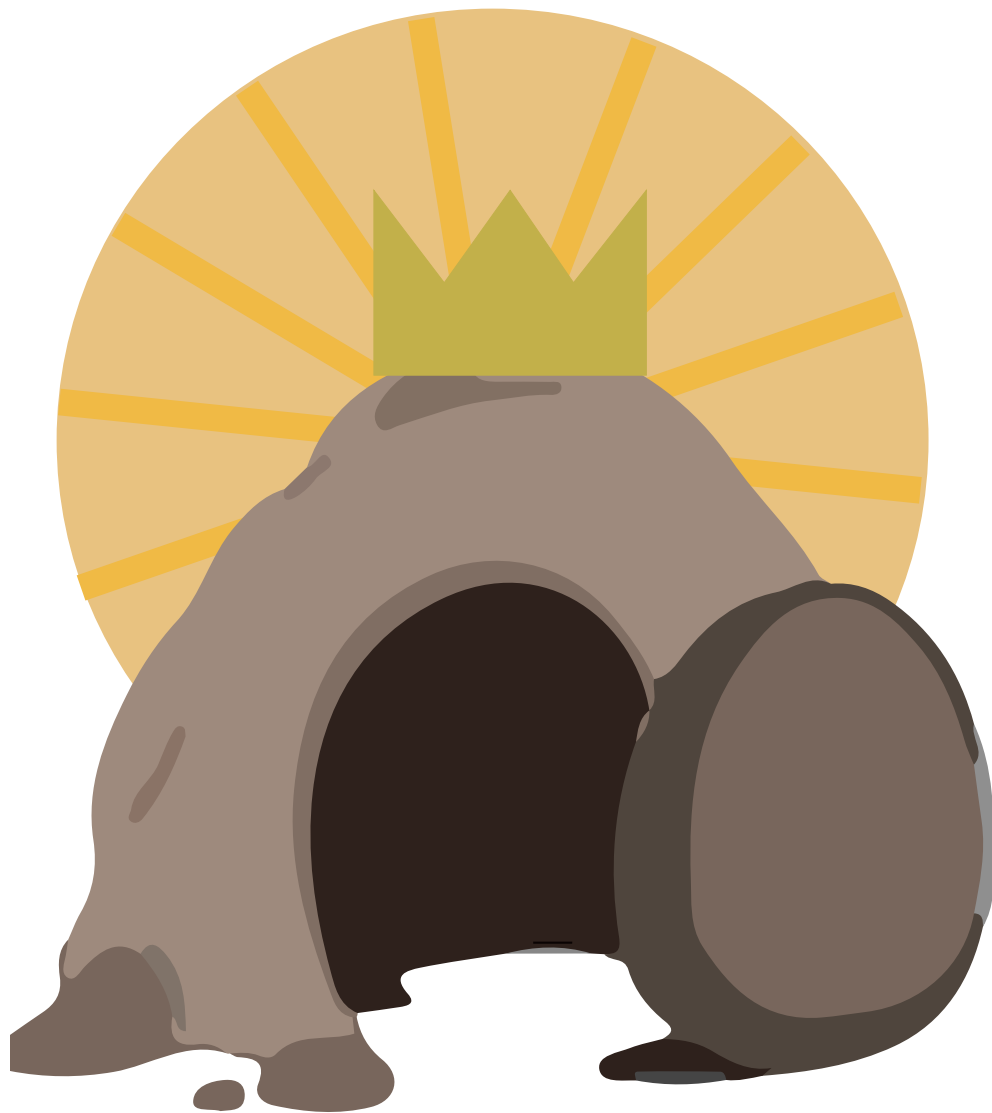




FRONTLINE KIDS

FAMILY LENT DISCIPLESHIP

HANDS-ON ACTIVITIES TO ENGAGE YOUR KIDS DURING LENT



INTRODUCTION

You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

Deuteronomy 6:5-7

There is a clear invitation from the Lord to love Him first and then to share that with our children. But between school, homework, sports, dinner, and begging them to brush their teeth, family discipleship often gets lost in the busyness of our daily lives.

Everything we do inherently is an opportunity for us to experience God's love and then to teach, grow, and encourage ourselves and our children. These activities are an interactive tool to intentionally engage and disciple your kids through the Lent season. These are not meant to feel like another thing to do, but rather a specific moment to set aside and grow as a family in Christ.

