

**Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51: 10**

Life can be very busy, trying to fit together different jobs, schools, clubs, not to mention feeding everyone!

So when Lent rolls around, it might feel like an added stress to “fit in” rather than a time of coming closer to God.

This year we want to help your family re-discover Lent, to find ways to embrace this season without stress, judgement or guilt.

During Lent, we concentrate on three elements:

**Re:Lent:** Giving up something we like to help us focus on God.

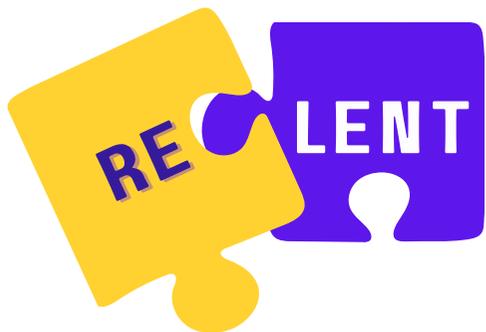
**Si:Lent:** Making time to listen to God and lay before Him our worries.

**Ta:Lent:** Using what we have for God’s glory not our own.

We don’t need to over complicate this, one thing should flow naturally into the other. So we’re keeping it simple!

On the following pages you will find an outline for each element with some tips to help guide all ages in your house. You will then find a blank version which you can print out and fill in as you feel led. You might choose to have one set to last you all through Lent, or you might change your elements each week.

There is no pressure to perform, create or show what you have done, this is just between each of us and God.



**When you go without...don't try to look gloomy...Instead, comb your hair and wash your face. Then others won't know...But your Father sees what is done in private, and he will reward you. Matthew 6:16-18**

The Latin origin of the word "relent" means to soften, slow down or change. That is our aim as we rediscover Lent.

Think of one thing you do each day that you feel you could give up either for this week, or for the whole of Lent.

What you choose to give up should be something that will free up time in your day. Use this time to slow down, to breathe deeply, to read your Bible, to pray, to sit quietly, to walk.

#### **Ideas.**

**Adults:** Maybe give up lunch each day?

**Young people:** Maybe give up watching YouTube/Social Media for an hour each day?

**Children:** Maybe give up playing online games for an hour each day?



**For God alone, O my soul, wait in silence, for my hope is from him. Psalm 62:5**

Silence has many benefits: reduces anxiety; lowers blood pressure; encourages creativity. It also allows us space to listen to God and invites children to experience something of the Awe and Wonder of God.

In the time that you have freed up through "Re-Lent" try to use some of it simply to be silent. Focus on the names of people or situations that need God's help. Listen to God - we can do this by taking notice of what is around us, of how we feel, or by reading the Bible.

To help focus: light a candle, hold a piece of material or a stone and pass it through your hands, trace the pattern in the finger labyrinth.

Build up times of silence slowly for the children, lead by example and allow them to move around. Some days it will work, some days it won't and that is fine.



**Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10**

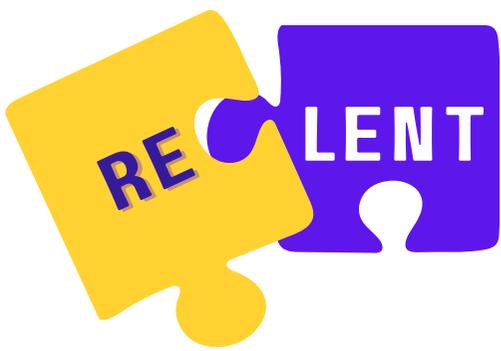
Each one of us has talents, things we can do well, things we enjoy doing. Even if we think they are not important talents or not as good as someone else they can still have a big impact.

In the Bible we can read many times where God uses the small things for a big impact.

Each person in the house, think of a talent you have and how you can use it to help other people through this time of Lent.

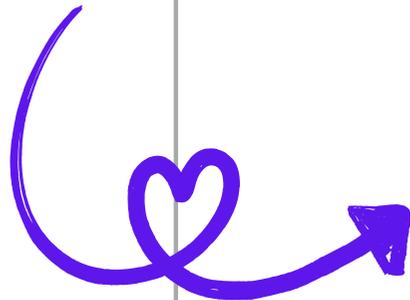
#### **Ideas:**

Bake cupcakes to give to people in your class or work. Draw a card with words of hope for someone you know who is going through a tough time. Do a litter clean up. Learn a piece of music or song to play for church. Organise a sports game for younger children in your church.



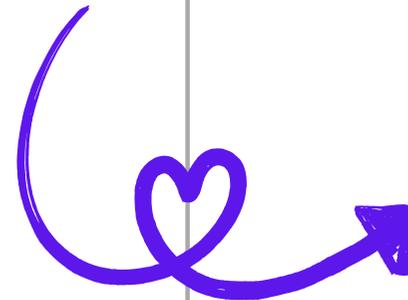
**When you go without...don't try to look gloomy...Instead, comb your hair and wash your face. Then others won't know...But your Father sees what is done in private, and he will reward you. Matthew 6:16-18**

The thing I am giving up is:



**For God alone, O my soul, wait in silence, for my hope is from him.  
Psalm 62:5**

People/situations I want to give to God:



**Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.  
1 Peter 4:10**

Something I can do for others is:

Follow the finger labyrinth to help you focus when you are being silent.

