



March 9 – April 23, 2011

'So it is written that the Christ would suffer and on the third day rise from the dead' - Luke 24:46

Lent is a season of soul-searching and repentance in preparation for the celebration of Christ's death and resurrection on Good Friday and Easter. It is a season for reflection and taking stock of our lives.

Lent is a 40 day quiet time in which we are called to focus on the sufferings of Jesus and, it calls us to attend carefully to the Christ Who denies himself for our sakes, goes into the wilderness and confronts evil in preparation for his great saving work. It leads up to the great drama of the Passion just as Christ's whole life did. And as he spent 40 days in the wilderness (like Israel's 40 years in the wilderness), so we are called to "follow him" there as we must follow him to Golgotha. "If anyone would be my disciple," says Jesus, "he must deny himself, take up his cross and follow me."

Lent is about conversion, turning our lives more completely over to Christ and his way of life. Conversion means leaving behind an old way of living and acting in order to embrace new life in Christ.

Our challenge today is to renew our understanding of this important season of the Church year and to see how we can integrate our personal practices into this renewed perspective.

We should view the season of Lent as an opportunity to reflect on the significance of Christ's death, examine our hearts, and confess our sins. It can be a time of spiritual cleansing and renewal.

Can you think of other things you can give up? Can you think of ways to help those who are often hungry, or who are less comfortable?

- a. For 1st Week of Lent, I will give up
- b. For 2nd Week of Lent, I will pray for
- c. For 3rd Week of Lent, I will be nicer to
- d. For 4th Week of Lent, I will help
- e. For 5th Week of Lent, I will
- f. For Holy Week, I will

3. And start each week with a Prayer...

Loving God, you know what is best for us.
Help us to trust in you with all our hearts.
You tell us you will always be with us, every day and in every way.
As we continue our journey of Lent, hear our prayers and transform us in your love.
We ask this in Jesus' name. Amen.

Additional Family Activity that you can also do with your friends, Neighbourhood Groups, Ministry / Organization Groups:

- ⇒ As you go through this activity of Reflection & Transformation, create a Flower, which represents new life, out of any materials that you can find in your home and display it in your room, or home. This will be a beautiful and meaningful reminder of your transformation this Lenten Journey!
- ⇒ You may also like to go through this Journey together with your family or friends from church. Each week, share with each other your experiences on this journey, and remember to pray and encourage one another to persevere for that positive transformation.

A Child's Journey Through Lent

March 9 - April 23, 2011

Lent is the forty day period starting from Ash Wednesday leading up to Easter, a time of fasting and prayer to think about all that Jesus gave up for us on the cross - his human life.



...during this time of Lent, it is ...
Time to remember that God is very close to us.
Time to recognize that God loves us.
Time to look at our lives and to change selfish habits we have fallen into.

God cares that we show love for him and for all his children. When we do things that are hurtful to others or that hurt our relationship with God, we become separated from God. And when we can't be near God, our hearts are not at peace. Our hearts are not at rest.

But it's easy to forget what God has done for us.

Some ways to remember what God did for me...

1. With one or both of your parents, talk about **what you can do to make room for God**. Giving up some of our comforts also helps us understand how much Jesus gave up for us.
2. **Try to give up something each week of Lent**. You could spend more time talking to Jesus in prayer, *or offering up a prayer every day for someone who is sick or in need*. Are you always nice and loving toward your brother or sister? Do you owe them an apology for something you may have done recently? How about watching lesser hours of TV or not watching TV at all? If you give up dessert, or video and computer games, or anything that costs money, think about taking the money your family saves, and using it to help someone who has less than you.

Let us take some time to go through the following activity and see how we can make Lent this year a journey of spiritual transformation.

1. What **positive change** do I want to make in my life this Lent?

.....

2. What are the steps that I must take to bring about this change?

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3. Reflect daily on the steps that you have taken and will need to take to bring about this desired positive transformation in your life.

4. And end each day with a.....

Prayer for Perseverance:

Father, You bless those who revere Your name and delight in Your commands. In the midst of inner turmoil or outer conflict I will not be shaken for my heart remains steadfast trusting in You and Your overall plan for my life. I want to remain firmly grounded as I overcome the daily obstacles common to all who live on earth. Help me to learn the valuable lessons along the way as I press on toward the goal for which You have called me heavenward in Christ Jesus. Amen.