

Lenten Family Choice Board

An activity for every other day during Lent for your family to do together!
You choose the order - put a sticker on the box once you've completed each activity.

What is Lent?
Read the explanation on this page and talk with your family about any traditions you all have during Lent.

Read the first chapter in Genesis. Go on a walk today and observe God's creation. Say a prayer with your family thanking God for His beautiful creation.

Visit umc.org/en/content/a-guided-path and read about incorporating a prayer labyrinth into your spiritual practices. Visit BUMC's prayer labyrinth and spend some time with God.

Read 1 Thessalonians 5:18. Make a gratitude list today. How many things can you think of that you are thankful for? Share your list with your family.

In your BUMC Lenten brochure read about the issue of immigration and be in prayer for our immigrant neighbors.

Pray as a family and focus on thanking God for your favorite people.

Help someone in your family today by doing a chore for them.

Today make a thank you card for someone special to you.

During Lent some people choose to "give something up." For example, some people may choose not to eat dessert for the 40 days of Lent. This practice of giving something up helps us be closer to God and helps us to focus on God. Today try giving up screens for the day. Instead spend time with your family and take time to be with God.

Read Luke 3:11 as a family. What is that Bible verse calling us to do? Discuss the difference between needs and wants. Have every family member find at least one item (clothing, toy, book, etc.) that can be donated to someone in need.

Today visit Amplify by going to the BUMC website, clicking on Learn and scrolling to the bottom for the Amplify link. On Amplify search for Deep Blue Kids Spring 2020 and watch the video titled Easter. Discuss the video with your family.

Read Psalm 115:16 as a family. If the earth is a gift to us from God what does that mean for how we should treat and take care of the earth? Today do something kind for the Earth (plant a seed, pick up trash, etc).

Choose a Bible story to read with your family today.

Today pray with your family for someone who is sick.

Take a walk through your neighborhood today and spend time praying for your neighbors.

Think about how you can be a blessing to someone else today and then be that blessing!

In your BUMC Lenten brochure read about the issue of food insecurity. Do you have some canned food items in your house that you could donate to the BUMC co-op?

Did you know that pretzels are a symbol of Lent? Read about the history of the pretzel at tinyurl.com/pretz22. Try your hand at making soft pretzels. You can find a recipe at tinyurl.com/rec243.

In your BUMC Lenten brochure read about the UMC's disaster response. Be in prayer for those dealing with natural disasters.

Spend some time with your family today sharing your joys and concerns and then be in prayer with your family for those situations.

Lent 2022 with Burke UMC

WHAT IS LENT?

Lent is a time of repentance, fasting, and preparation for the coming of Easter. It is a time of self-examination and reflection. Christians focus on relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves for others.

WHEN IS LENT?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday (March 2) and ends on Holy Saturday (April 16 - the day before Easter). The forty days represents the time Jesus spent in the wilderness while preparing to begin his ministry.

HOW CAN YOU PARTICIPATE?

You can pick activities from this choice board to do with your family (we have one for every other day for the Lenten season for you)! You can also come to any of our BUMC children's ministry events the next two months to meet new friends and learn about God.

- JUMP: 3rd Sundays, 4 pm (K-6)
- Sunday School: Sundays at 10:30 am
- Children's Church: Sundays during worship (ages 4 - 2nd grade)
- Children's Music Groups

We're grateful to get to walk through this Lenten season together, friends!