Any discipleship we do, whether with friends, family, or children should come out of what Christ is doing in us. This booklet coincides with the Frontline Lenten Journal for adults, which is meant to help us fix our eyes on Jesus as we prepare and ready ourselves to receive the gift of God to us in Christ Jesus in his life, his death on the cross, and his resurrection. Our hope is that through your Lent journey, these activities and discussions with your family would flow out of what God is doing in you and in your heart.

May Jesus draw you and your family closer to Himself and closer to one another during this season.

Partnering in Christ,

Frontline Kids Team

HOW TO USE THIS BOOKLET

Each week offers a truth about God, along with an activity and discussion ideas to help engage your kids' hearts. Most of the activities in this booklet can be done with things around the house, but you may find yourself needing a few supplies. Reading ahead for the week can be helpful.

Set aside one time per week - mark it in your calendar! - to sit with your family, read the Bible, discuss, and do an activity together. Each activity can be completed in 5-10 minutes, and some may create fun for much longer. As you do the activity, ask the Holy Spirit for discernment and guidance in engaging your kids.

Take some time to pray with your kids before, during, and after the activity as it feels comfortable. Prayers can be simple:

Before you start: Lord, reveal Yourself to us.

During the activity: Lord, thank You for all you do.

After the activity: Lord, continue Your work in us.

There are three categories of activities with age-appropriate tasks and discussions: Preschool, Early Elementary, and Older Elementary. Feel free to choose the activity that best suits your family, or do any number of them. These are simply a tool.

Most importantly, HAVE FUN! Smile, laugh, and enjoy this time with your family. Don't be afraid to ask the hard questions, pray the hard prayers, and invite Jesus into your home as the chief of all comfort and love.

ASH WEDNESDAY

TRUTH: God wants relationship with us.

DISCUSSION

Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. Revelation 21:3

God loves us, and He desires to be with us in relationship. Relationship is how we are connected to others. How does a relationship grow?

Today is Ash Wednesday. We remember that God created us; He wants to be with us; and we need him. We are going to plant a seed today, and over the next several weeks, we will watch it grow! We will have to take care of it to see it grow, just like God cares for us so that we can grow in him.

ACTIVITY: START A SEED

Supplies:

- small container with holes (plastic cup with holes poked in the bottom, small pot, etc.)
- soil or dirt (You can get this from a garden outside or get the really good stuff)
- seed (sunflower seeds work well)

How to:

1. If using a plastic cup, poke small holes in the bottom scissors or a sharpened pencil.
2. Fill your cup with dirt.
3. Insert your seed about 1/4 inch from the top of the dirt.
4. Water your seed enough for the soil to be damp, but not soaking.
5. Depending on the seed, you may want to research the appropriate watering amounts. Some seeds need more saturation than others.
6. Throughout Lent, take care of your seed.

CONNECTION:

As you are tending the seed with your child(ren), take note of how it is growing.

Helpful questions: How are we helping the seed grow? How does God help us grow? What does this seed need to grow? What do we need to grow our relationship with God?



WEEK 1

TRUTH: Jesus is a servant king, and He came to love and serve us.

DISCUSSION

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Philippians 2:5-7

Jesus is God, and He loves us so much, that He came to earth as a man, and He spent his whole life loving and serving us. He lowered himself to raise us up closer to God.

ACTIVITIES

PRESCHOOL: PING PONG STRAW

Supplies:

- ping pong ball (or any other lightweight ball)
- paper
- scotch tape
- bendy straw

How to:

1. Use the paper to make a funnel with a small hole at the bottom (big enough for your straw to fit through). Tape it together.
2. Put a ping pong ball in the funnel.
3. Bend your straw to create an "L" shape, and insert the short end of the straw through the bottom of the hole of the funnel.
4. Have your child blow into the straw.
5. The air that they are blowing should cause the ball to float.
6. Encourage your child to blow harder and softer, or in bursts to see what it does.

CONNECTION:

Just like your air is lifting the ball up, Jesus came to earth to lift us up!



