

Lent

Kids Activities



Dears Parents & Carers

We are so pleased that your children will be part of our Lent Activities. We hope all these activities help them during these tough days of lockdown by bringing them hope and building their faith.

Lent is a period where we invest more time to develop our faith and grow in our spirituality. Therefore, all activities in this pack will teach your children about the Bible and Christianity and challenge them in being more respectful and great human beings.

As you can see there are many files and papers. So, first of all let me explain each:

1. Painting sheets

This pack contains some drawings for your children to colour. As all of them talk about Bible stories, for each drawing there is a text explaining the story. If your child can't read, could you, please, read to them?

To colour them, there is a colouring pencil set in your pack.

2. Activities

For each week of Lent your child has one activity. Your children will probably need your support in some of them. Therefore, for each activity there is an explanation about how it works and which materials they will need. Most of them are in your pack.

3. You can join in too

We know that to help our little ones with their activities, sometimes we do them together. Lent is a great chance not only for our children, but also for us to build our faith and fix things in our life. So, if you would like to join your children, there are some activities and devotionals for your Lent. If you are not on the email list for adult devotionals, email me and I will add you.

We found some online resources to help you engage:

☐ YouTube and Spotify playlists with songs to help you and your children during Lent. Links for accessing these playlists were sent by email.

☐ Facebook group for us sharing how our Lent is going and find encouragement. The group name is 'Lent Activities ☐ BBMP'. Just search for it.

We will be in touch closer to Holy Week to arrange the delivery of the surprise.

Please, if there is anything (doubts or questions) do not hesitate to contact us.

May God bless your Lent and may this be a great time for your family.

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Setting up the prayer spot

To enjoy as much as you can of your Lent, it would be great if you set up a prayer spot.

Choose a place in your bedroom where you can lay down the foam carpet. **The carpet is in your pack.** To improve your prayer spot, you may use a pillow, your favourite toy, your teddy bear and the **little torch which is also in your pack.** Decorate it and make your prayer spot as cosy as you can.

If you cannot set up your prayer spot, don't worry, you can lay down your foam carpet anywhere (even on your bed) in your prayer time or before sleep. Don't forget to keep it safe, perhaps under your bed. The most important thing is to keep your prayer time every day.

In your pack you can find a door hanger. Every time you go to pray, close your bedroom door and hang it on the door handle to show to everyone that you are in your prayer time and you need privacy.

Next week we're going to talk about prayer!

Learning about prayer

Let's talk about prayer. Many people think that prayer is something hard but let me tell you that anyone is able to pray.

Prayer is like **have a chat**. Do you ever chat with your friends? Of course!

Why not have a chat with God? He is also your friend and He knows everything about you.

You need to talk to him, and because we know that it could be hard for you, **we would like to teach you** how to pray.

In the Bible, Jesus teaches us how to pray with the Lord's prayer. Let's read it:

"In this manner, therefore, pray:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

As we forgive our debtors.

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen."

Matthews 6.9-13

I know that it could be hard for you to memorise this prayer. **Jesus didn't say to us to memorise it**. He told us to follow him in this prayer, that is, to pray **in the same way** of the Lord's Prayer.

In your pack you will find a 'prayer clock'. It is a paper sheet with a big circle divided in six parts. Get it, cut the clock and **keep it on your prayer spot**. Every time you go to pray, take it and your little torch to read and remember how to pray.

Week 2

Each part of the **Prayer Clock** is a part of the Lord's Prayer. So, if you follow the Prayer Clock, you will be following the way of praying Jesus taught us. It will help you in your prayer time, leading you and showing you how your chat time with God should be.

So, let's check each part of the Prayer Clock.

The first part on your clock is **the number 1 ☐ Praise God**. As Jesus started in the Lord's Prayer, talk to God saying to him **how important He is for you**. Praise him for all creation, praise him for your life, praise him for your family, praise him for everything he has been doing for you.

The number 2 ☐ I want your will. You should tell God **how you wish to see God's will happening in your life**. Ask him to make his will in your life, studies, in your free time, in your family, in your school, in your neighbourhood, in your town. God knows everyone and He knows what the best for us is, so, just ask him to do what He thinks is the best for you and your loved ones.

Number 3 ☐ Requests. Make your requests to God. Jesus taught us to ask God for our daily bread. In his day, bread was the most important food, so daily **bread means our needs**. What do you need? **What would you like to gain from God?** Don't be ashamed, He wants to hear from you, so **He is able to answer your prayer**. Tell him what you would like to eat, what you would like to happen with your parents, carers, siblings, loved ones. Ask which toys you would like to gain.

Number 4 ☐ Confess you sins. Have you disobeyed your parents? Have you done anything that you shouldn't? If yes (of course it is yes), confess to God and ask him to forgive you. **He always forgives those who ask for forgiveness**.

Number 5 ☐ Protection. Ask God for protection. He delivers us from our enemies, he shields us from bad things. After all, He is our Father and God, so He protects us all the time. **Just ask him for protection for you, your family and loved ones**.

