

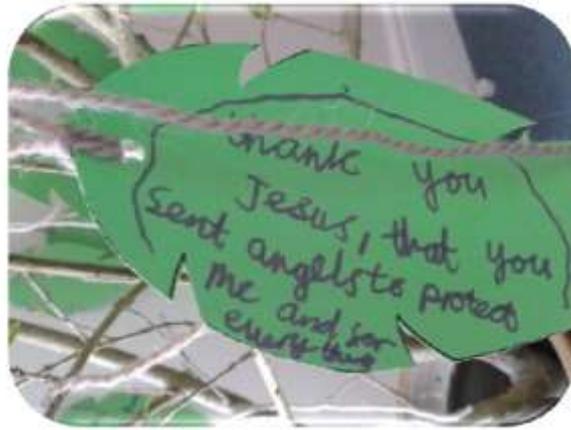
## Lent reflections

Here are some Lent reflection activities you may like to try with your family at home.

You may find it helpful to create a special place in your house or bedroom to gather these reflections, or you may like to stick them in places around your home, where you will see them often.

You might like to gather two sticks and tie them together to create a cross, which could be a focal point for your reflections - like this...





## **Palm Sunday - JOY**

**When Jesus entered Jerusalem, people put palm leaves on the ground and shouted, 'Hosanna in the highest!'**

**Shouting 'Hosanna' is a bit like shouting 'Hooray'.**

**When do you feel like shouting 'Hooray'?**

**What are you really happy about?**

**What are you really thankful for?**

**If you want, you can write a thank you/ hooray thought or prayer on a leaf shape.**

**Stick it on the fridge, or somewhere you will see it often.**



## **Last Supper - FRIENDSHIP**

The English word 'companion' comes from the Latin word phrase 'com panis' which literally means 'with bread'.

During the last supper, the night before Jesus was killed, Jesus broke bread with his companions, the disciples, his best friends!

**Who is really important to you?**

If you want to, you can draw a picture of them as a way of saying thank you to God for the important people in your life.



## **Gethsemane - BIG QUESTIONS**

**All of us need help sometimes.**

**Just before he was arrested, when Jesus was in the Garden of Gethsemane, he asked God to help him.**

**What do you need help with?**

**If you want to, you could write or draw your thoughts or prayers for help on a lolly stick or piece of cardboard and plant it in the garden.**



## Carrying the Cross - WORRIES

The Romans forced Jesus to carry his heavy cross through the streets and then up the hill called Golgotha.

Sometimes our problems and fears feel really heavy. Christians believe that God wants to help.

What are you worried about?

What are you finding difficult to carry?

If you want to, you can write your worry onto a paper cross and ask God to help you carry it.



## **Simon's Help - HELPING OTHERS**

**Simon, a Cyrenian, helped Jesus to carry his cross towards Golgotha.**

**There are lots of people in our lives that we can provide a 'helping hand' to in the same way that Simon helped Jesus.**

**Who could you help, with an action  
or kind words?**

**It might be something really small, but it might  
make a big difference.**

**If you want to, you can write or draw a picture  
of the person on a hand shape.**



## **Forgive them father - FORGIVENESS**

**On the cross, Jesus cried out, 'Father, forgive them, for they do not know what they do'.**

**Even as he was dying, he asked God to forgive those who had put him to death. Sometimes bad things happen, people hurt us and it is hard to let go of the pain.**

**Sometimes it feels heavy inside us, like a stone.**

**Think for a moment – is there anyone you need to forgive?**

**If you want to, take a stone and gently drop it into a jam jar half filled with water as a step of forgiveness.**



## The Cross - SORRY

Christians believe that because Jesus dies on the cross, they can freely ask God for forgiveness – they can say sorry and know they are forgiven. We all do and say things wrong, things that we regret and wish we hadn't.

What have you done or said wrong?

If you want to, you can write a sorry thought or prayer onto a piece of paper. If you have made a cross, you could place this next to it.



## **Resurrection - HOPES AND DREAMS**

**After Jesus died, his body was put in a tomb.**

**Jesus' friends were afraid and confused; it was a dark time. It felt like all their hopes and dreams had died with Jesus.**

**But three days later, the tomb was empty and Jesus was alive!**

**We all have hopes and dreams, things that seem impossible, but we hold onto our hopes.**

**If you want to, you can draw a thought, prayer or a picture about your hopes or dreams.**



## Great Commission - THE WORLD

After Jesus had come back to life, he told his disciples to share his message, to heal the sick, feed the hungry, to care for the poor. Jesus encouraged them to make the world a better place.

Think about things in the world that don't seem right.

What could you do to make the world a better place?

What could God do?

If you want to, write your thoughts and prayers on a Post-it note or piece of paper. If you have made a cross, you could place these next to it.