

Pre-Lesson Downloads

#26 Ash Wednesday and Lent – For Children

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Dear Families: Spring is on its way! I always like this time of year, with more light and trees and flowers budding out. Today's lesson will lead us into study of the new life that God tells us about in His Word. Ash Wednesday and Lent are times of reflection and preparation into this season when we think about new life and fresh starts. The word Lent is an Anglo-Saxon word that means Spring. I have come to value the teachings and the practices this time of year encourage. God's Blessings to each of you!

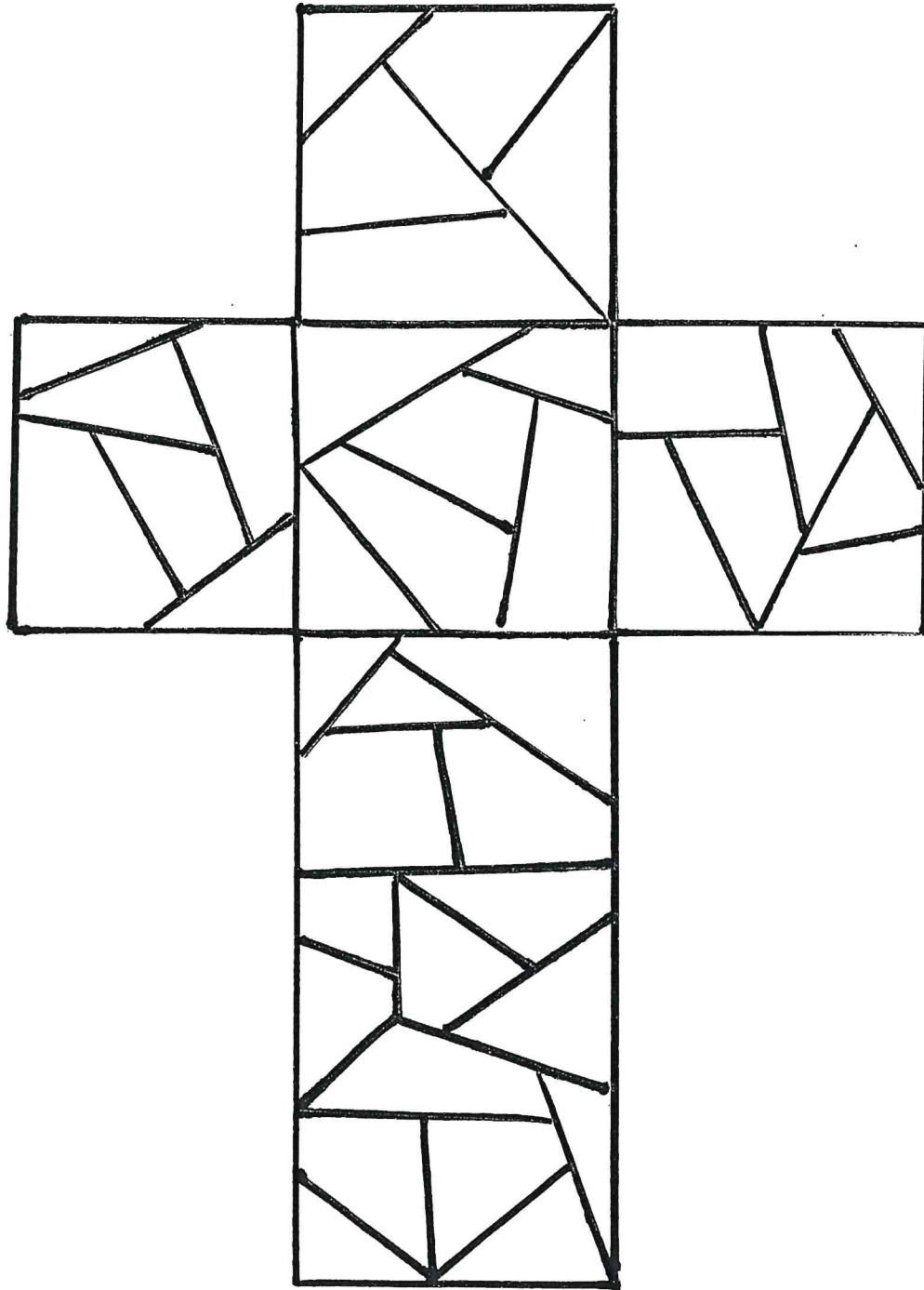
Bible Texts: There is not a place in the Scriptures that tells us to include Ash Wednesday and Lent in our religious practices. There are, however, several passages that refer to using ashes and fasting to show our repentance and humility before God. And of course the very center of the Second Testament or the New Testament focuses on God's greatest gift, Jesus and the Easter events. The early Church began setting aside this time for us to reflect more closely on God and our relationship with Her/Him. The following will list a few of these Scriptures from the Biblical foundations of these practices.

