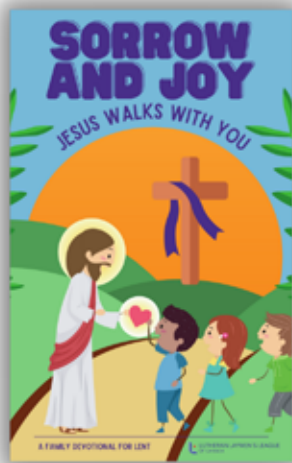


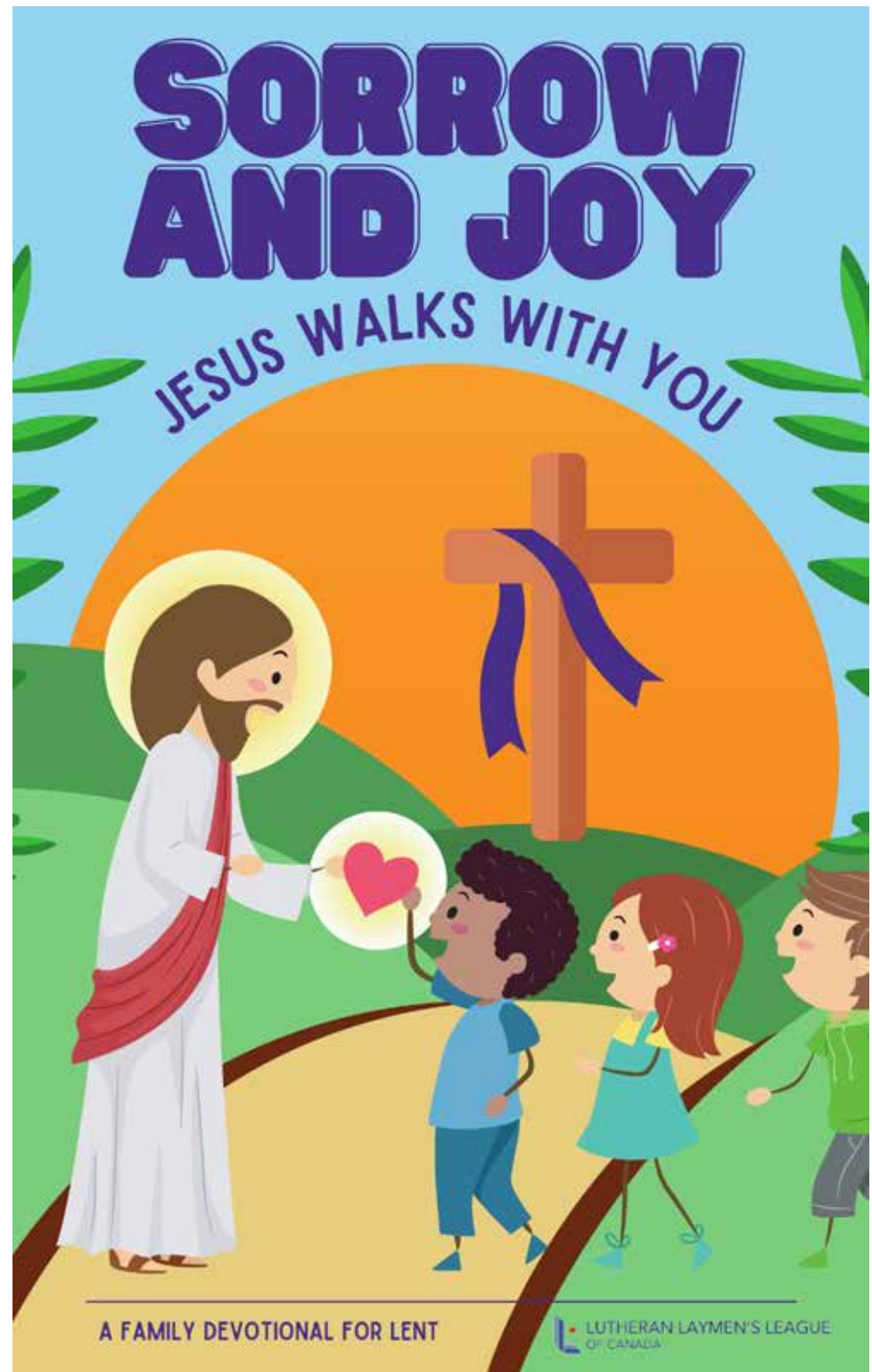
Lent is a time to remind us of what Jesus gave up for us. A time to look forward and prepare for His death and resurrection. God is faithful to us, His faithfulness is complete in Jesus!



