYER

Have a word of the day to focus on while you are at home, school, or work. You can think about the word, draw a picture, or take a picture with your phone, and then share your ideas at the end of the day.

Some examples of words might be dust, grow, friend, peace, soil, water, air, pray, rainbow, create, earth, sunshine, rest, neighbor, rain, wait, human, family, light, wonder, Jesus, listen, quiet, beauty, thankful, silence, resurrection. Come up with your own words.

### GIVING

Choose a favorite non-perishable food to put in a box every day, one that you use all the time vs. just taking one from the pantry.

At the end of the week or at the end of Lent, take the box to a local charity.

### FASTING

Fast from technology, TV, and/or certain apps. Use minutes vs. days or weeks. Start small and build up time.

Donate "sweets" or money you would have spent on dinners out to a local food bank.

### TIME

A practical way to mark time during Lent is to make a paper chain and count down the days. We typically think of Lent as being 40 days long, but that does not include any Sundays. If you add in the Sundays, Lent is really 46 days long.

An alternative way to mark time would be to add a link each day and grow your chain. You could write a memory from each day on the link and watch your memories grow.

We hope that these activities will help make your Lenten season more meaningful.

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