Ashes represent mortality (limit to our time on earth): Genesis 2:7 "Then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life." Genesis 3:19 (After Adam and Eve were cast out of the 'perfect' Garden of Eden - "By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust, and to dust you shall return." **Ashes represent repentance** (turning away from sin): Jonah 3:6, 8 Remember our story about Jonah and the big fish? This is an entire town who repented. "When the news reached the king of Nineveh, he rose from his throne, covered himself with sackcloth (an itchy open weave fabric-think of burlap), and sat in ashes. . . "Human beings and animals shall be covered with sackcloth and they shall cry mightily to God. All shall turn from their evil ways, and from the violence that is in their hands." **Ashes represent mourning** (sadness for losing those we love or for sin): Nehemiah 9:1-3b ". . . the people of Israel were assembled with fasting and in sackcloth, and with earth on their heads. . ." There are many other references to the significance of ashes. If you want to read more you can google it.

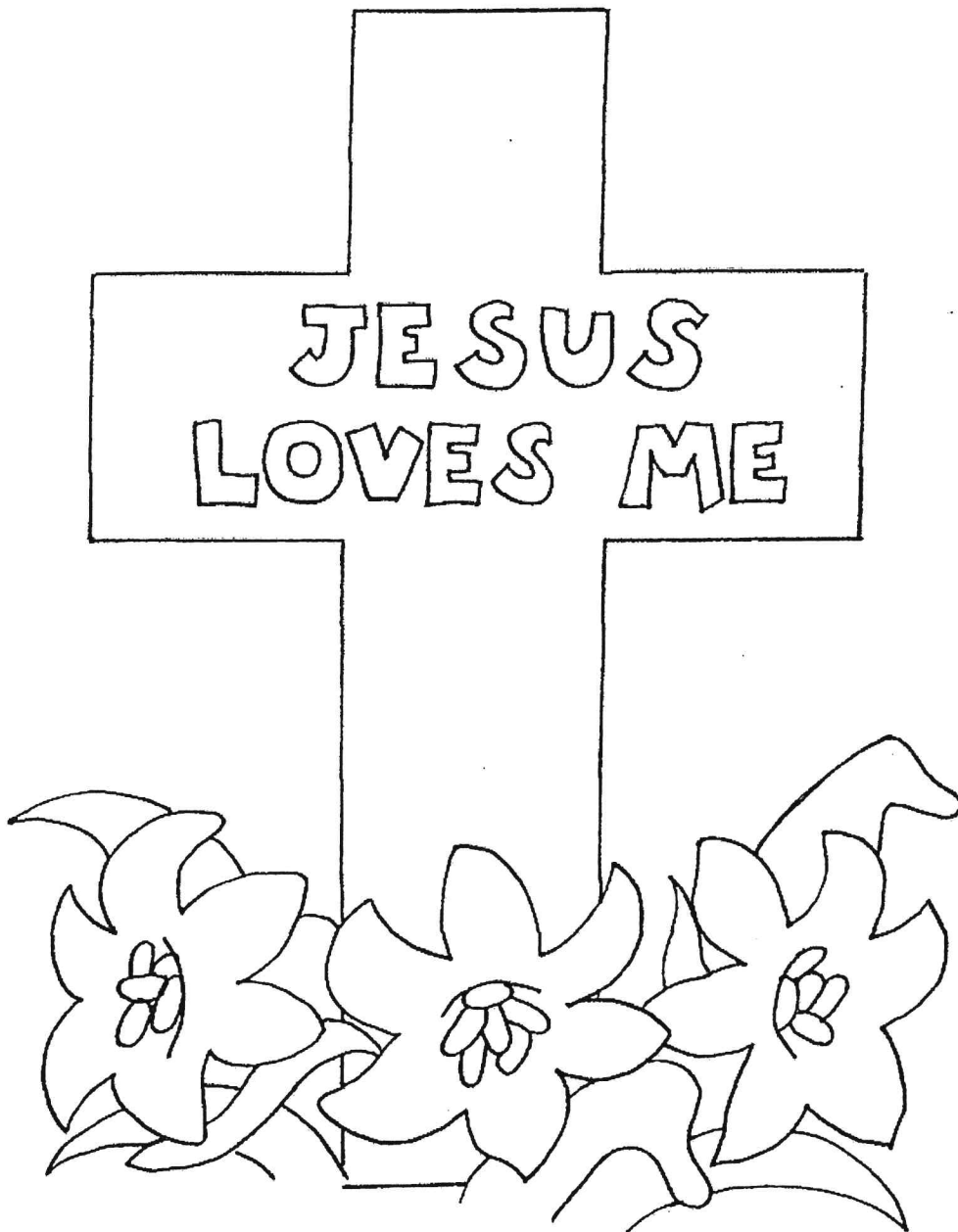
Lent is a 40 day period that begins with **Ash Wednesday** and ends on **Holy Saturday**, the day before before **Easter**. This period is meant to be a time of reflection and repentance. We all need to look inward at times to see things what we need to change in ourselves or areas where we need to praise God for all the wonderful things we already have in our lives. **Fasting** is a part of all of this. Fasting has to do with sacrificing something to help us focus more on God. Now, we don't need to go to extremes in this area, especially for children. Our goal, during Lent, should be to help our children *see God as one with whom to have a personal relationship and One with whom we can share all our joys and sorrows*. She/He is not some untouchable entity in an unapproachable, unknowable place. He/She wants to walk and talk with us every day in a loving and individual way. She/He wants to hear about our every ouchie, our joys, our fears, our successes, our failures, our everything. And He/She especially wants