



Kia ora Cathedral Whanau,

Welcome to our Family Lent Study!

Each week there is an activity for you to complete that we hope will help you on your journey through the season of Lent.

These activities can be done any time throughout the week, and you can alter them to suit the needs of your family.

May the Lord bless you and show you how deeply loved you are as you spend time together on these activities.



## **Week 1-Blessings**

Make a blessings jar.

First, decorate an empty jar with stickers, glitter, paper, ribbons or anything you like!

Next, cut up some small pieces of paper.

Take the jar, the pieces of paper and some pens and put them on your dining table or in your lounge (somewhere where people can see it).

Every day write or draw something good that happened, or someone who helped you, onto the piece of paper. Put the paper into your decorated jar.

Once a week, take all of the paper out of the jar, look at your blessings and say a prayer of thanks to God.



## **Week 2-Love your neighbours**

For this week's activity you will need: paper cut into heart shapes, pens or pencils, scavenger hunt sheets.

Give each child in your family a scavenger hunt sheet, four or five heart shapes and a pen or pencil, then take a walk around your neighbourhood. Whenever you get to a street sign, write down the name of the street on one of your paper hearts. Be sure to look out for the things on your scavenger hunt sheet.

When you get home, choose one of the paper hearts with a street name on it and pray for God to bless the people on that street. What other things could you pray about when you think about the things that you saw on your walk? Pray for children at the school? Families who come to the park? People in the houses?

Each day pray for a different street

## Week 3-Giving

This week either:

Collect a bag of clothes or toys you don't need any more and take them to a charity shop.

Or

Save all your small coins and donate everything you collect to a charity.

Think about the favourite things that you own and say thank you to God for them.

Colour in the colouring sheet.



## Week 4-Praying

**Pretzels** are made in the shape of arms crossed in prayer and are a reminder to us to pray during Lent. Pretzels are normally made from bread dough but we can use this pretzel scone recipe. It is much quicker to make!



## Pretzel Scones



*100g self-raising  
flour*

*30g butter*

*Milk to mix*

*1 tablespoon*

*sugar*

*Pinch of salt*

*1 egg*

- Preheat the oven to 180c
- Rub the butter into the flour until it resembles breadcrumbs
- Mix in the sugar and salt
- Gradually add milk to the mixture until a dough is formed. Don't let it get too sticky!
- Split the dough into 6. Make each piece into a sausage shape and then form it into a pretzel shape (see photo).
- Placed on a greased or lined baking tray.
- Whisk the egg and use a pastry brush to 'wash' it over the top of each pretzel shape.
- Bake pretzels for 10 mins until golden.

As you eat your pretzels, say a prayer of thanks to God for all the food we have and pray for people who are hungry.

## Week 5-Fasting

Jesus went into the wilderness to pray and spend time with God. Jesus didn't want anything to distract him from being with God, so for the forty days he was in the wilderness, he didn't have any food. This week Lent activity is to **give up something you like** doing for one or two days. It could be listening to music, watching TV, playing games on your i-pad or phone, eating chocolate and sweets.

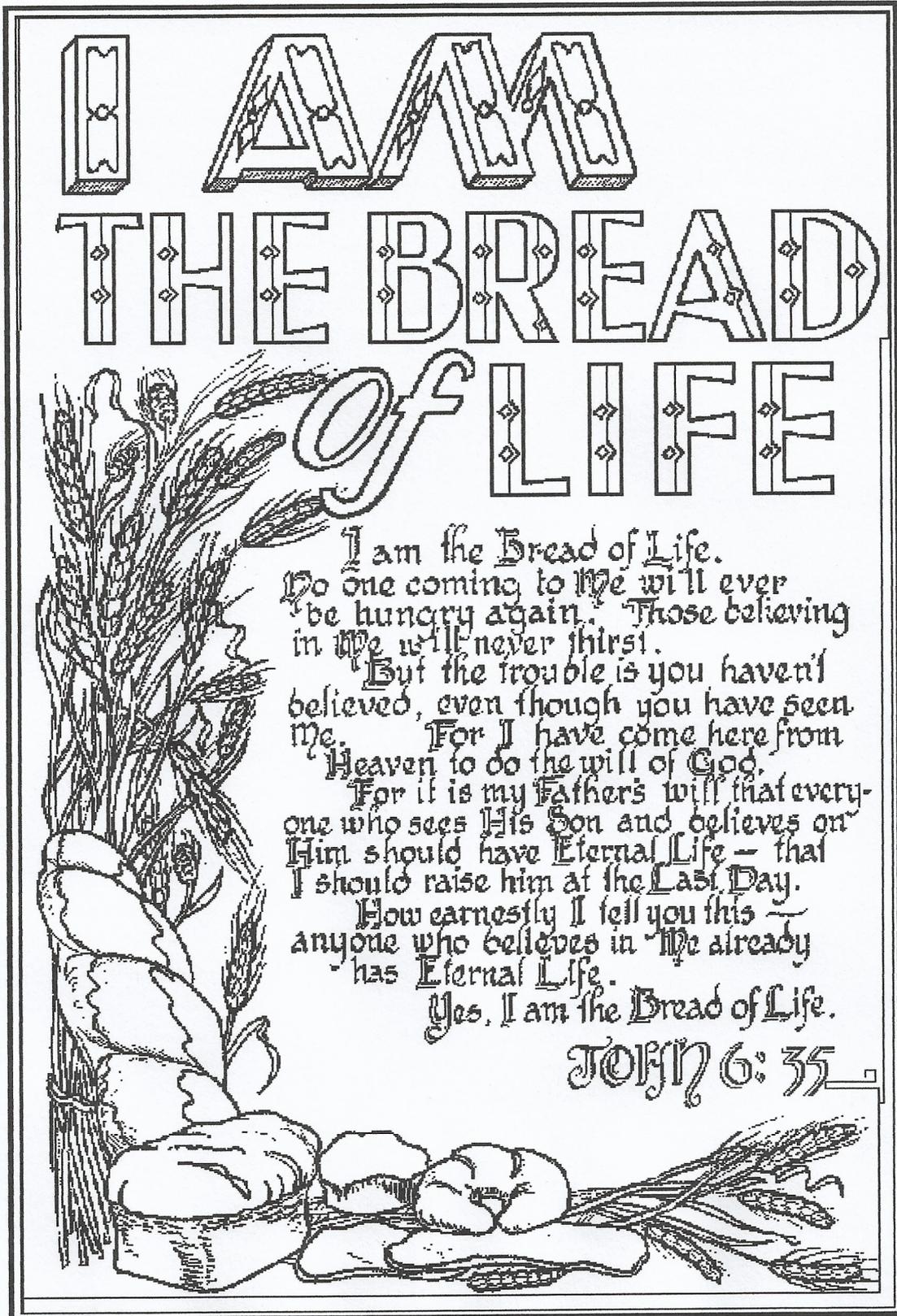
After your time of giving something up, talk together about what it was like. Was it hard to give up something you liked? Did you have more time to do something else? Why do you think Jesus didn't eat in the wilderness?



## Week 6-Holy Week

Holy week Box





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# Scavenger Hunt

Tick the items off your list as you find them

- Dog
- Cat
- Football
- Shop
- Rubbish bin
- Park
- School
- Bus stop
- Traffic light
- Zebra crossing