

The Naseby Group
Of Parishes
www.nasebygroup.org



Create your own Lent in a bag

Welcome to create your own Lent in a bag.
As we journey together through lent
as a community of faith,
as families, support bubbles and individuals
we are all united in the body of Christ.



This is your journey.

However you decide to interact with the readings, questions, prayers and suggested items to make up your bag is your choice. This booklet suggests some ways that maybe helpful.

If you are travelling through lent as a family, why not use a children's Bible as well as your normal Bible to make the most of the suggested readings.

May you have a blessed Lent
and remember that God's love for you is unconditional.

Introduction

Lent is a time to pay more attention to our inner life, which affects our outer life in the world around us. Christ's life, ministry, and death are remembered during this season. Also, it can be a time to think about our own journey of faith as we prepare ourselves for Holy Week and Easter. In this booklet are some objects, readings and questions to help you in that preparation.

What you will need to create your bag

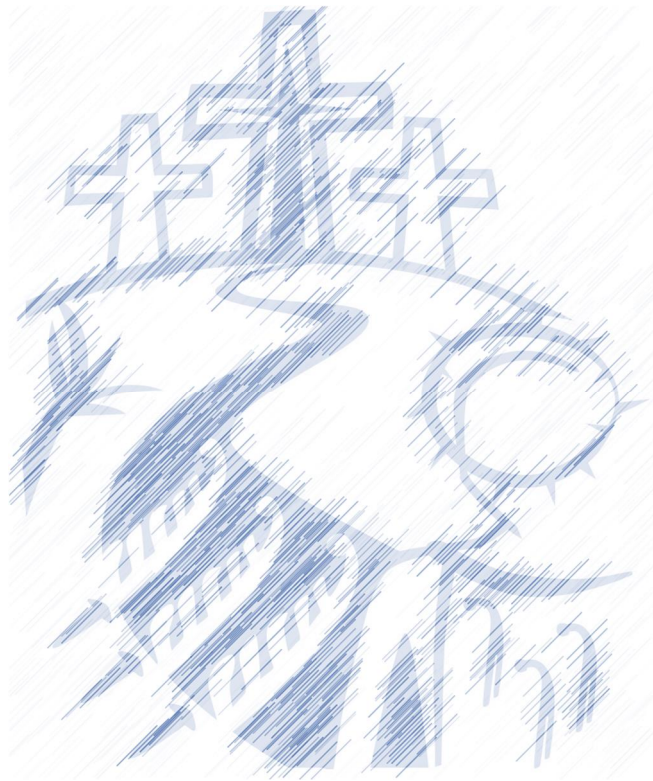
- A bag or box to contain your items
- Sand or perhaps a photo or drawing of a desert
- Water or perhaps a photo or drawing of some water, or some blue material or paper.
 - A stone
 - Chocolate Heart, or a drawing of a heart or a cut out heart
 - Shell, drawing/photo, or make a shell
- Human figure, doll/action man, or a peg painted to look like a human figure
- Footprint, cast of a footprint, draw around your foot, cut out a foot shape
- Cross, or draw/photo of a cross, cut out the shape of a cross and colour in
- Candle, or draw a lit candle, make a candle from a toilet roll and crape paper/paper and decorate
- You might like to print this booklet and write down some thoughts and ideas and keep them together in your bag/box

Prayer for Lent

Most Loving God,

Thank you that you remain constant with us through all the changing scenes of life. Help us to trust you in times of joy and in sorrow. Be our shepherd in the darkness and in the light, so that we might be living beacons of hope for others.

In Jesus' Name, Amen.



Lent 1 - week commencing 21st February



In the wilderness – SAND

Just between his baptism and the beginning of his adult ministry,
Jesus went into the wilderness for 40 days, “to be tested”.

Read the story of Jesus wandering in the desert - Luke 4:1-11

Collect some sand and touch it, or look at a photo or create your own
artwork of a desert, imagine being in the desert for 40 days

I wonder ...

Have you ever felt that you have been tested or are unsure of yourself?
Have you walked on sand and felt it shift under your feet and thought you
might fall?

Who was there to help you? Who do you turn to for help? How does God
help us in these times?

Activity:

Take a piece of paper and note down something which maybe troubling you
at the moment and share it with someone close to you, then hold it before
God in prayer together.

Draw a picture or send a card to a friend or loved one who is struggling at
the moment to let them know you are thinking about them and praying for
them.

Prayer for the week:

Holy God, help us when we walk through the difficult places in our lives and
feel the sand slipping under our feet. Help us to know that the closer we walk
to you, the closer you will be to us. Amen.

Lent 2 - week commencing 28th February



Woman at the well - Water

The Samaritan woman gives Jesus a drink of water. They speak together for a long time. He tells her about living water - to revive the spirit and bring hope. She believes and others believe because of her.