us to know that each of us is loved and treasured by Her/Him. This is a great time in a child's life to start their faith-building, as well as to continue to develop our own faith journey. That is one reason I love this time of year; because it reminds me to remember to be humble, thankful, prayerful, and aware of how I relate to those around me. We need to think about others, and helping them, not just ourselves. All of this culminates in the wonderful Easter Story on April 4th this year. So, let's take this Lenten Journey and remember our mortality and our need for God; and to recommit to following God's ways and having Him/Her be a central part of our lives. The following are child-centered activities to help children develop their faith-building.

Activity #1 – Reading the Bible every day. That sounds hard! Here’s how I can help with that. Below is the outline of a cross all divided up into 40 little sections and on the following pages there are 40 short verses to read. Read one each day and talk about it with someone older to make sure you understand it. Then color one space on the cross. It can take as little as 2-5 minutes. If you have to skip a day, do two later. No worries if it takes longer. You can still do some after Easter. Display on the ridge door or in room.

Bible Verse: Have your child choose one of the verses she/he would like to memorize to add to the list of our memory verses. Have he/she illustrate it.



Following is a list of Lent activities more appropriate for children. I got these ideas from several lists I found online. You and your child could also make up a list about helping others that is relevant to your lives, or just substitute activities into this list. Two ways to present the list: 1) Turn the list into a chart to attach to the refrigerator and cross off each square as the task is completed. You can do them in a different order this way. 2) Cut each out and glue them to strips of paper and make a chain attached to the picture below. Glue or copy this picture to a sturdier paper, such as one half of a file folder or construction paper or. . .Start at the bottom and tear off each loop as it is completed.