EARLY ELEMENTARY: PAPER CLIP FLOAT

Supplies:

- paper clip
- clear jar or bowl
- water
- tissue paper
- pencil with eraser

How to:

1. Fill the bowl with water
2. Drop the paperclip in the water. Does it float? (It should not.)
3. Remove the paper clip.
4. Tear a piece of tissue paper about half the size of a dollar bill.
5. Gently place the tissue paper flat on the surface of the water. It should float.
6. Gently place your paper clip flat onto the tissue paper.
7. Use the eraser end of the pencil to poke the tissue paper (without touching the clip) until the tissue sinks.
8. The paperclip should stay afloat.

CONNECTION:

Jesus lowered himself to become a man and died a death on the cross to save us. We are like this paperclip, and we are sunk without him. But Jesus loves us, so he lowered himself like this tissue paper, so that we could be raised up to be with God.

Older Elementary: Paper Clip Float

(Same activity as the Early Elementary, but allow your child to do all of the work, simply offering instructions.)

WEEK 2

TRUTH: Sin separates us from God.

DISCUSSION

We all like sheep have gone astray; we have turned - every one - to his own way. Isaiah 53:6

But your iniquities have made a separation between you and your God. Isaiah 59:2

We want what we want more than we want what God wants. That is called sin – when we turn away from God and go our own way. And because God is good and perfect, and we are not, our sin separates us from Him.

ACTIVITIES

PRESCHOOL: ORANGE FLOAT

Supplies:

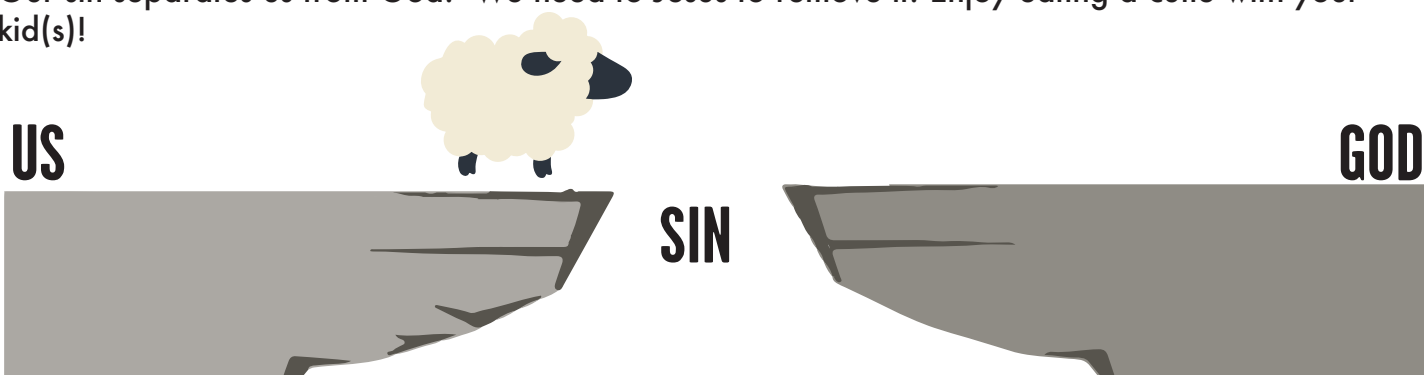
- 2 cuties (1 peeled, 1 unpeeled)
- clear glass or jar
- water
- paper with the word "GOD" written on it

How to:

1. Fill the glass about 3/4 with water.
2. Place it on top of your paper with "GOD" written on it.
3. Have your child drop the peeled orange into the water. It will sink.
4. Discuss: God created us to live with him. When he created the very first people, Adam and Eve, they were naked - just like this orange - and they were perfectly with God.
5. Take the orange out of the glass and refill with water.
6. Discuss: When Adam and Eve decided to go their own way and do what they wanted, they were sad, and they had to cover up.
7. Show your child the orange with the peel still on. Just like this orange is covered with a peel, our sin can cover us.
8. Have your child drop the unpeeled orange into the water. It will float.

CONNECTION:

Our sin separates us from God. We need to Jesus to remove it! Enjoy eating a cutie with your kid(s)!



EARLY ELEMENTARY: WATER AND PEPPER

Supplies:

- water
- pepper
- small plate or saucer
- dish soap

How to:

1. Pour water onto your plate to cover the bottom with a little depth.
2. Sprinkle some pepper onto the water.
3. Discuss: When Adam and Eve were created, they were together with God, and everything was perfect.
4. Squirt a drop of dish soap onto yours or your child's finger.
5. Dip your finger (or have your child dip their finger) into the center of the plate.
6. The pepper will scatter to the edges of the plate.

