

## Easter at Home – Week 2

Feb 25<sup>th</sup>

Hi Parents and Kids of West Springs Church! Welcome back to week two of Easter at Home! We are excited you are continuing this journey of exploring Lent and Easter with your family. We hope and pray that throughout your time with Easter at Home you can connect with your family and make space for God to be present and speak to you. We also want to encourage you, throughout each week of Easter at Home, take photos of you and your family working through the activities, prayers, and discussions, we would love to see how it is going and share it with our church community!

This week's material focuses on trusting and putting our hope in the Lord. Parents and Kids, this week should be thinking about how the first week of Lent has gone, was it easy or hard to give something up and what did you do with your time.

### Scripture

Psalm 130

<sup>1</sup> Out of the depths I cry to you, LORD;

<sup>2</sup> Lord, hear my voice.

Let your ears be attentive  
to my cry for mercy.

<sup>3</sup> If you, LORD, kept a record of sins,  
Lord, who could stand?

<sup>4</sup> But with you there is forgiveness,  
so that we can, with reverence, serve you.

<sup>5</sup> I wait for the LORD, my whole being waits,  
and in his word I put my hope.

<sup>6</sup> I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.

<sup>7</sup> Israel, put your hope in the LORD,  
for with the LORD is unfailing love  
and with him is full redemption.

<sup>8</sup> He himself will redeem Israel  
from all their sins.

-What was the message you took away from this Psalm? What was the author feeling when they wrote this poem? How does this Psalm connect with Lent?

## **Reflection Questions**

How has the first week been, how does it feel to give something up intentionally? How did you fill the space, was there room for God?

For many, Lent becomes another excuse to cut something from our lives, but really the focus should be on making room for God in our busy lives and slowing down so we can hear God's quiet and loving voice.

## **Activity**

This week's activity is a colouring page, a simple and fun craft that Parents and Kids should work on together. The goal of this week's activity is to give you time as a family to slow down and connect. Part of Lent is intentionally giving up something, however another aspect is prayer and meditation, use this colouring page as your time to connect with you family and meditate on that blessing.

## **Prayer**

Once again, we finish with a prayer, but feel free to create your own with your kids. We also want to encourage you to try and pray daily throughout the week as a family. It does not have to be the same prayer every time but use the Lent season as a chance to explore daily prayer with your kids.

Dear Jesus,

We thank you so much for how deeply you love us. That we can cry out to you, and you listen to us. We thank you for your unfailing love and that we can place our hope in your hands, and you will never fail. We pray that you will continue to give us the strength throughout Lent to hold to our Lent promises. Teach us to love, like you love.

We pray in your name,

Amen