FOR BONUS RESOURCES
VISIT WWW.LLL.CA



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A FAMILY DEVOTIONAL FOR LENT





SORROW AND JOY JESUS WALKS WITH YOU

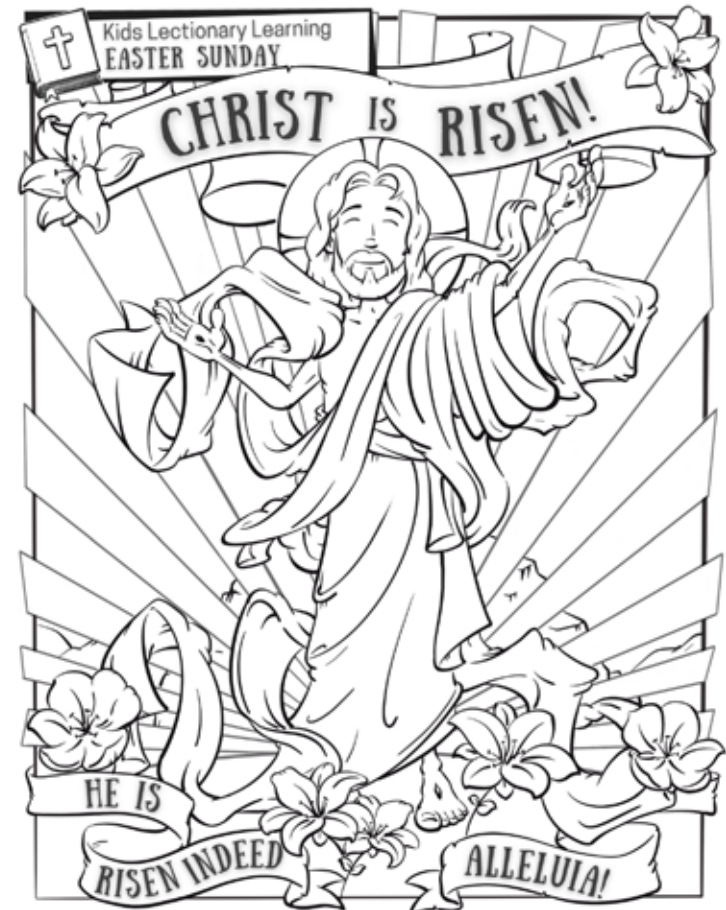
Dear friends, this little booklet is designed to compliment the Lutheran Hour Ministries (LHM) Lenten devotional "Man of Sorrows, People of Joy", and it can also be used as a stand alone family study. The suggested bible reading is listed at the beginning of each week's devotion to help anchor you in the Word and we encourage you to begin with a short prayer. Either begin with the Lord's Prayer or say a prayer of your own thanking God for His blessings, asking for guidance during your devotion and including petitions that may be on your hearts. Close your prayer in Jesus name because it is through Him that we lift up our prayers to the Lord.

We pray that this little booklet and the suggested activities will be a blessing to you through the season of Lent and that it helps to guide and encourage discussion and reflection.

Sincerely, the staff and board of LLL Canada

EASTER SUNDAY HE IS RISEN!

Read the full Easter story Luke 23:32 - 24:12 and colour the picture below to print extra copies scan the QR code below.