CONNECTION:

This soap is like sin. It separates us from God and each other. We need Jesus to bring us back to him and each other.

OLDER ELEMENTARY: EGG DROP

Supplies:

- clear glass or jar
- water
- small paper or plastic plate or small shallow metal pie plate (unbreakable)
- toilet paper tube
- egg

How to:

1. Fill a glass or jar about 2/3 with water
2. Place the plate on top of the glass.
3. Place the toilet paper tube upright in the center of the plate.
4. Place an egg on top of the tube.
5. Discuss: Let's pretend the water is God. We are like this egg, and this tube and plate are like our sin. The egg is separated from the water; Is there anything the egg can do to get back into the water? (no) The egg needs an outside force to bring it to the water. We are like that too. Our sin separates us from God, and there is nothing we can do on our own to get back to him.
6. Have your child hit the side of the plate with the palm of their hand. This should be done quickly and with some force.
7. The plate and tube will fly off, and the egg will drop into the water.

CONNECTION:

How did the egg get back to the water? How do we get back to God? Jesus came to destroy sin, and bring us back to God.

WEEK 3

TRUTH: Jesus loves us freely, and we cannot earn it.

DISCUSSION

But God shows his love for us in that while we were still sinners, Christ died for us. Romans 5:8

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8:38

Jesus came for us, even though we are sinners. He loves us so much that he came and died for us. There is nothing that we did to earn it, and there is nothing we can do to earn it. He loves us all of the time no matter what.

ACTIVITIES

PRESCHOOL: CAN ROLL

Supplies:

- empty aluminum can (soda, sparkling water, whatever you want to drink that day!)
- balloon

How to:

1. Blow up the balloon and tie it off.
2. Place the can on its side on the floor.
3. Have your child rub the balloon on their head to create static electricity.
4. Then hold the balloon over the can.
5. The static electricity coming off the balloon will cause the can to move! Roll the can in whichever direction you like, as it lasts. Repeat.

CONNECTION:

There is nothing that the can did to roll around. It was just sitting there. That is like us! God wants to bring us closer to him, but there is nothing we can do on our own to get close to him. Jesus came because he loves us, and when we trust in him, he draws us close to God!



EARLY ELEMENTARY: ELEPHANT TOOTHPASTE

This one is messy. Place a plastic tablecloth on the table or do the activity on a large baking sheet.

Supplies:

- empty plastic bottle (soda or water)
- glass measuring cup (or a cup with a good pour spout)
- 1 tablespoon dry yeast
- warm water
- 1/2 cup hydrogen peroxide (3%)
- liquid food coloring
- dish soap
- baking sheet, plastic tub, plastic tablecloth, or you can do the activity outside!

How to:

1. Pour 1/2 cup hydrogen peroxide into the empty water bottle.
2. Add a generous amount of dish soap (a big squirt or 1/4 cup)
3. Add food coloring of your choice.
4. Swirl the bottle to mix ingredients.
5. Place your bottle on your baking sheet, in your tub, or on a prepared surface that can get messy.
6. In a glass measuring cup, combine 1 tablespoon of dry yeast and 3 tablespoons of warm water.
7. Stir for about 30 seconds until well combined.
8. Pour the yeast/water mixture into the bottle.
9. Watch the reaction. The liquid in the bottle will foam up and overflow out of the bottle.

CONNECTION:

Jesus loves us freely. Now that this mixture is combined, can we separate it back out? (no) Jesus's love is just like that. He came to fill us up, and when we receive and trust in Him, there is nothing that could ever separate us from Him!

OLDER ELEMENTARY: ELEPHANT TOOTHPASTE

(Same activity as the Early Elementary, but allow your child to do all of the work, simply offering instructions.)

WEEK FOUR

TRUTH: Jesus is righteous, and He gives us His righteousness.

DISCUSSION

For our sake, he made him to be sin who knew no sin, so that in him we might become the righteousness of God. 2 Corinthians 5:21

Jesus is completely righteous. What is righteous? It means that he never sinned, and so He had a perfect relationship with God. When he died on the cross for us, He took our sin, and gave us His perfect righteousness so that we could have a perfect relationship with God.

