

Lent FAITH5 Guide

Sunday | March 14

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

God, you are good and you forgive me. You are full of love. When I pray to you, I know you will answer me; I know you will show me the right path to take.

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 "confidence" - hope is unshakable confidence in God.

1. Whom do you trust?
2. What do you know about God that gives you confidence (hope/trust) in God

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 | TRUST GAME

Set up an "obstacle" course in a room in your house. You can use couch cushions, pillows and other objects to create a path. Decide on the starting and ending point. Use a scarf or bandana for a blindfold. Take turns leading and guiding each other through the obstacle course. The goal is to keep everyone safe and get through to the end. Talk about the experience. Here are some guiding questions:

1. How did it feel not to see where you were going.
2. Did trusting and having confidence in your guide make it easier?
3. In real life, do we always know what is coming next?
4. How can we trust God when life is hard?