There will be times in our lives when we feel like everyone has abandoned us, but in those moments when we feel the most alone, remember that God is close to us. He knows our hearts and is listening to our fears and wants us to hold tight to the faith He has given us. (Hebrews 10:23).

**LET'S PRAY TOGETHER:
DEAR JESUS, YOU KNOW
EXACTLY WHAT IT FEELS LIKE
TO BE LEFT ALL ALONE, HELP US
TO REMEMBER YOUR GIFT OF
FAITH AND GIVE US THE
STRENGTH TO CLING TO YOU
WHEN WE FEEL ABANDONED BY
THE WORLD. IN YOUR PRECIOUS
NAME WE PRAY. AMEN**



ACTIVITIES TO TRY:

As a family make a Holy Week banner with felt pieces. Use a larger piece of felt for the background. Cut simple shapes to represent the most important days of Holy Week, including:

- a palm leaf and or a donkey for Palm Sunday
- a communion cup and host (wafer) for Holy Thursday
- a cross for Good Friday
- a tomb and or rocks for Holy Saturday
- a "He is Risen" sun for Easter

THE FIRST WEDNESDAY IN LENT

Read Matthew 11:2-6

GREAT FAITH

Today we learned about John the Baptist and how he was in prison.

The Bible tells us that John had heard rumours and stories about Jesus and was excited, but didn't know if the rumours were true. John called for his disciples (*yes, he had disciples too!*) and asked them to find out if Jesus was really the Messiah, the God/Man that he had been telling everyone about.

It must have been very frustrating for him to learn that Jesus was so close when he himself could not be near him. Perhaps he wondered why he was stuck in prison right then. After all, John was the one who had been telling everyone about Jesus.

We don't know how John felt when his disciples came back and told him that they saw Jesus, but we do know that the man who had put John in prison was afraid of John. That could mean that John had been encouraged by what his disciples had found out and was so excited that he wouldn't stop talking about Jesus.



We do know that Jesus talked to the people about John and called him Blessed.

Do you remember another time that John the Baptist was excited about Jesus? It was when he and Jesus were both very young, so young that they were each in their mothers' wombs. (Luke 1:41). There is something very similar about the first time that John was excited to hear about Jesus and this time. In both situations John was not able to see Jesus in a traditional way with his eyes, and he could only hear about him. John had great faith and was comforted by the presence of Jesus even without seeing Him face to face.

**LET'S PRAY
TOGETHER:
DEAR JESUS,
PLEASE HELP ME
WITH MY FAITH,
SO THAT EVEN
WHEN I CAN'T
SEE YOU, I HAVE
FAITH LIKE
JOHN. IN JESUS'
NAME. AMEN.**



ACTIVITIES TO TRY:

Create a space in your home for the Lenten season for your family to gather to grow closer to God. Decorate with objects throughout the weeks to remind you of the liturgical season. It's a simple tradition to keep your family focused on Lent. Purple is the liturgical colour. You could start with a purple cloth or placemat. You could add a small dish or plate and fill it with sand or small rocks. Add a small cross made from sticks tied together. Candles are a great symbol of prayer. Children could decorate a battery operated candle with purple stickers and other craft items. Older children could decorate a glass jar with glue and purple tissue paper. Get creative! We would love to see what you create! If you would like to share, please send pictures to helpful@lll.ca.

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THE SIXTH WEDNESDAY IN LENT

Read Matthew 27:46

GOD HEARS OUR HEART

This week is referred to as Holy Week- the week leading up to Jesus' death on the Cross and his triumphant resurrection on Easter Sunday. The whole week is a roller coaster of emotions beginning with the joyous parade into Jerusalem on Palm Sunday, the quiet evening with the disciples on Maundy Thursday, the sad darkness and death of Good Friday and then the solemn vigil of Holy Saturday, and finally the joyous resurrection on Easter Sunday.

Throughout the week Jesus shows us how much He understands human pain and suffering and knows what it is like to be abandoned by friends. In the garden of Gethsemane when he asks the disciples to stay awake and wait for him while he prays (Mark 14: 32-42), and in the last hours before His death, He cries out to God (Matthew 27:46).