ACTIVITIES

Preschool: Colored flowers

Supplies:

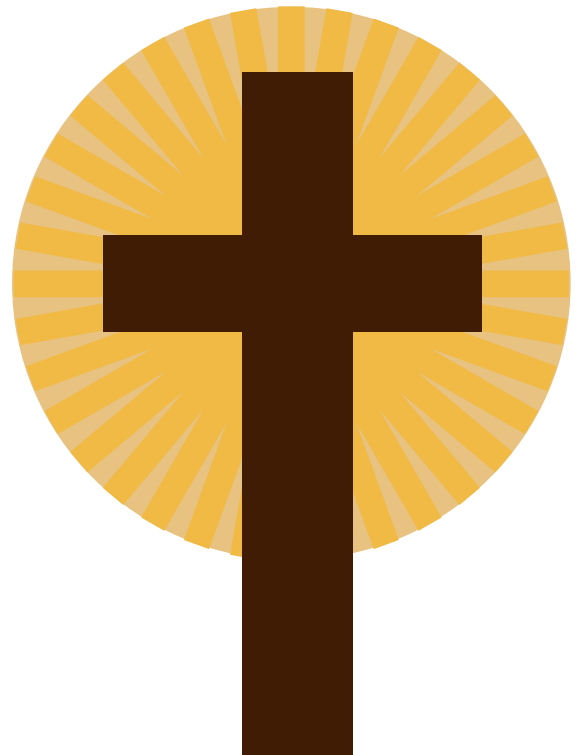
- white carnation or daisy
- water
- clear glass or jar
- liquid food coloring

How to:

1. Fill a glass or jar about 3/4 with water
2. Add food coloring of your choice and swirl together.
3. Cut the bottom stem of the flower.
4. Place the flower into the glass.

CONNECTION:

Jesus is like this water, and the color is His righteousness. We are like this flower. When we are in Jesus, He gives us His righteousness. Let's see what happens to this flower throughout the day and even tomorrow when we wake up! The flower petals will take on the color of your water.



EARLY ELEMENTARY: WALKING WATER

Supplies:

- water
- 2 clear glasses or jars
- liquid food coloring
- paper towel (either cut in half or the small select-a-size sheet)

How to:

1. Fill one glass with water.
2. Color the water with food coloring of your choice.
3. Position the second glass next to the first.
4. Fold your paper towel like an accordion and place one end into the cup with water and the other end into the empty jar.
5. The water will travel up the paper towel and drip into the empty jar.

CONNECTION:

Jesus is this glass full of colored water, and we are this empty glass. We have nothing to offer God. When Jesus died on the cross, He gave us His righteousness.

OLDER ELEMENTARY: CROSS CATAPULT

Supplies:

- 7 craft sticks or popsicle sticks
- 5 rubber bands
- plastic spoon
- pom pom balls, ping pong ball, or other lightweight object
- Markers for decorating (optional)
- Empty cups (optional)

How to:

1. Optional: Allow kids to decorate their craft sticks if they choose.
2. Stack 5 craft sticks on top of each other and bind with rubber bands, one on each end.
3. Stack 2 craft sticks on top of each other and bind at one end with rubber band.
4. Place the larger stack of sticks inside the 2 sticks, to make a cross shape.
5. Attach the larger stack to the stick on the top, using a rubber band.
6. Set the spoon on the top popsicle stick with the head hanging off the higher end. Bind it with your last rubber band.
7. Place a pom pom (or other object) onto the spoon.
8. Hold the catapult with one hand, and with the other hand, pull down the spoon and release. The pom pom will fly!
9. To make a game, place an empty cup across the table or floor from the catapult. Try to launch the ball into the cup.

CONNECTION:

What shape is this catapult? (They may say a plus sign, perpendicular lines, or something of the sort, but encourage them that it is a cross.) Let's pretend this ball is His righteousness. When Jesus died on the cross, He gave us His righteousness.

WEEK 5

TRUTH: Jesus provides everything we need, and we need Him.