1. Do someone else's chore.
2. Tell a friend or family member something you really like about them.
3. Give someone a hug.
4. Give your post lady or man a chocolate bar and a short note of thanks.
5. Make a card for someone (at home, or a checkout person at a store).
6. Do something kind for the earth.
7. Return a supermarket basket. Watch for cars!
8. Give someone a compliment.
9. Help someone clean the bathroom or another room.
10. Make something to give away, like cookies or a picture or a craft.
11. Smile at ten people today.
12. Record a short love note video and send it to someone you don't see often.
13. Tell your teacher something you like about her or him.
14. Read a book about kindness. Goggle ideas if needed. Could you write and illustrate one?
15. Let someone else choose what to watch on TV.
16. Write a letter and/or draw a picture and send it to someone you love.
17. Write a list as long as you can about things for which you are grateful.
18. Read or listen to a Bible story. (could be online)
19. Start a Giving Jar with your family and decide where to donate it when it is full. Put some of your allowance in it every week during Lent. (You could keep it up after Lent too.)
20. Fast (give up) sodas for 1, 2, 3, or 4 weeks. Put the money that would have been spent in the Giving Jar.
21. Pray for someone you know who needs help.
22. Pray for someone you don't know who need help.
23. Wash someone's feet like Jesus did at the Last Supper.
24. Make some else's bed and your own.
25. Pray for your family, teacher, country's leaders or . . .everyday for a week.
26. Donate some clean, usable clothes, toys and/or hobby items to a charity.
27. Make a fun treasure hunt for a sibling or a friend. Place something fun at the end that they can keep, like a new pencil small notebook, small toy. . .
28. Play a board game with your family or friends.
29. Give someone a shoulder or foot massage.
30. Give someone flowers, store-bought, or picked from your yard (with permission), or homemade from paper.

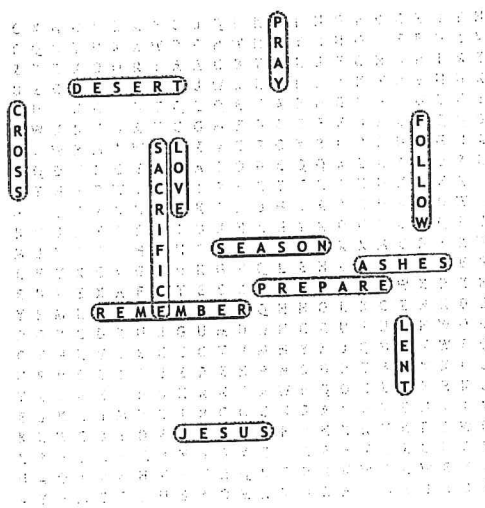
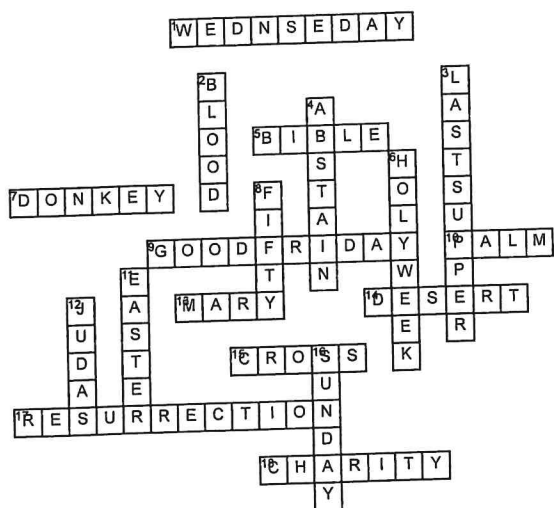
31. Write Thank You post-its to your family and stick them around the house.
32. Help clear the table and/or do the dishes after a meal.
33. Sing a song of praise to God.
34. Help fold and deliver some clean laundry.
35. Thank God Thank for all He/She has given you.
36. Read a book to someone.
37. Confess something to God that you feel bad about and try not to do it again.
38. Wave Hello at a neighbor.
39. Do some exercises that are good for your body.
40. Tell your family that you love them.