Read the story of the Woman at the well – John 4:1-30

Pour water into a glass or bowl and reflect on the meaning of life giving water.

Who helped/helps you in times of need?

How can you learn to lean on God more in times of need?

Who do you know that needs life giving water - physical or spiritual and how can you give them hope?

Activity:

Can you support a charity that works to provide clean water and toilets in poor communities?

Find out about Virtual water (how much water does it take to make a pair of Jeans) and share what you find with others. (Live lent care for Gods creation)

Pray for those who are experiencing climate change

Prayer for the week:

O God, may we thirst for your waters of justice, and learn to deny no-one the water of life. Amen.

(Janet Morley)

Lent 3 - week commencing 7th March

Transforming Stony Places - Stone

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance.

Read the story of Zacchaeus - Luke 19:1-10
Find a stone and hold it.

Might there be a stony place in you that needs transforming? Jesus transforms us and helps us make better choices. Where could you as an individual or family make better choices?

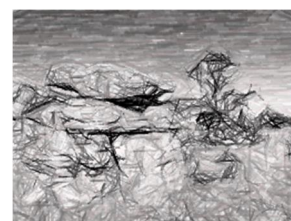
Activity:

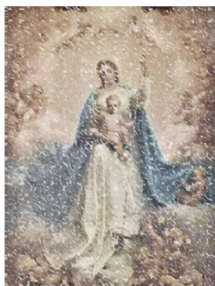
Take some time to think about how God has changed you. Have there been particular moments when you have known God has been at work in your life? Collect your thoughts in a note book or journal and share them with a loved one or friend. Take time to thank God for the changes in your life.

Paint a stone to illustrate these changes or to represent a change you would like God to help you with.

Prayer for the week:

Lord Jesus, help me to make better choices in my life. I ask that you will feed me and transform me. Amen.





Lent 4 - week commencing - 14th March
Mothering Sunday

Mothering Love - heart

This week the church remembers the mothering love of God. In the middle of Lent we give thanks for all who show us this mothering love - a strong love, a challenging love, an encouraging love, a healing love.

Read: Proverbs 23:25

John 19:26-27

Proverbs 31:25-28

Take time to reflect and give thanks for those who have “mothered” you - physically and spiritually.

Activity:

Make a special breakfast or meal for someone who has always been there for you

Make or buy a chocolate heart and give it away to someone special.

Paint a picture or make a collage for your Mother or for someone who has provided a mothers love for you.

Pray for those who have not experienced that motherly love in their lives.

Prayer for the week:

God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. Amen

Lent 5 - week commencing 21st March



Baptismal Covenant - Shell

Historically, the season of Lent provided a time in which converts to the faith were prepared for the sacrament of Holy Baptism. Jesus began his ministry after his baptism.

Read the story of Jesus Baptism - Mark 1:4-11

Find or draw a shell and hold it in your hand

The shell is a symbol of baptism - often a shell is used to pour the water over the person to be baptized.

The shell is also a symbol of pilgrimage

Do you remember your baptism? What does being baptized mean to you?
Where are you on your pilgrimage of faith (just starting out, at a crossroads, walking alone or with others)?

Activity:

Reflect, journal, or draw your journey of faith to date.

Take a short pilgrimage in creation or to Church and notice Gods presence around you.

Plan a pilgrimage to complete after Lockdown

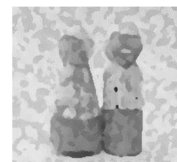
Prayer for the week:

Creator God, you are the source of all life and motivation. May we journey in faith and love,

rejoicing and eager to serve you.

Grant us a glimpse of your glory as we seek to follow you - the Way, the Truth and the Life. Amen

Palm Sunday - week beginning 28th March



Journeying - human figure

Although Jesus was God, he was also fully human, experiencing all the emotions, joys and sadness that we do. As you move through Holy Week remember that God knows you, sees you and loves you.

Read Philippians 2:5-11

Draw or make a human figure and reflect on the hymn "At the name of Jesus"

At the name of Jesus
every knee shall bow,
every tongue confess Him
King of glory now.
'Tis the Father's pleasure
we should call Him Lord,
who from the beginning was
the mighty Word.

In your hearts enthrone Him;
There let him subdue
All that is not Holy
All that is not True;
Crown him as your captain
In temptations hour,
Let his will enfold you
In its light and power

What does it mean for you to bow your knee to Jesus today?

Activity:

Create a prayer space where you can spend some time alone or as a family to reflect on God's love for you and to read the bible together and pray over Holy week.