DISCUSSION

Even youths shall faint and be weary... but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not grow faint. Isaiah 40:30-31

Do you ever get tired? We have to sleep every night because we have limits. We can only run so far, play so much, or work so hard before we get tired. Jesus provides everything we need, and what we need is HIM! We can't love God on our own; we can't trust God on our own; we can't do anything apart from God. We need Jesus.

ACTIVITIES

PRESCHOOL: MILK COLORING

Supplies:

- small plate, saucer, or bowl
- milk (whole works best; higher fat content the better)
- liquid food coloring (It turns out coolest with several colors)
- Q-tip
- dish soap

How to:

1. Pour milk into your container of choice; Cover the bottom at least a 1/4 inch deep.
2. Place one drop of each color of food coloring in the milk (separate distinct drops)
3. Dip the Q-tip in dish soap.
4. Place the soap soaked Q-tip in the middle of the milk.
5. Watch as the colors move throughout the milk.
6. Continue activity to mix colors and make various designs.

CONNECTION:

We are stuck on our own, just like these colors. Jesus is all we need to move, grow, and become beautiful in Him - the way He made us to be.



EARLY ELEMENTARY: FIZZ INFLATOR

Supplies:

- empty plastic bottle (water or soda)
- measuring cup with pour spout or similar item
- white vinegar
- balloon
- baking soda
- funnel or rolled up paper

How to:

1. Using a measuring cup with a pour spout, pour 1/2 cup of vinegar into the bottle.
2. Stretch the neck of the balloon and insert your funnel or a coned sheet of paper.
3. Fill balloon about 1/2 way with baking soda.
4. Leaving the balloon next to the bottle stretch the neck of the balloon over the top of the bottle.
5. When you are ready, lift the balloon up so that the baking soda falls into the bottle.
6. Watch as the balloon inflates!

CONNECTION:

We are like this balloon. We are filled with stuff that weighs us down sometimes. What is hard for you? What makes you scared? What makes you sad? Jesus is like vinegar in the water. When we give our cares to him, he takes them on and fills us up with his love!

OLDER ELEMENTARY: TABLETOP HOVERCRAFT

Supplies:

- old CD or DVD
- tape
- small nail or push pin
- a pop-top cap from a liquid soap bottle or a water bottle
- hot glue gun/glue
- 9 inch balloon

How to:

1. This activity is best done on a table or hard floor surface.
2. Cover the center of the hole with some tape and poke about 6 holes in the tape with a small nail or push pin. (This will slow down the air and allow your hovercraft to hover longer.)
3. Use the hot glue gun to glue the cap to the center of the CD. Create a good seal with the glue to keep air from escaping.
4. Blow up the balloon (really full) and pinch the neck so that they air doesn't release.
5. Make sure the pop top is closed and quickly pull the neck over the pop top cap, securing it tightly.
6. When you are ready, pop the top, and watch it hover!

CONNECTION:

We are like this CD. We can't move on our own in our own strength. Jesus is like the balloon. When He fills us with His spirit (like the air), He strengthens us to move and grow in Him. What do you feel God calling you to? How can you ask God for help?

GOOD FRIDAY

TRUTH: Jesus took our place, and we don't deserve it.

DISCUSSION

*For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.
Romans 6:23*

*He Himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.
By his wounds you have been healed. 1 Peter 2:24*

We have all sinned, and the consequence of sin is death. Jesus took our place when He died on the cross. He went through a lot of pain and suffering to take our place. Now, when we trust in Him, He gives us the gift of His life.

