

## **Easter At home – Week 1**

Feb 18<sup>th</sup>

Hi Parents and Kids of West Springs Church! We are so excited that you are participating with us in our Easter at Home program, a series of weekly collections that will include a reflection question, activity/ craft, prayer, and Bible story, each centered around the Lent season and Easter. The purpose of Easter at Home is to help parents and kids connect, sharing in fun activities and conversations about the beauty of Lent and Easter. Your goal each week should be to try and set aside some time to go through each week's material and talk about it, giving lots of room for your children to ask questions, wonder about God, and explore their faith alongside you. If you are unsure how to approach anything in the weeks material or your child asks you a question you don't know the answer to, don't be afraid to tell them and reach out to Pastor Jacob with any of your questions. Also, if you miss any weeks feel free to reach out and ask for the past weeks.

This week's material focuses on the start of Lent and Christ's journey in the Wilderness for 40 days. Parents and kids this week should be thinking about what they can give up, something simple like candy for the kids and coffee for the parents or perhaps something bigger such as Tv, making room in our lives for more time spent with God.

### **What is Lent?**

Lent, which begins on Ash Wednesday is a 40-day period in which we prepare our hearts and our minds for Easter. It is a time where many Christians celebrate Lent by giving up something in their lives to make more room for God. The encouragement for your family this Lent season is to try this practice of giving something up all together and make more time for God in your day to day. The Easter at Home activities and discussion questions will help facilitate and engage this Lent goal.

Mark 1:12-13

<sup>12</sup> At once the Spirit sent him (Jesus) out into the wilderness, <sup>13</sup> and he was in the wilderness forty days, being tempted<sup>[a]</sup> by Satan. He was with the wild animals, and angels attended him.

-Use this scripture to discuss why we follow the Lent tradition, and how this process of giving something up is a reminder of what Jesus experienced out in the wilderness. Talk about how Lent can be hard to stick to and we often want to give up halfway through, just as Jesus was tempted as well.

### **Reflection question:**

What is lent and why do we do it? How can we do it at home? (what will we give up) Are you excited for Lent this year?

**Craft:**

The craft this week is to make a decorated poster with your Lent goals, what you and your children will be giving up for Lent. Decorate it together and put it up somewhere easily visible in your home such as the fridge. Use this week's craft as a reminder of your Lent goals so that you and your children can encourage each other throughout Lent and into Easter. You will be sent home with a pre-created poster but you are more than welcome to create your own unique version!

**Prayer:**

Every week will end in a prayer that is written out for you. That does not mean you have to use this prayer or follow the same style. The goal of the prayer is to give you and your family space to pray together, showing and teaching your children how to pray. The prayer should be done together so encourage your children to pray too, even praying for yourselves.

Dear Jesus,

We thank you for Lent and ask you would give us the courage and strength to hold to our Lent promises. Teach us over these next few weeks more about you and show us how to love the world around us like you love them. We thank you for how much you love us, and how you died for each and everyone of us.

In your amazing name,

Amen