

## The WHAT, WHY, and HOW ABOUT LENT

What is Lent? Lent is the 40 (plus 7 Sundays) days before Easter Sunday. It has traditionally been a time to pray, fast, and give before Easter. It was preparation for baptisms and spiritual renewal, often carried out on Easter.

Why celebrate Lent? Lent is something most liturgical churches celebrate, but can be something you decide to celebrate as an individual or family--or not--that is okay too! Sometimes it is nice to have extra time to prepare for an important holiday like Easter.

How do you celebrate Lent? A simple way to celebrate Lent is to find ways to give, pray, and fast. We have 10 ideas for each in this brochure (which can be cut up and put into Easter eggs for kids to open for surprise activities. Egg cartons are easy holders, and you can put candy in some as well).



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## More Information and Ideas:



- We've got a book for that!**  
**Rachel Winzeler Ferguson has a book on Amazon that has:**
- 1. Advent ideas to Celebrate**
  - 2. Advent Devotionals through Christmastide and Epiphany)**
  - 3. Lent Ideas to Celebrate**
  - 4. Lent Devotionals (through Eastertide and Pentecost)**

Or you can download the individual PDFs at [WorldRenewal.org/kids-holidays](http://WorldRenewal.org/kids-holidays)

Or download the individual PDFs and get more links at [FiveMinutesOfFergie.com/teaching-tuesday/lent-ideas](http://FiveMinutesOfFergie.com/teaching-tuesday/lent-ideas)

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# WHAT ABOUT LENT?

*The What, Why, and How*



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## GIVE



Make a card and give it to someone



Sort and donate some toys/clothes



Give compliments to 3 people



Make cookies and give them away



Call someone out of the blue



Take time to clean something dirty



Make homeless blessing bags to give



Give lots of smiles



Decorate the sidewalk with kind words



Put some money in library books

## PRAY



Pray for your family



Pray for your friends



Pray for your teachers



Pray for your bosses



Pray for those in government



Pray for those in church leadership



Pray for those who are sick and in pain



Pray for those who are in trouble



Pray for your own needs



Pray for those who don't have what they need

## FAST



Fast from phone/tablet time



Fast from TV time/shows/movies



Fast from sweets/unhealthy food



Fast from complaining



Fast from worrying



Fast from anger and unforgiveness



Fast from snacking



Fast from unkind words/ gossip



Fast from interrupting/talking about yourself



Fast from the mirror/caring how you look