LET'S PRAY
TOGETHER:
DEAR JESUS,
THANK YOU FOR
TAKING ON OUR
SIN BY DYING ON
THE CROSS AND
USING YOUR
BLOOD AS A
PROMISE. IN
YOUR NAME
WE PRAY.
AMEN.



ACTIVITIES TO TRY:

This week talk about what Lent is all about. It's a time when we are reminded of what Jesus gave up for us. We remember God's faithfulness to His people. He is always where he promises to be - in His Word and Sacraments.

What items can you add to your Lenten display to symbolize all the places where our Lord comes to us through God's Word, Holy Communion, Holy Baptism and Absolution? Perhaps a shell or your child's baptismal candle? A small Bible? Brainstorm some ideas!

We'd love to see what your Lenten display is looking like! Send us a picture at helpful@lll.ca.

Out of thankfulness for what God has done for us, think of some ways that you can GIVE this Lent, some ideas are listed below:

1. Do a household chore without being asked
2. Make a card for someone
3. Do something to take care of the earth - God's creation
4. Go through your toys and donate one or two or three
5. Smile at as many people as you can this week

THE SECOND WEDNESDAY IN LENT

Read Matthew 16:21-24

JESUS FORGIVES US

In today's reading Jesus talks about how he will die and rise again. When Jesus' friend and disciple Peter hears Jesus talking about dying, he is shocked and even a little upset. Peter probably didn't want to think about Jesus dying, instead he tells Jesus something he thinks Jesus would like to hear. Peter tries to cheer Jesus up and suggest that Jesus won't die because he's special.

Peter was just like you and me, he made lots of mistakes and sometimes he just didn't get it.

Peter was confused when Jesus seemed to doubt his friendship (John 21:15-17). When Peter tried to defend Jesus in the garden of Gethsemane, Jesus did not respond the way that Peter expected (John 18:10-11) and when Jesus was arrested, tortured and put on trial, Peter broke his promise and told people that he didn't know who Jesus was (Matthew 26: 69-75).



Despite all of Peter's mistakes, Jesus filled Peter with the Holy Spirit. That faith He gave to Peter is the same faith that He gives to you and me and all the church on earth (Matthew 18: 18-20). Jesus loved Peter and forgave him no matter how much he messed things up, and Jesus loves us that much too!

Jesus knows that we can never love Him enough, He knows that we make mistakes and can never stop sinning. That is why He offered Himself- the only perfect One to die for us and take away all the bad we have done and will continue to do.

Just like He did with Peter, Jesus waits patiently for us, forgives us, and walks with us on our path no matter how many times we fail.

**LET'S PRAY TOGETHER:
DEAR JESUS, THANK YOU FOR
LOVING PETER THE WAY THAT YOU
DID, AND FOR LOVING US LIKE PETER.
PLEASE HELP US WHEN WE FAIL, AND
HOLD OUR HAND AS WE WALK THE
PATH YOU HAVE LAID OUT FOR US.
IN YOUR NAME WE PRAY. AMEN.**



ACTIVITIES TO TRY:

Lent is a time of reflection and preparation for Easter. It is a time when we remember Jesus' sacrifice on the cross. Add something to your Lenten display this week that reminds you of this amazing love! It could be a nail, something with thorns or cut a red paper heart.

This week's devotion provides a great teaching moment to help our children learn to turn to God with our regrets and our hurts. As parents we can model it by praying out loud, telling God about the disappointment, sadness, anger, or other feelings associated with a failure. Take some time as a family this week to write a simple prayer together asking God for help, and to be your comfort and peace. Praise God for who he is and what he has done. If you have the time and opportunity, have everyone add some illustrations and laminate it to use as a new family tradition during family devotions.

THE FIFTH WEDNESDAY IN LENT

Read Matthew 27:24-26

CURSE TO BLESSING

Today's reading and devotion focus on blood and water and the symbolism of both during the time of Jesus' arrest, trial, and death.

