

Lent FAITH5 Guide

Sunday | February 28

SHARE

If we don't know each other's highs and we don't know each other's lows then we don't really know each other. Have each person share one new or good thing from the day (or past week) and one challenge or difficult thing from the day (or past week). If you are the only person in your household, you can journal your highs and lows.

READ

Lament is a prayer to God expressing our grief or deep sadness in times of trouble. When we lament we let God know how we feel and the hope we have in our hearts. In our scripture readings for FAITH5 in Lent we will discover Psalms of Lament.

Adults and kids Read Psalm 88 from your preferred Bible translation. Then read the following version from "Psalms for Young Children" by Marie-Helene Delval:

God, please listen to me. I am full of sadness, I am crying. I feel lonely and scared. Do you really love me? I'm calling you, God. Please comfort me!

TALK

A lament psalm has 5 ingredients: Calling out to God, Complaint (what is wrong), Claim (what do you want God to do), Confidence (hope in God), and Cheer (giving God praise). This week our focus is on "complaint" - telling God what is wrong.

1. Share a time when something wasn't fair?
2. How did that make you feel?
3. Do you think God wants to know when something is not fair or going wrong?

PRAY

Holy God, thank you for always caring about us. Help us to share with you when something is wrong. Help us to share with you our hurts and our hang ups as well as our highs. Amen

BLESS

Trace the sign of the cross each other's forehead or palm as a reminder that you belong to God and to one another. Make eye and heart contact as you share words of blessing such as "God loves you and so do I" or "The Lord bless and keep you" or "You are a beloved child of God".

ACTIVITY | EMOJI EMOTIONS

God can handle all our feelings and all our complaints. Play some games with the Emoji cards and make your own Emoji Prayer. Share your prayers in our CTS Kids Facebook group.

1. Making Emojis - Place a stack of cards face down. Take turns turning over the top card and making a face to match. Talk about how that emotion feels and a time you have experienced it.
2. Concentration or Memory
3. Emoji Prayer - Look at the cards to help kids create an emoji prayer. Each child can draw or write their own prayer or make one together as a family. Decide which emojis to use and what you want to pray about.