

Lent FAITH5 Guide

Sunday | March 7

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 70 from your preferred Bible translation. Then read the following version from "Psalms for Young Children" by Marie-Helene Delval:

Help me, God, I am worried. Please hurry up! I know that you are strong. You are the only one who can help 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 "claim" - ask God what you want God to do.

1. share a time you asked for help. Did someone help? How did it feel to get help or not get help?
2. Is it okay to ask God for something for others? for yourself? Why do you think so?

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 | PRAYER PRETZELS

Pretzels are a popular snack all year long. The word pretzel comes from a German word that means "little arms." The twisted shape of pretzels is meant to look like arms crossed in prayer. Pretzels can remind us that Lent is a time for prayer. Enjoy a pretzel snack together. You can enjoy the pretzels provided in your kit or make your own from scratch. Try out different dips for your pretzels (hummus, peanut butter, frosting, etc.). What is your favorite pretzel dip? Share a picture of your snack in the CTS Kids Facebook group. Say this pretzel prayer together before your snack:

Dear God, we ask you to bless these pretzels. Help us to pray each day for those in need. Keep your loving arms around us O God, to comfort and protect us. In Jesus' name, we pray. Amen.