

# Journey through Lent



# Week 1-Blessings!

Make a blessings jar.



Decorate an empty jar with stickers, glitter, paper, ribbons or anything you like!

Cut up some small pieces of paper.

Put the jar, paper and some pens on a table in the kitchen or living room.

Every day write or draw something good that happened or someone who helped you onto the piece of paper.

Put the paper into the jar.

Once a week, take all of the paper out of the jar, look at you blessings and say thank you to God!

## Week 2- Love your neighbours!

You will need: paper cut into heart shapes, pens or pencils.  
Scavenger hunt sheet.

Walk around the streets of your neighbourhood as a family. Give each child a scavenger hunt sheet. When you get to a street sign, write down the name of the street on a paper heart. Look out for things on the scavenger hunt sheet:

dog

cat

football

shop

litter bin

park

school

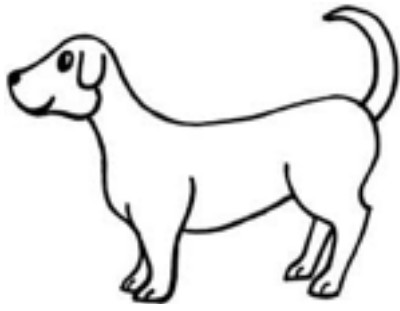
bus stop

traffic light

pedestrian crossing

When you get home, choose a paper heart and pray for God to bless the people on that street. What else could you pray about, based on the scavenger hunt? Eg. people staying safe on the road, thank God for pets, pray for friends at school....

Each day pray for a different street.



# Scavenger Hunt

## Week 3- Hospitality

Make a special family meal and invite at least one friend of the family to come and share it. Get dressed up for the occasion!



or

Make a cake for a neighbour or friend as a special surprise. Try to use Fair trade ingredients. Find out more here: [http://www.fairtraderesource.org/downloads/fair\\_trade\\_recipes.pdf](http://www.fairtraderesource.org/downloads/fair_trade_recipes.pdf)





I am the Bread of Life.  
Whoever comes to me will never be hungry.

John 6:35

## Week 4- Giving

This week either:

collect a bag of unneeded clothes and take them to a charity shop.

or

Save all your small change and donate the total you raise to a charity.

Think about the favourite things that you own and say thank you to God for them. Colour in the *colouring sheet*.

## Week 5- Praying

**Pretzels** are made in the shape of arms crossed in prayer and are a reminder to us to pray during Lent! Pretzels are normally made from bread but this pretzel scones recipe is much quicker to make!

*100g self raising flour*

*30g butter*

*milk to mix*

*tablespoon sugar*

*Pinch of salt*

*1 Egg*



- Preheat the oven to 180C
- Rub the butter into the flour until it resembles breadcrumbs.
- Mix in the sugar and salt.
- Gradually add milk to the mixture until a dough is formed. Don't let it get too sticky!
- Split the dough into 6. Make each piece into a sausage shape and then form it into a pretzel shape (see photo).
- Place on a greased baking tray.
- Whisk an egg and use a pastry brush to 'wash' it over the top of each pretzel shape.
- Bake pretzels for 10 mins until golden.

Say thank you to God for all the food we have and pray for people who are hungry.



## Week 6- Fasting

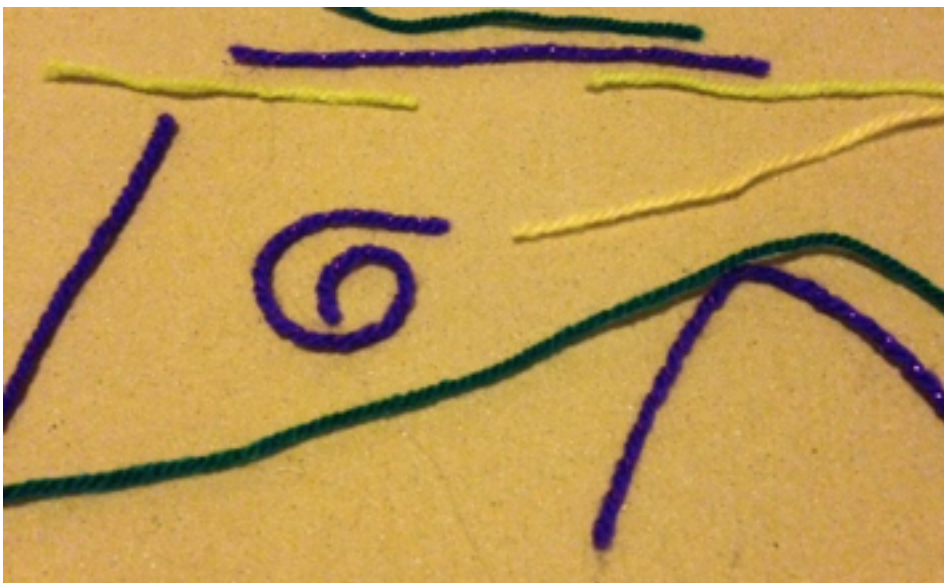
In the wilderness, so he could focus more fully on God, Jesus didn't eat or drink for 40 days. ***Give up something you like*** doing for one or two days e.g. listening to music, watching TV, playing computer games, eating chocolate and sweets

