

LENT IN A BAG

Adapted from <https://katyandtheword.com/>

1. Ash Wednesday February 17th

Luke 9:51

“When the days drew near for him to be taken up, he set his face to go to Jerusalem”
Set your Face towards God: Take a moment to step outside and look in one direction and contemplate what God has in store for you for this journey.

Jar of Dust -- Alone or during worship

Think about how knowing our mortality helps to define us as humans.

Contemplate: Ashes to Ashes, Dust to Dust

2. Sunday February 21st

Luke 10:25-28

“Just then a lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.” And he said to him, “You have given the right answer; do this, and you will live.”

Heart -- Do a Check in with God.

Check your heart, check your strength, check your mind, check your relationships. Take inventory and hand that information over to God in prayer.

Write/Draw something about your reflection on the heart

3. Sunday February 28th

Luke 13:1-9

“At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, “Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.”

Then he told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’”

NoteCard

Give nourishment or space to someone in need or yourself. Pass on a treat or a kind note or give a moment of respite to someone who needs the spiritual nourishment.

4. Sunday March 7th

Luke 13:34-35

“Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, ‘Blessed is the one who comes in the name of the Lord.’”

Peppermint Tea -- God just wants to love us

Give yourself a moment to be the beloved child of God. Rest under the wings of Jesus. Snuggle up with a blanket, sweater or a warm Drink

5. Sunday March 14th

Luke 16:19-22

‘There was a rich man who was dressed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, covered with sores, who longed to satisfy his hunger with what fell from the rich man’s table; even the dogs would come and lick his sores. The poor man died and was carried away by the angels to be with Abraham. The rich man also died and was buried.

Cross -- Think of someone who has recently experienced a loss

Are there people who died who need prayer; or whose families need love? Hold the cross and pray for them today. Hold someone up to God today, knowing that God loves them. If you choose you may bury the cross somewhere as a reminder of the resurrection.

6. Sunday March 21st

Luke 18:31-34

“Then he took the twelve aside and said to them, ‘See, we are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished. For he will be handed over to the Gentiles; and he will be mocked and insulted and spat upon. After they have flogged him, they will kill him, and on the third day he will rise again.’ But they understood nothing about all these things; in fact, what he said was hidden from them, and they did not grasp what was said.”

Tea Light -- Light the Candle

Give yourself a moment to ponder the things you do not understand about God and the world.

7. Sunday March 28th (Palm Sunday)

Luke 19:29-35

When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, ‘Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, “Why are you untying it?” just say this: “The Lord needs it.” ’ So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, ‘Why

are you untying the colt?' They said, 'The Lord needs it.' Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road.

What would you lay down on the road in front of Christ? What are you willing to offer and give? Write what you are thinking about in the leaves of the Palm, or color the Palm while you offer it up to God

8. April 1st Maundy Thursday

Luke 22:1-27

"Now the festival of Unleavened Bread, which is called the Passover, was near. The chief priests and the scribes were looking for a way to put Jesus* to death, for they were afraid of the people. Then Satan entered into Judas called Iscariot, who was one of the twelve; he went away and conferred with the chief priests and officers of the temple police about how he might betray him to them. They were greatly pleased and agreed to give him money. So he consented and began to look for an opportunity to betray him to them when no crowd was present.

Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus* sent Peter and John, saying, 'Go and prepare the Passover meal for us that we may eat it.' They asked him, 'Where do you want us to make preparations for it?' 'Listen,' he said to them, 'when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters and say to the owner of the house, "The teacher asks you, "Where is the guest room, where I may eat the Passover with my disciples?" " He will show you a large room upstairs, already furnished. Make preparations for us there.' So they went and found everything as he had told them; and they prepared the Passover meal.

When the hour came, he took his place at the table, and the apostles with him. He said to them, 'I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it* until it is fulfilled in the kingdom of God.' Then he took a cup, and after giving thanks he said, 'Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.' Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And he did the same with the cup after supper, saying, 'This cup that is poured out for you is the new covenant in my blood.* But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!' Then they began to ask one another which one of them it could be who would do this.

A dispute also arose among them as to which one of them was to be regarded as the greatest. But he said to them, 'The kings of the Gentiles lord it over them; and those in authority over them are called benefactors. But not so with you; rather the greatest among you must become like the youngest, and the leader like one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves."

M&M's/Colored Candies

Love and Serve one another was the essence of the final sermon Jesus gave his disciples. Try to serve someone today. Try to love someone today.

Practice the M&M Prayers

Brown: Pray for someone you have a hard time getting along with

Green: Pray for your friends

Yellow: Praise God!

Blue: Thank God for something in your life

Red: Pray for your (biological or chosen) family

9. April 2nd Good Friday

Luke 23:32-37

“Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus* there with the criminals, one on his right and one on his left. [[Then Jesus said, ‘Father, forgive them; for they do not know what they are doing.]] And they cast lots to divide his clothing. 35And the people stood by, watching; but the leaders scoffed at him, saying, ‘He saved others; let him save himself if he is the Messiah* of God, his chosen one!’ The soldiers also mocked him, coming up and offering him sour wine, and saying, ‘If you are the King of the Jews, save yourself!’ There was also an inscription over him,* ‘This is the King of the Jews.’”

What do you need to “nail to the cross” today to be forgiven?

Remember God forgave criminals even on the cross. God meets us where we are and takes us where we need to go. Confess your full self to God: the good and the bad. Give yourself over to God, knowing you are still beloved and that is why Jesus came: to love us.

Draw a Cross on a stick or a rock.

10. April 3rd Holy Saturday

Luke 24:50-56

“Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments. On the sabbath they rested according to the commandment.”

Breath

Take a few minutes in silence. Prepare your heart for Jesus. Practice a Breath prayer. Breathe in the Holy Spirit and Breathe out your stress for 15 breaths.

April 4th Easter/Resurrection Sunday

Luke 24:1-12

But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, 'Why do you look for the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.' Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale, and they did not believe them. But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

Easter Egg

Christ is Risen! Alleluia! Easter somehow comes in spite of pain and mourning and death. What stone has been rolled away in your heart? How did God roll it away? How do you celebrate this freedom and release? Christ is Risen! Alleluia!