Prayer for the week:

Jesus rode into Jerusalem not as a conquering king but in humility, the Servant King, ready to complete the task for which he had walked this world. Forgive us those times when we think too highly of ourselves and remind us always that you ask from us lives dedicated to service, to you and to our neighbours, wherever and whoever they might be. Enable us to take off our cloaks of self-righteousness and lay them down at your feet. Amen

Maundy Thursday - 1st April

Journeying - footprint

Read the story of Jesus washing the disciples feet – John 13:1-17

If you are journeying with other people - wash their feet and talk about this story as you do.

Or, reflect on the image below - how does it make you feel?
What does it mean to wash each other's feet?



Activity:

Draw around your own or another's foot to create a footprint

Write a prayer on your footprint

How can you serve someone in your family or a friend?

Prayer for the week:

Jesus as you washed the feet of your disciples help me to wash the feet of those around me so revealing your love and glory to the world. Amen

Good Friday - 2nd April



It is finished - Cross

“Then Jesus crying out with a loud voice, said: ‘Father, into your hands I commend my spirit’”.

Read the story of the crucifixion - Luke 23:32-49

Make, draw, or find a cross and trace your fingers over it. Hold it in your hand and feel its shape.

How can the cross remind us to trust in the way of love and know that we are not forgotten?

How can we dare ourselves to follow the way of love - the whole way?

Activity:

Spend some time remembering that Jesus died on Good Friday. Ask God to be close to you and all who are suffering in the world today.

Make a cross and place it somewhere in your bedroom or living room.

Prayers for the week:

In the silence may we hear your cry of abandonment; in the shattering of your soul may our brokenness be healed. Amen. (Thom Shuman)

Prayer for children:

Lord Jesus, I'm sad that wicked men treated you so cruelly; I'm sad that you were beaten and mocked;

I'm sad that your friends ran away and left you;

I'm sad that you were nailed to a cross and left to die;

But I'm glad, very glad, wonderfully glad,

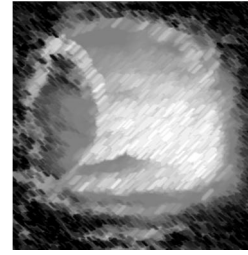
That you came alive again and will never die.

Thank you, Lord Jesus, for bearing it all for my sake. Amen.

May this be a good Friday for you.

Easter Day - 4th April

Being Light - Candle



The story of the Gospel of Jesus Christ is the most remarkable we will ever hear. It's a story of redemption, sacrifice and love with the power to transform lives.....As we prepare for the celebration of Easter we remember the love of God which entered into the world and defeated death through Jesus life, death and resurrection. God chose ordinary people like you and me with personal stories of redemption and imperfect words to tell the greatest news there has ever been, our Lord Jesus Christ is risen and we are saved through an act of extraordinary love.

Read: John 20:1-29

Light the candle to represent Jesus who is the light of the world

How can you share the Easter story with those around you?
How can you live out the Gospel and invite others to join in?

Activity:

Join us in worship on Sunday Morning (see our website www.nasebygroup.org for further details or contact Rev. Miranda or Fr. Kris)
Plan a celebration at home and rejoice in the Easter story
Watch an Easter movie together

Prayer:

Thank you, loving God, for raising your son Jesus Christ to life again.
Thank you for the difference his resurrection makes to my life
and your whole creation.
Please help me today and every day to share this astonishing news through my life
and through my words, Amen.

Lent Challenge:

Choose a challenge to complete for each of the 40 days of Lent

Read a favourite Bible story.	Look through family photos together. Thank God for the happy memories.	Encourage one another with kind words.	Phone a family friend and remind them they are loved!	Pray for your friends.	Play a board game together.	Write a letter of encouragement to somebody in your church.	Be still before God.
Pray for your teachers.	Plant some seeds together.	Spend some time waiting and listening to God together.	Pray for another country.	Wash one another's feet	Build a den together and hang out with God.	Dance to a favourite worship song.	Use toys to act out a story from the Bible.
Sing a favourite worship song together.	Pray for your neighbours.	Give a gift to bless somebody.	Have a Bible race - who can find John 3:16 the fastest?	Draw a picture of a perfect world.	Pray for keyworkers.	Play hide and seek together.	Go for a walk in God's wonderful creation.
Draw a picture of Jesus.	Act out a story from the Bible together.	Memorise a Bible verse together.	Pray for the government and those in power.	Put an encouraging message for others in your window.	Encourage one another with words of truth.	Donate to and pray for your local food bank.	Make a joyful noise to the Lord!
Share your hopes and dreams for 2021.	Pray for your church leaders.	Pray with another family via video call.	Give to and pray for the work of a charity.	Read a Psalm.	Write a letter of encouragement to someone who blesses you.	Pray for one another.	Write a song together.

(together@Lent)



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