It can be hard to talk about blood without having bad things come to mind. Jesus did something very unexpected with His body and with His blood when he died for us and redeemed us from all sin.

Before He died, He sat down with the disciples and spoke the words that we hear every time we have Holy Communion

“Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.”

Matthew 26:26



A covenant is a promise where both people want the same thing, but in this case, Jesus took on all the responsibility and used His blood to seal the deal.

LET'S PRAY TOGETHER:
DEAR JESUS,
THANK YOU FOR
LOVING AND FORGIVING
US WHEN WE TRY TO TAKE
CONTROL. PLEASE HELP US
TO HOLD ON TIGHT TO
YOU AND THE FAITH YOU
GIVE TO US. AMEN.



ACTIVITIES TO TRY:

When you gather as a family this week talk about how God is in control. What are some items that you can add to your Lenten display to symbolize this? Some ideas include a cotton ball (cloud) – God is in control of the weather, Seeds, flowers – God is in control of the flowers and the plants that provide us food.

Break out the crayons and markers and give each child a piece of paper to make a mini poster/banner. Add the title "God Has A Plan For Me." Draw a picture or series of pictures of something that God might have a plan for them to do as they grow up. Talk about Him being in control of our lives and our plans.

FOR BONUS RESOURCES
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THE THIRD WEDNESDAY IN LENT

Read Matthew 23:37-39

JESUS PROTECTS US

In today's lesson Jesus is sad about the many people who rejected Him. He tells us that even as He gathers us close to Him, some people will still wander away. Jesus uses the image of a hen gathering her chicks under her wings. He knows that there is danger around us all the time, and everywhere.

When a mother hen senses danger, she spreads her wings wide to protect her chicks and they take shelter underneath. In Matthew 19 verse 14 we can imagine Jesus spreading his arms out wide and saying, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these". Jesus

welcomes children and points out that the faith of a child is the perfect example of the faith given to all of us.



Jesus also spread His arms wide to protect us from our sins when he died for us on the cross.

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Despite Jesus' death and resurrection there are many who will reject the gift of faith and wander out from under His protective arms, but for those who believe, He promises to be with us until the very end of the age. (Matthew 28:20).

**LET'S PRAY
TOGETHER:
DEAR JESUS,
THANK YOU FOR
SPREADING YOUR
ARMS OUT IN LOVE
AND PROTECTING
US FROM OUR SINS.
IN YOUR NAME
WE PRAY.
AMEN.**



ACTIVITIES TO TRY:

Did you know that God knows your name? He knew you before you were born. And he even knows how many hairs you have on your head!

Take some time as a family this week to talk about your name. Look up the meaning. Were you named after someone? How did your parents decide what to name you?

Draw the letters of your name down the side of a piece of paper. Make each letter capitalized. Then, write a describing word that starts with each letter that characterizes the type of person that you are!

Let's use Jesus' name as an example.

J - Joyous
E - Energetic
S - Sincere
U - Unique
S - Safe

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THE FOURTH WEDNESDAY IN LENT

Read Matthew 26:50b-54

HOLD TIGHT TO JESUS

In the lesson today we learn a little more about Peter and the way he reacts when people come to arrest Jesus. Peter sees that there are men who are going to take Jesus away, and he attacks one of the men with his sword.

Maybe Peter remembered when Jesus had told the disciples that He was going to die (Matthew 16:21), but Jesus was not happy when Peter reacted with violence. Jesus didn't need or want Peter to defend Him but Peter tried to stop things from happening by attacking and hurting someone.

We often act like Peter, especially when we don't like the situation we are in. Instead of letting things happen the way that God intends, we try to take control.



Peter should have known what to expect because Jesus talked about his arrest and death many times, but Peter still made mistakes and had to be reminded that God was in control. When we make mistakes and don't follow God's plan for us, He is loving and forgiving just as He was with Peter.

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