A Few Other Ideas that you might need an older person's help to do:

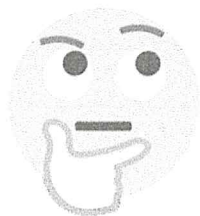
- *Tape change to a parking meter and write on the tape, "For anyone who needs it"
- *Pray for people who don't have enough food. Can you donate some money or can goods to them?
- *When you get angry at someone, take a deep and tell them nicely why you don't like what happened.
- ** Come up with your own ideas to be nice to others! (and yourself)

Materials: *Cross with 40 small shapes in it. Color one shape for each verse that she/he reads and discusses briefly to see if there is understanding of the verse. *Picture of cross saying, Jesus Loves Me, and with lilies at the foot of the cross. If your child wants to do the second activity under **List of Lent Activities**, cut out (optional) and mount on a stiff paper (ie: file folder half) on which to connect the activities with loops to a chain. *52 Bible Verses Kids Can Memorize-2 pages *Lent crossword *Lent word find *Lent word unscramble

Answers to puzzles:



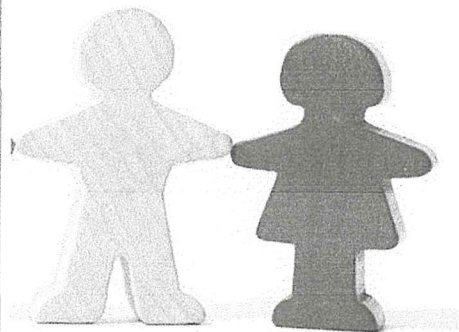
1. MMREBERE REMEMBER
2. OSCRS CROSS
3. CFCSHIAR SACRIFICE
4. VOEL LOVE
5. OSNEAS SEASON
6. EUJSS JESUS
7. RRPEAPE PREPARE
8. HAS ESAWDEYDN ASH WEDNESDAY
9. OLFLOW FOLLOW
10. FYTOR DASY FORTY DAYS
11. UPLEPR PURPLE
12. RPGINS SPRING
13. ANENPEC PENANCE
14. LSPMA PALMS
15. LYHO KEWE HOLY WEEK
16. MALP SAUNYD PALM SUNDAY



