

A Leaning Season

Lent 2020 St Luke's Anglican Church, Anglican Network in Canada
Encouragement for Households with Children to Lean into Jesus!



A Morning Prayer:

Good morning Lord God!

Thank You for Your love. Thank You for each other. Help us please You today!
Fill our hearts and home and lives with Your light we pray, and drive out all darkness,
through Jesus Christ our Lord, who is the Light! Amen.

See also the new Book of Common Prayer for short services for families, morning, noon and evening—p.67 on.

<http://bcp2019.anglicanchurch.net/>

Tired caregivers, ask God to refresh you! Pour out your troubles and feelings onto His strong shoulders, and ask Him to take away any fear, self-pity or anger.

Tell Him you choose life, you choose Jesus!

Stir up His Spirit in you with bits of worship and strengthening Scripture—that also helps resist the devil's temptations. Take moments to reengage with the Lord wherever, whenever: handwashing, bathroom breaks, deep breaths. You are loved too!



Get a rhythm going for this unusual time. Patterns help children adapt, feel secure and begin again—adults too! Wake up time, eating and clean up times, play times, naps or rest with no electronics (but books or stuffies!), walks or outdoor play, learning times, alone times and altogether times...

Consider marking the days by having theme days!

You can set up a rotation of 3 or 4 theme days—or just pick one and try it.

From serious to silly:

Cleaning Day!

Prayer Day—Start each hour with a prayer!

Clear Out Day! Do some sorting of toys or clothes: give, donate, scrap. Don't worry about getting it perfect, just get something done together and talk about giving and living simply.

Crazy Food Day (let each child or adult pick one food to share for supper and see what you get! Or just everybody pick something to throw in the soup pot—maybe you better put out the things to choose from!)

Backwards Clothing Day

Silly Hair Day

Polka Dots and Stripes Day Try getting dots and stripes into your decorating, your colouring, your clothes, your food!

Happy Words Day or Happy Hour Every Day!

Practice jokes, puns, encouraging words, everybody compliments everybody else at least once or try ending every sentence with Yahoo!

Family Challenges Who can memorize the most Bible verses? Or learn 3 in one day? Stand on one foot longest? Discuss challenges and pick one or two for that day or week, some silly, some upbuilding and help each other grow.



Great Memory Verse Resource:

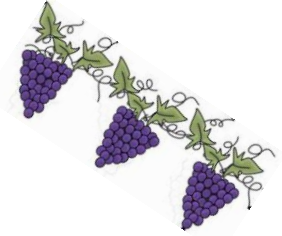
Seeds Family Worship tunes on YouTube
These will get you singing and humming God's truth in no time!

Need Art Ideas? Try Art for Kids Hub on YouTube

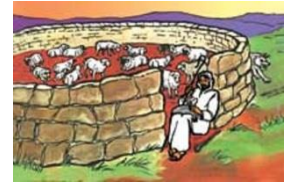
A Devotion to help release disappointments and look to God! Great to repeat with variations.

Read **Habbakuk 3:17-19** out loud. Let any readers take turns with a verse, or a phrase or let one person read it all! You can have non-readers point out what picture goes with the phrase.

17 Though the fig tree should not blossom,
nor fruit be on the vines,
the produce of the olive fail
and the fields yield no food,
the flock be cut off from the fold
and there be no herd in the stalls,



18 **yet** I will **rejoice** in the **LORD**;
I will take **joy** in the **God** of my salvation.



19 **GOD, the Lord**, is my strength;
He makes my feet like the deer's;
He makes me tread on my high places!



What's going wrong in **verse 17**?

What can we do? **See verse 18.**

Who is always all right? **See verse 18.**

Who can help us? **See verse 19.**

What can deer's feet do? **See verse 19.**

Jesus can help us rejoice and do great, even when things go wrong!

Variations:

Make your own list of things you as a family are missing or concerned about, or things each child is missing. Always end with 'YET I will rejoice in the Lord!'

Use the big words and pictures attached—cut them out and match them up!

Come up with new things about God to rejoice in each day!

Some truth: He loves us! He is GOOD! He made everything! He is RIGHTEOUS!

Some beauty: Things He made like lakes, leopards or stars! His glory! His purity!

Some power: He is holding us together! He can change lives! Jesus rules!

Some mercy: Jesus died for us! He forgives sin! His Spirit lives in us!

Say, I rejoice (or I take joy in) God my Saviour after each thing.

Bring something to look at or touch to help you rejoice in God—a picture, a plant, a candle.

Say verse 19 together—make muscle arms, leap around like a deer!

Rejoicing in God Activity:

Sing to the tune of 'Ring Around the Roses'

(ironically traced back to the plague—let's redeem it!)

while moving in a circle:

We rejoice in Jesus

We rejoice in Jesus

Hosanna, Hosanna,

We all jump up!

Do different endings: We all bow down; We all fall down;

We all spin around—come up with your own!

Simple nontoxic hand sanitizer
for between handwashings.
Keep in little travel jars, lids
off so you can dip in your
finger tips: 5 drops of
oregano, thyme or tea tree oil
in 1 tsp of water
Not medicinal grade, but still
helps. Let a child count out
the drops!