

# Lent at Home

This program is designed to be offered at home as a family. Each week, there is an object to reflect upon, a scripture to read, and a question to discuss. The first week is a jar of sand- maybe it is from a local beach, gathered from the desert, or perhaps you purchased it. Each week that follows, you will remove the next object from the small bag, reflect on it during your conversation, and then add it to the jar of sand. Keep the jar on your table or in a place where it will be seen throughout the week. We hope this simple practice helps your family keep a Holy Lent together and prepare your hearts for the journey to the cross.

## Sand – The First Sunday in Lent

Between his baptism and the beginning of his ministry, Jesus went into the wilderness for 40 days to be tested. The desert can be a dangerous place, and Jesus was hungry, cold, and tired. He was also tempted and tormented, but he didn't give up. When things get tough, how do we remember that God is there for us? What constitutes wilderness in your life? What have you learned there? What might you learn there? Read Matthew 4:1-11, the story of Jesus wandering in the desert, then open the sand and touch it.

## Rock – The Second Sunday in Lent

While in the wilderness, Jesus was tempted by the devil to transform stone into bread. He knew he was not called to do this by God. He didn't change the rock into food. Later, Jesus became known for doing amazing things. He fed the hungry, helped people grow in knowledge and love of God, and healed people. When you are angry or sad, it may feel like your heart has become a rock. How does that feel? How can you help someone who has a "rock" in their heart? How does it

feel to help others? Think about a time when you helped someone. Read the story of Zacchaeus, Luke 19:1-10. Zacchaeus is transformed by being fully seen and loved by Jesus. Jesus' love transforms us, too. Is there a place in your life where you could make better choices, with Jesus' help?

## Human – The Third Sunday in Lent

Because Jesus was fully human, he understands us inside and out and knows from experience that we are each capable of great things- Godly things. No matter what we do, Jesus keeps inviting us to join him in his work. Jesus knows that we can do good things on Earth, just like he did. In Lent, we are counting down 40 days until Easter. What can you do to be more like Jesus at home? At school? Everywhere? Read John 13:1-20, the story of Jesus washing his disciples' feet. How can we live like Jesus?

## Candle – The Fourth Sunday in Lent

Winter can be cold and dark. Spring is a time when we think of sunshine and flowers blooming. Jesus is called the Light of the World. Jesus told his disciples to be a light in the world, too, and make a difference for people who are lonely or left out. Where do you shine your light? What is your talent? How can you encourage someone to see the good in themselves? Read Matthew 5:14 -16 and sing the song This Little Light of Mine. How do you let your light shine?

## Supplies to make jars

[Small jar](#)

Sand

Rock

[Wood peg doll](#) (natural color)

Tea light candle

Small bag for storage of pieces when not in use



EDSD  
COURAGEOUS LOVE

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