Number 6 ☐ Thanksgiving. To close your prayer time, **say thanks for all He has been doing for you**. Although our days are very tough, He has protected you, so you have enough reasons to say thanks.

After you say everything you want, say **amen**. Amen means 'so be it', that is, it means you are agreeing with God and saying yes to him. It usually closes the prayer. God has listened to you and He will answer your prayer.

Prayer Clock



Listing prayer requests

I hope you are well and enjoying your **prayer time!**

How was your week? Have you managed to arrange your prayer time? Has the **Prayer Clock** helped you?

Today we're going to speak about **prayer requests**.

It is an important thing because **Jesus taught us to make requests** in our prayers. Let's have a look at one Bible text:

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him."

1 John 5:14-15

The Bible says that if **we ask anything according his will**, He hears us and He answers us. So, to help us in remembering what we have been praying, it is a good idea to have a **list of our requesting**.

Is there any dream you haven't managed to realise? Know that everything has its time and in the right time your dreams will happen.

In your pack there are some **blank sheets**. If you are able to write, you can write down each of your prayer requests. If you can't write, don't worry! Just draw your wishes and your prayer requests.

In your pack, there is also an **envelope**. Take it and **keep your requests in the envelope** and the envelope **on your prayer spot**.

Every day when you go to pray, **take the envelope, open it and tell God your requests**.

Setting new habits up

In Lent we have the chance to start **new habits** that would be good for us and our loved ones like our parents, carers, siblings, relatives, friends, teacher, etc.

Since you've started your lent you have already created the **good habit of praying**. Why not develop other new habits?

In your pack you may find a sheet named "**New Habits**". There are lots of new habits that would be good for you to develop.

So, take this sheet and **ask your parents or carers** for a few minutes with you to help you to choose them.

For each new habit you would like to develop, **paint the little circle on the top of the box** where the new habit is written. Keep this sheet on your prayer spot so you can pray for them.

In your pack there are some **star stickers**, right? **Give them to your parents or carers** and tell him that they are your overseers. Every time you do any action from your list, **they will reward you by sticking a star on you**, right?

Good luck!

God bless you journey!

Giving something up

How about last week? Have you done a great job? I can imagine **how happy your parents or carer** are. The more they stick stars on you, the more they will be happy!

On this week we remain with the job in **our heart**. Last week we **added new habits** for our lives. This week **we will give up some of our bad habits**.

It is really good for you to create new and positive habits. But it is also important **throw away** others that are not good.

As God is filling **your heart with his love**, it is time to leave some bad things like fighting with your siblings and friends, arguing, speaking bad words, gossiping, naughtiness, screams, **any kind of misbehaviour**.

In your pack there is a sheet named "**Giving up list**". There is a list of bad behaviours **you should avoid**. As you did last week, take this list and ask **your parents or carer** for few minutes to help you in your choice.

For each bad behaviour **you are willing to give up**, paint the **little circle on the top of the box** where they are written.

Have you found **more star stickers** in your pack? Right! Do the same you did last week, because **your parents or carer will reward** each time you show that you are **keeping misbehaviour under your control**, sticking a star on you.

Make sure your loved ones have been **very proud of you!**

Aiding somebody

How about last week? I am confident that your family is **so proud of you!**

This week our job we will be in **your actions**. Now you will **set goals** for yourself **to help those in need**.

We always **have a chance** to make something for someone. There will always be people needing help. For example: you may help your parents or carer at home, you may help your brother or sister, or a friend with their homework, you may help somebody by **praying for them**.

Being a helper is a **great quality** and as Jesus' follower, you **should develop** this quality.

In your pack there is a sheet named '**Reminder for a helper**'. There is plenty of space for you to **write down** or **draw** the kind of help you **would like to offer someone**. Choose somebody **you know is in need** and write or draw on this sheet **what you are willing to do** to help them. **Show it to your parents or carer**.

You can see that also there is **a medal in your pack**. Give it to your parents or carer. **They will reward you after you help who you are committed with**.

Place your reminder in your prayer spot and every time you go to pray, **ask God to give you the chance** to achieve your goal to help who you are committed with.

Holy Week

We are nearly at the end of Lent. Can you recognize how great the things God has worked in your heart? You learned to pray, now you have everyday time to pray and talk to God. You learned more about the Bible. You created good habits, left misbehaviours and are committed to helping somebody out.

Can you imagine how much better the world would be if everybody during Lent did some activities like yours?

It is just possible because many years ago, **God became human in Jesus Christ**. He lived as any human being. But on the Easter, or the Jewish Passover, **He died on the Cross to deliver us from our sins and evil**. Three days after, **He rose again**, giving us the chance to live a **new life**.

During these days of Lent you could taste that **it is good to live to God**, have **relationship with him**. He is real and He is able to bless every human being.

In your pack you will find a **blank Easter Card**.

First of all, **colour it as beautifully as you can**.

After that, **choose one person that you love so much and would like to share about God's love**. Open the card and write down a little message to them or draw a beautiful drawing. If you can't write, ask your parents or carer to write a little message.

After that, put it in the envelope and post.

Be sure they will receive your message and **will delight in God's love** like you!

Happy Easter

May God bless you