

Family Lent Resource

Lent – the gift of love

Lent is a special season where we can take time as a family to think about God's gift of love to us.



God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die.

John 3:16

Talk together as a family about what we can give God to show our thanks.

During Lent how can we give to God our prayers and praise and thank him for giving us Jesus?

Pause to reflect or write, draw or make a symbol of your thanks.

During Lent how can we use our time and resources to help other people?

Consider together what this might involve. Is there a local need you can support?

During Lent how can we make time to look at our lives in prayer and ask God to make us ready to appreciate the gift of Jesus?

This might involve saying sorry for things done wrong; making an effort to stop a bad habit; being more careful in how we treat others.

Draw or make a cross from branches then make leaves out of green paper. Throughout Lent use the leaves to draw or write your thanks to God for Jesus; ideas of ways to help other people; thoughts on how to prepare your own lives. Use blu-tak or sticky tape to fix the leaves to the cross throughout Lent as a symbol of the new life that comes through Jesus giving up his life on the cross.

The "living cross" can become a symbol to help us value the new life that God gives us through the death of Jesus.

**Dear God,
Thank you for this season of Lent
when we can take time to praise you
for your gift of love;
when we can help other people,
and make ourselves ready for new life
with Jesus.
Amen**