ACTIVITIES

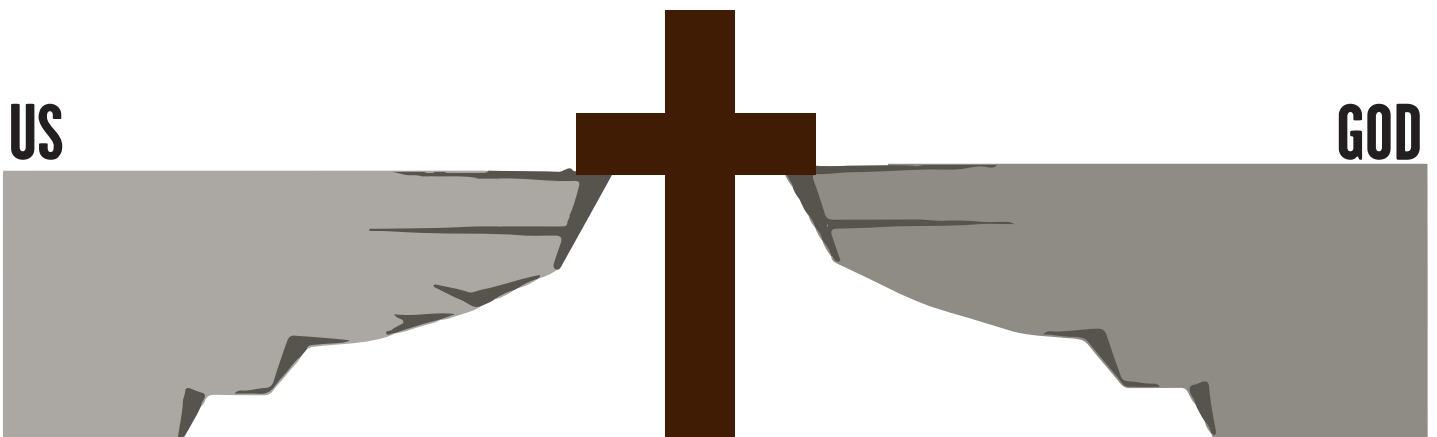
PRESCHOOL: WATER GONE

Supplies:

- small plate or saucer
- water
- liquid food coloring
- penny
- small candle
- small glass or jar (large enough to fit over your candle)

How to:

1. Put your penny on one of the plate.
2. Mix together water and liquid food coloring.
3. Pour the water over the penny onto the plate.
4. Place a candle on the opposite end of the plate.
5. Light the candle.
6. Place the glass or jar over the candle
7. Watch as the water gets sucked up into to jar and off of the penny.
8. Then the flame will extinguish when the candle no longer has oxygen.



CONNECTION:

We are like this penny. We are covered with our sin. Jesus is the light! He came to earth to be with us and show us how to live and be with Him. And then, He took all of our sin onto Himself, and the light went out. Jesus died. He died to make us clean and take our sin. In 3 days, we get to celebrate what He did next!

EARLY ELEMENTARY: WATER GONE

(Same activity as the Early Elementary, but allow your child to do most of the work, simply offering instructions. *Light the candle yourself or monitor with close supervision.*)

OLDER ELEMENTARY: COLD SMOKE POURS

Supplies:

- 5 matches
- pencil
- aluminum foil
- very cold glass or mason jar (place in the freezer)
- lighter

How to:

1. Roll out a small sheet of aluminum foil, just about 2 inches.
2. Bunch matches together and place at one end of foil with the red part facing the edge.
3. Place a pencil end-to-end with the matches.
4. Roll up the foil to create a tube.
5. Tip the foil to remove the pencil.
6. Take your frozen glass out of the freezer.
7. Place your foil tube in the glass, matches side up.
8. Using a lighter, light the matches.
9. This will push smoke through the foil tube into the glass.
10. Remove the tube and pour the smoke out of the glass. It will look like thick smoke or liquid.

CONNECTION:

Jesus took the pain and consequence of death for our sin when he died on the cross. All of God's hate and wrath for sin was poured out onto Jesus, so that when we trust in Him, God no longer has wrath for us because Jesus took it all.

EASTER SUNDAY

TRUTH: Jesus is forever King, and we can live forever with Him.

DISCUSSION

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead... 1 Peter 1:3

And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true. And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end." Revelation 21:5

Jesus is King! He was raised from the dead, and now, He is seated on a throne as King of everything! One day, He will come back to earth to finish His good work and make all things new! In His Kingdom, there will be no more pain, no more sadness, no more tears. What is something you want to see made new? How can we pray for Jesus to bring His Kingdom?

ACTIVITY (WHOLE FAMILY): CELEBRATION PARTY

After reading your Bibles together, celebrate Easter with your family in whatever way you want. You may choose to start with transplanting your seed that you started on Ash Wednesday to an appropriate area outside.

More ideas include:

1. Have a dance party! Put on some worship songs or just family favorites.
2. Get silly string and have a silly string fight.
3. Get streamers and decorate the house.
4. Bake a special dessert.
5. Go for a family walk, bike ride, or play at the park.
6. Set up yard games and play as a family.
7. Do a family scavenger hunt.

