

Lent FAITH5 Guide

Sunday | March 21

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

God, you are so great! I want to tell everyone I know about you. I want to sing about how much you love me, about the beautiful world you made. I will sing for you all day long!

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 "cheer" - we celebrate our love for God with praise!

1. Share about a time you cheered someone on or you were cheered on.
2. What are some ways we can cheer God?
3. Why do you think cheering God matters?

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 | PALMS OF PRAISE

Date palms are majestic tall trees that grow in the Holy Land. In Bible times, palm branches symbolized goodness, steadfastness and victory. Kings were often welcomed home with people waving palms and laying them on the ground to greet them. When Jesus arrived in Jerusalem the week before he died, people greeted him waving palms and shouting "hosanna". Hosanna is word of adoration and praise. People had heard the great things Jesus had done and said and they wanted to show him praise.

Palm Sunday today marks the beginning of Holy Week. We too, remember the great things Jesus has done and wave our palms of praise. You can use the palm template to make your own palms to wave for next Sunday. Color or add your own decorations and attach to a pencil, stick or straw to help wave.