52 BIBLE VERSES KIDS CAN MEMORIZE

Compiled by Ministry-To-Children.com

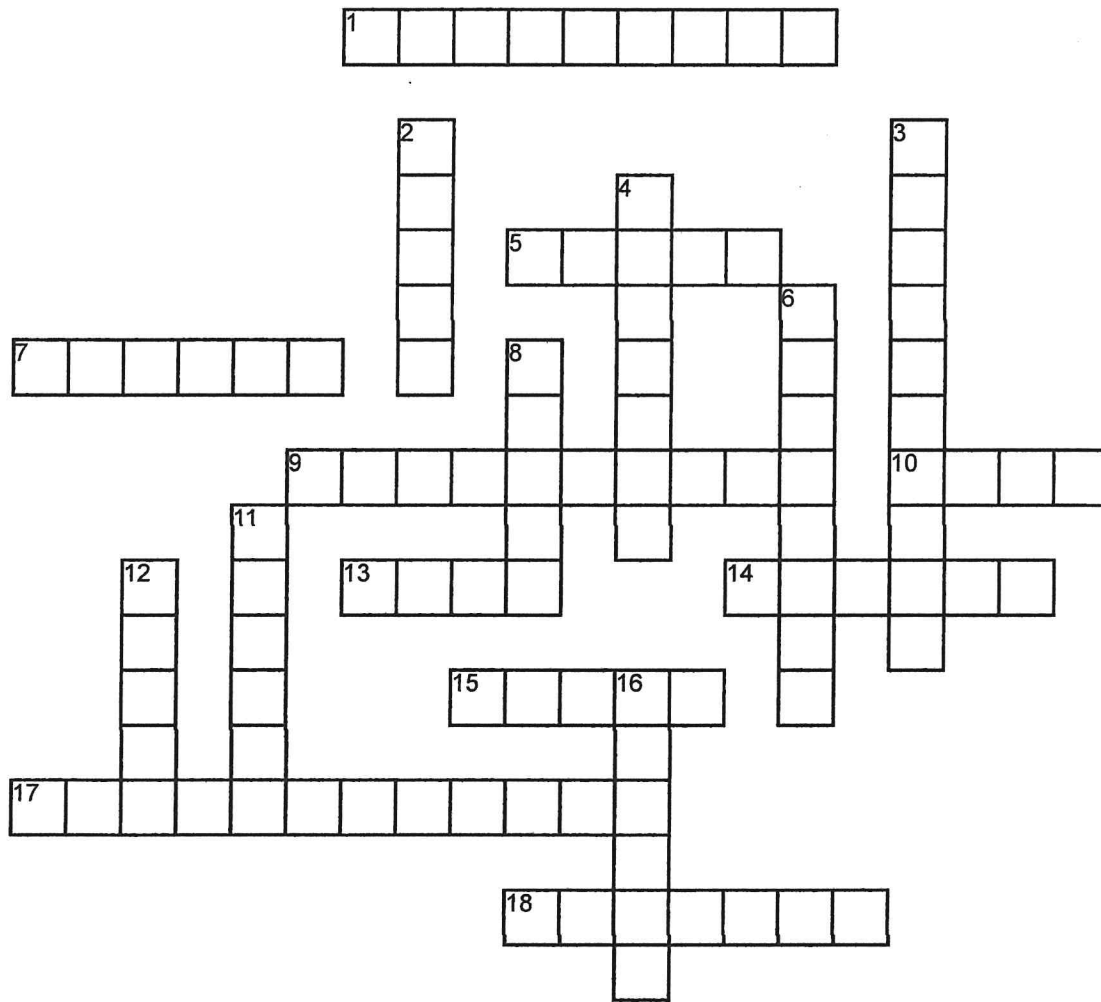
Acts 16:31 – Believe on the Lord Jesus Christ, and you will be saved	1 John 4:19 – We love because he first loved us.	Matthew 22:39 – You shall love your neighbor as yourself.
Psalms 145:9 – The LORD is good to all. #	Genesis 16:13 – You are the God who sees. #	Philippians 4:4 – Rejoice in the Lord always. I will say it again: Rejoice! #
Proverbs 14:5 – A honest witness does not lie, a false witness breaths lies	Numbers 6:24 – The Lord bless you and keep you	Colossians 3:2 – Set your minds on things above, not on earthly things.
Colossians 3:16 – Let the word of Christ dwell in you richly	1 John 5:3 – This is love for God: to obey his commands	Ephesians 4:30 – And do not grieve the Holy Spirit
Hebrews 13:8 – Jesus Christ is the same yesterday, today and forever.	Psalms 150:6 – Let everything that has breath praise the Lord.	Proverbs 3:5 – Trust in the Lord with all your heart.
Romans 10:13 – Everyone who calls on the name of the Lord will be saved.	Romans 3:23 – All people have sinned and come short of the glory of God.	Matthew 5:14 – You are the light of the world.
Psalms 145:9 – The Lord is good to all.	Colossians 3:20 – Children, obey your parents in all things.	James 1:17 – Every good gift and every perfect gift is from above.
Matthew 28:20 – I am with you always.	Ephesians 4:32 – Be kind to one another.	1 John 3:23 – Love one another.
Psalms 56:3 – What time I am afraid, I will trust in You.	Psalms 118:24 – This is the day the Lord has made; Let us rejoice and be glad in it.	Psalms 119:105 – Your word is a lamp to my feet and a light for my path.
Psalms 136:1 – Give thanks to the Lord, for he is good. His love endures forever.	Luke 6:31 – Do to others as you would have them do to you.	Philippians 4:13 – I can do everything through Him who gives me strength.
Psalms 138:1 – I will praise thee with my whole heart.	John 10:11 – I am the good shepherd.	Matthew 6:24 – No one can serve two masters.

