

In some Christian traditions, people give up something for Lent. However, in the Reformed/Presbyterian tradition we add...add deeds of kindness. Give the following list to the children and youth in your congregation and challenge them to do at least one new act of kindness each week.

Buy a tree.

Donate a tree to a park or deforested area. Planting a live tree reminds us that Christ's death and resurrection points to eternal life.

Make pax cakes.

During the 10th century, in England, Christians made pax (peace) cakes. These are small pancakes. Invite children/youth to make and serve pax cakes to someone with whom they have recently quarreled.

Plant tomatoes.

Growing something reminds us that seeds seem to be dead but come to life, just as Jesus seemed to be dead but was alive. It is fun and easy to plant tomatoes. Keep the soil damp until the seeds begin to appear and the seedling has grown about 10 centimeters. Place in a bright window and water when the soil becomes dry. As the tomato plant grows, use a wooden skewer and twist tie to support the stem. When danger of frost is over, plant outdoors in the garden or a big pot.

Bud forsythia branches.

Buds remind us how our faith grows through nourishment and warmth during Lent. Bring barren branches indoors, set in water and wait patiently for buds to appear.

Fast.

If you are a teen, try a day of fasting. Fasting helps us remember how Jesus suffered and how people suffer today. Read Matthew 6:16-18. (Oil was used for celebrating.) Remember to drink lots of fluids. Talk with someone about this experience and what it meant to you.

Lenten A with C and Y





Activities for Children and Youth

Make a prayer corner.

During the season of Lent, make a prayer corner in your home or bedroom. Spend some quiet time there each day. Put on the table a purple cloth or napkin (purple is the colour of Lent), a candle, a Bible, and any object that reminds you of Jesus.

Have a seder meal.

The meal of remembrance that Jesus shared with his disciples at passover was the seder meal. It was a way the Israelites remembered how Moses led the Hebrew slaves out of Egypt to freedom. Plan these things for your seder meal:

Matzo (flat bread): Hebrews had to leave quickly and did not have time for the bread to rise.

Bitter herb (you can use chopped parsley): Bitterness reminds us of the bitter treatment of the Hebrew slaves.

Salt water (to dip herbs): The salt water reminds us of the tears of the Hebrews in slavery.

Lamb bone: This reminds us of the lamb that was sacrificed at the first passover. Christians over the years have referred to Jesus as the "Lamb of God."

Egg: The egg represents the life of the firstborn Israelites who were saved by God in Egypt.

Haroset: This mixture of chopped apples, nuts and cinnamon reminds us of the bricks the Hebrews had to make as slaves.

A complete intergenerational worship service for Maundy Thursday can be found in Feb. PCPak, 2007.

Read a collection of stories about Holy Week.

Luke 22:7-13; John 13:2-17; Matthew 26:20-25; 1 Corinthians 11:23-26; Matthew 26: 36-46; John 18:2-14; Luke 23:1-25; Matthew 27:27-31; John 19: 16b-30.