### ***Sandpaper prayers***

Speak about how difficult it was to give up something for even one or two days. What about people who live difficult lives all the time?

Feel the sandpaper and think about people who are having rough times.

Make a picture on the sandpaper with the wool and pray that God will help them to have a brighter, better time and will give them hope.



# Week 7- Holy Week

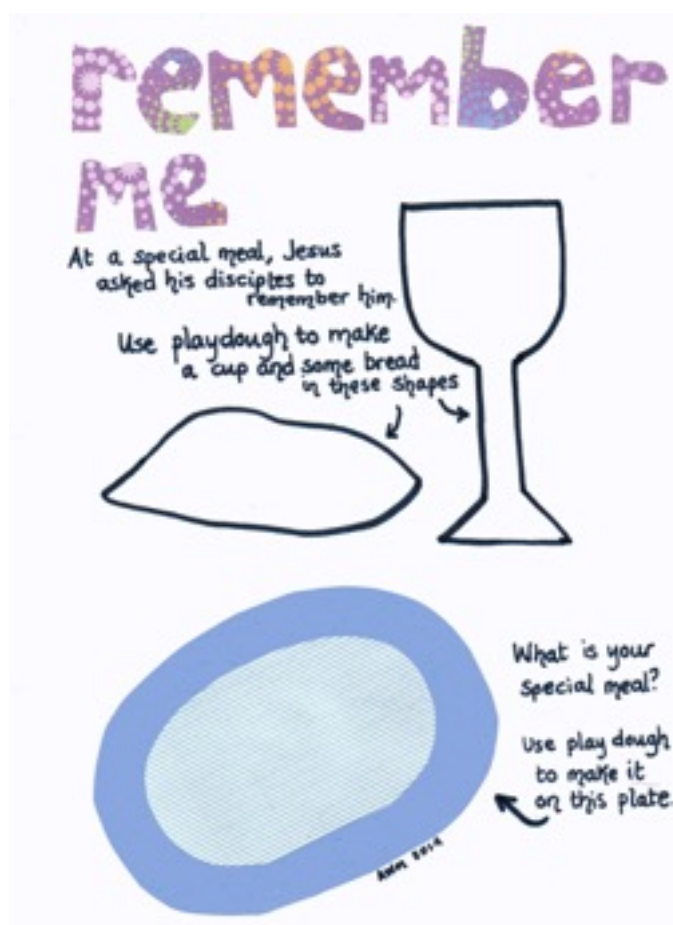
## *Holy week in a box*

Make and follow the instructions for this box and enjoy exploring the story together! For more information visit this website address:

<http://godventure.co.uk/news/holy-week-boxes/>

Print off the Last Supper *play dough mat* (or any of the others that take your fancy!), laminate it for continued use and use play dough to explore that part of the story. Go to this website address to print out the mats (scroll down to the bottom of the page):

<http://flamecreativekids.blogspot.co.uk/search/label/Play%20Dough%20Mats>



# Easter Day- Celebrate

## *Easter Smarties Poem*

You will need a small box or tube of Smarties each.

Say the poem and eat the appropriate coloured Smartie!

**Pink** for the people who came and praised,

**Green** for the palm leaves that they raised;

**Purple** for the robe that Jesus wore,

**Brown** for the cross that Jesus bore;

**Red** for the blood that Jesus  
shed,

**Blue** for the tears when he  
was dead;

**orange** for the stone that  
was rolled away,

**Yellow** for joy- He's alive  
today!