Proverbs 30:5 – Every word of God proves true.	Ephesians 6:1 – Children, obey your parents in the Lord, for this is right.	Deuteronomy 6:5 – You shall love the LORD your God with all your heart and with all your soul and with all your might.
John 11:35 – Jesus wept.	1 Corinthians 10:31 – Whatever you do, do everything for the glory of God.	Psalms 19:1 – The heavens declare the glory of God.
Genesis 1:1 – In the beginning, God created the heavens and the earth.	Psalms 139:14 – I praise you God, for I am fearfully and wonderfully made.	Isaiah 43:5 – Do not be afraid for I am with you.
Ecclesiastes 12:13 – Fear God and keep his commandments.	Matthew 28:6 – He is not here, he is risen!	Acts 5:29 – We must obey God rather than men.
1 Thessalonians 5:17 – Pray without ceasing.	Isaiah 26:4 – Trust in the Lord forever, for the Lord God is an everlasting rock	Psalms 46:10 – Be still, and know that I am God.
Proverbs 2:6 – The Lord gives wisdom.	Psalms 150:6 – Let everything that has breath praise the LORD!	Ministry-To-Children 
Galatians 6:7 – Do not be deceived: God is not mocked, for whatever one sows, that will he also reap.	Psalms 1:6 – The LORD knows the way of the righteous, but the way of the wicked will perish.	

**** All verses based on the ESV (English Standard Version).**

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LENTEN CROSSWORD



Across

1. ASH _____
5. The Christian holy book
7. Jesus entered Jerusalem on this animal
9. Day in Lent recalling Jesus' death (2 words)
10. Branches waved at Jesus upon his entry into Jerusalem
13. Was with Jesus at the cross
14. Jesus prayed for 40 days here
15. What Jesus died upon
17. We spend Lent preparing for Jesus death and _____
18. Giving to _____ is a good Lenten practice

Down

2. What Jesus shed for our sins
3. Holy Communion started after this
4. To go without
6. The final week of Lent (2 words)
8. Number of days in LENT
11. Season after Lent
12. Disciple who betrayed Jesus
16. PALM _____

Name: _____

Date: _____

LENT

C X H U L L A E O J Q D K P L H G F D C Z J T H
P Q H Y N X Z W P D N W N R Y H H Q I F F U Z V
Z X E K O O R I A A C B T A L J F O N U P I M Z
U Z C D E S E R T J W J L Y K K Y K W N V H H K
C U Q K C P D T Q L Q E Y A R N G Y G G U L E E
R W K S X G A X G G M F Q D Z F F B R L F Q Q B
O E W B M I W S L Z V E G G Y B F R P U O G U A
S Q D T X C E A O A I O B E Q Q X Z L A L U Z L
S T N R B W I C V I P A C T T R A H D X L F K I
M U I J Z K U R E K R H B M J A Z A D A O D W M
K U J N T P F I I D J H A G Y R D U P U W Q L J
M J Y I S T H F H S S E A S O N X X M E B I X W
L E Y X C V G I U R G V Q L E H L A S H E S E S
E B V E X A E C T E S X P R E P A R E W X P Z H
Y F M L R E M E M B E R Q H H O L K C Z N K D E
D Q Y C D X U J G U M D W H C R U S U L N W Q D
C T N X V I B E Z C T V M N Y N J Q M E V W F Q
H S P D C I I J Z P Z H P N D D R E B N K X F Q
T Z I B H I P S X R N J A W P Q O C L T F R K J
E J K C J M V B I R G O C N S A Y E Y E H I I Y
K X W C B T D F J E S U S F V N X R V K R B W D
L B F L R E Y B N S B Y C T R F F V R Z G U B L
U A O I V N N V I V R Q S F R K K W S L W E Y L
A Y F M C G B U S A O M X T U R A V M E B B B Z

DESERT SACRIFICE JESUS ASHES PRAY LOVE FOLLOW SEASON PREPARE
REMEMBER CROSS LENT

Name: _____

Lent

- 1. MMREBERE _____
- 2. OSCRS _____
- 3. CFCSIIEAR _____
- 4. VOEL _____
- 5. OSNEAS _____
- 6. EUJSS _____
- 7. RRPEAPE _____
- 8. HAS ESAWDEYDN _____
- 9. OLFLOW _____
- 10. FYTOR DASY _____
- 11. UPLEPR _____
- 12. RPGINS _____
- 13. ANENPEC _____
- 14. LSPMA _____
- 15. LYHO KEWE _____
- 16. MALP SAUNYD _____