

Lenten Resources

Making Pretzels

Pretzels are a traditional food to make on Ash Wednesday, but it works for anytime during Lent. The page talks about this as a family activity, so it is ready made for families engaging in Lenten practices at home, but if you have small groups gathering, you could change it up to make it work for that.

<https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/>

Lenten Tree

This is pretty simple, and can be used at home, at church, or in Sunday School, depending on where things are at in your congregation this year. Just take a few twigs (more for more people) and place them in a vase, with pieces of different colours of ribbon nearby. Each time you pray, tie a ribbon onto the tree. At the beginning of Lent it is a bare “tree” and by Easter, it is in full colourful bloom.

<https://warmaspie.wordpress.com/2011/03/18/lenten-tree-2011/>

Journey Through Lent: Printable Lent Family Book

A book with a family activity for each week of Lent. You could just share the pdf in an email, or you could do up packages with all the supplies needed for the activities for each week.

<https://drive.google.com/file/d/0B0RweH-3RyI0ZXNFOE85TVFuN3c/view>

An Easter Treat...

A simple baking activity that represents the empty tomb. Looks really delicious, and like lots of fun. Bake crescent rolls with marshmallows in them, and find them empty when they are done baking! For this one, you could either just share the idea, or resource families with all the supplies needed to do this at home.

<http://shinefmafternoons.blogspot.ca/2010/03/resurrection-rolls-easy-way-to-tell.html>

40 Day “Love Builds Up” Family Challenge

This isn’t a free resource, but it’s something you can purchase, print, and provide to families with very little assembly required on your part! This downloadable pdf outlines a 6-week challenge encourage families to focus on scripture and commit to action each week. It’s a really smartly designed resource which gives you the ability to edit some parts of it so that it looks authentically part of your parish.

<https://www.saltproject.org/love-builds-up/love-builds-up-lenten-family-resource-congregation-up-to-100>

Bless this Mess DIY Lenten Calendar

This is from the same folks as the family challenge, but is aimed a bit older. Again, it isn’t free, but it sure is easy. Each week leading up to Easter has its own set of illustrated cards: each Sunday outlines a simple candlelight service,

including a confession, words from scripture, a bite-sized meditation, and a blessing; then there are five cards for each week that feature simple, engaging daily practices to try as we travel the road to the empty tomb.

<https://www.saltproject.org/bless-this-mess-diy-lenten-calendar/family-friendly-lent-devotional>

Godly Play Lent at Home

Even if Godly Play isn't part of the life of your parish, this handy pdf might have some ideas to spark your creativity in encouraging families in your midst to engage more deeply in the story of Lent and Easter. There are resources from Godly Play that you may choose to purchase to make the most of this, but there are pieces that you can do for only the cost of supplies.

<https://www.godlyplayfoundation.org/wp-content/uploads/2021/01/Lent-at-Home-Final-1-06-21.pdf>

Lent in a Bag

This one is a bit of a classic. A paper bag filled with items to encourage you to engage with the season of lent.

<https://buildfaith.org/lent-in-a-bag/>

Lent in a Box

This is less than classic, but is a list of ideas that I've pulled together to help families journey through Lent. There is an idea of each Sunday of Lent, as well as Shrove Tuesday, Ash Wednesday, Good Friday, and Easter. It'll be a fair bit of things to put together, so you could opt to put it all together at once, or do weekly pickup or drop off for supplies as you go through Lent.

Here's the link!