

## Lenten Ideas for Families

1. Make a Prayer Chain: List 40 intentions or people on 40 slips of paper. Link them together into a chain. Rip one off each morning of Lent and pray for that need.
2. Bury the Alleluia: Explain why we don't proclaim the "A word" during Lent. To symbolize, write out Alleluia on paper and bury it in the yard or put it away in a box.
3. Temptation Cookies: While baking cookies, tell your children about the temptation of Jesus in the desert. When the cookies are done, leave them on the table, but they cannot eat them until the next day. Talk about how tempting this might be and what we can do to resist temptation.
4. Memorize a Prayer: The Lord's Prayer would be a good one for Lent, but if your kids already know it, pick a prayer they are unfamiliar with.
5. Color Easter Eggs: While you do, talk about why they are part of Easter. They represent new life.
6. Children's (or regular) Stations of the Cross: Join us on Wednesdays at 5:30 PM.
7. Make Pretzels: They symbolize arms crossed in prayer. Find out more [here](#).
8. Pick a Service Activity: It can be something small like paying for the person behind you in line at lunch or putting food in our food pantry or do something bigger like visiting a homebound member of our church.
9. Go learn about the saints through Lent Madness!! It's fun for kids and adults alike.
10. Go to Church: But, not on Sunday morning. Instead, just explore the building.
11. Go out in Nature: Glory in God's creation and give thanks!
12. Anglican Prayer Beads: Say prayers using the beads you make at church.
13. Lent in a Bag: Use the items in Lent in a Bag to pray at dinner with your family.
14. Dinnertime with the Family: Commit to eating together as a family at least once a week and share with each one blessing of your day.
15. Make Hot Cross Buns: They symbolize Christ's suffering on the cross.
16. Plant Something: Plant flowers, a plant or Easter grass, take care of it and watch it grow. Talk about new life and rising from the grave.
17. Make an Easter Basket for a Neighbor: Fill it with your favorite treats and surprise your neighbor with your gift.
18. Go to the Maundy Thursday service and participate in the foot washing, the Eucharist and stripping of the altar.
19. Plan and Cook a Meatless Meal Together: Explain why fasting in Lent is an important practice.
20. Almsgiving Activity: Create an almsgiving box -choose a charity like UTO or ECS or Philabundance to donate to. Save all of your change this season by putting it in your family's box.
21. Attend the Seder Meal at church as a family. Invite some of your Jewish friends and learn about how this service is so important to us as Christians.

22. Fill a Bag to Donate: Declutter your house and make a donation to Goodwill. Toys, clothes, books, housewares, etc. are all fair game. This is part of almsgiving too.
23. Light a Candle at Church: Let your child choose a special person to light a candle for.
24. Do something nice for your sibling or your parent.
25. Find a prayer in the Book of Common Prayer and say it a bedtime.
26. Dress in Purple: Explain how purple is the color of Lent, the color of royalty but also mourning.
27. Write a Note to a Clergy Member or other Member of the church: Whether it be local or farther away, have your kids choose a person to write a letter to. Maybe your kid wants to write a thank you letter. It could even be a letter asking questions about our faith. You might get a great response!
28. Go on a Garden Walk: Explain the story of the Garden of Gethsemane while you meander.
29. Attend the 30 minute Good Friday Family Service.
30. Pick a Nice Outfit for Easter: Shop the closet or the store and talk about dressing our best for the celebration of Easter.
31. Make Resurrection Cookies: Make sure you read the story along with it.