

## **CRAFTING FOR LENTEN DISCIPLINE**

During Lent, we remember Jesus' life's work of prayer, giving, and sacrifice. We celebrate those qualities during the 40 days of Lent beginning on Ash Wednesday through Holy Saturday. We hope to be more like Jesus as we go day by day taking time to think about these three things: Prayer, Giving, and Fasting (Sacrificing). Provided is a printable I found online that easily makes three pockets to hold ideas for these three marks of Lent. Attached is also a list of possible kid-friendly ways they can pray, fast, and give. You (or your kids) could also create your own ideas and write them on small cards or strips of paper. I would suggest that then each child pulls one idea from each pocket each morning and has the goal of completing that sacrifice, gift, and prayer by the end of the day. Then, the next morning, they choose three new things. I think this short-term focus can help them be successful over the course of the long 40 days, and it also can stretch them in a new way each day, leaving room for the Holy Spirit to work in their hearts.

## INSTRUCTIONS:

Here's how to make the foldable:

1. Print both the Lent foldable and Pray, Fast, Give ideas. (Links to pdfs at bottom of post.) The Lent page should be printed back to front (you can run it back through your printer if you don't have two sided capability). The "Pray, Fast, Give" side should be printed upside down relative the the "Lent" side. I recommend printing on cardstock if possible. Color if desired.

2. Fold up the bottom of the "Pray, Fast, Give" side along the dotted line. My printer didn't print quite to the edge, so I also trimmed off the extra space along the bottom.



3. Then I stapled two staples on each side and two staples in between the three pockets. The nice thing is that a standard stapler will easily reach that far in, so no bending or weird folding necessary.



4. Cut out the "Pray, Fast, Give" suggestions (or create your own). I would recommend cutting out all the prayer ideas, then all the give ideas, etc. so that they don't get mixed up. Parents and teachers, this is an opportunity for you to pull out any of the suggestions that may not be appropriate to your children's situation, age, etc. There are also three blank strips for the students to add their own ideas.

5. Add the selected strips to the correct pockets. Hang up the Pray, Fast, Give printable on the fridge, or above a desk, or on a chalkboard and have the kids draw the prayer and sacrifice they will offer each day.

