

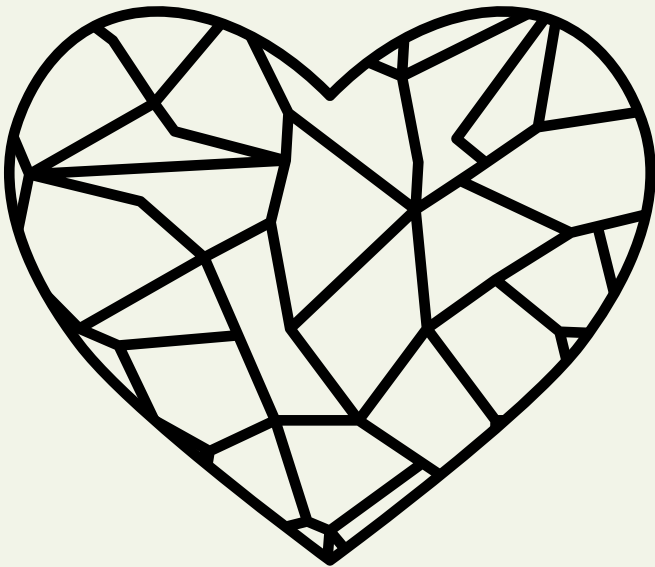
WEEKLY UPDATE

FOR CHILDREN, YOUTH AND FAMILIES

CHRIST
UNITED
METHODIST
CHURCH

IS NOT THIS THE FAST THAT I CHOOSE:
TO LOOSE THE BONDS OF INJUSTICE,
TO UNDO THE STRAPS OF THE YOKE,
TO LET THE OPPRESSED GO FREE,
AND TO BREAK EVERY YOKE?
ISAIAH 58:6

LENT IS AN INTENTIONAL TIME



Lent is the 40 days leading up to Easter. Each Sunday is considered a “little Easter,” so there are actually more than 40 days! During Lent, people often choose to be intentional in their faith practices. Some people **Fast** from something that they enjoy like chocolate or meat. Other people Fast from something that might not be good for them, like television or gossip. Other people add something during Lent. This could be a **daily practice** like prayer or reading the Bible, or writing down three things they are grateful for each day. Generosity is also a part of Lent. Some people might fast from coffee and give the money they are saving to a group that helps people, like the overnight warming shelter. On the back of this is a fun way you can practice generosity this Lent.

PLAN

HOW WILL YOU OBSERVE LENT THIS YEAR?

Create a Lenten Coin Jar or Box. Choose an organization you would like to support (such as Channel One, Thrive or ASP). Each day during Lent count the specified item and add coins to your box or jar. Then color the day!

Do I remember to communicate with God?

Am I a steward of God's creation?

Am I compassionate with myself?

March 31: Pray, thanking God for Jesus and for the many ways we can gather and worship God. Pray for (Thrive, ASP, etc) that they would see God's presence through this gift.			
3/28 every prayer you say today		3/29 every story of Jesus you can remember	
3/27 every cross you see today		March 24: Pray today, thanking God for shelter. Pray for those who have no place to sleep at night.	
3/26 book of hymns or music in your home			
3/20 chair	3/21 desk	3/22 bathroom	3/23 bed
3/18 room	3/19 electric outlet		March 17: Pray today, thanking God for your health. Pray for those who are sick
3/15 tooth brush	3/16 cough drop		
March 10: Pray today, thanking God for how you can enjoy entertainment in your home. Pray for those who would be grateful for just one of these items.		3/14 bottle of hand sanitizer	
		3/12 bottle of vitamins	3/13 box of tissue
		3/11 bandage	3/9 board or card game
3/5 video game	3/6 smart device	3/7 television	3/8 doll or stuffed animal
3/4 ball or piece of athletic equipment		March 3: Pray today, thanking God for clothing that protects you from the elements. Pray for those who lack clothing to keep them warm and dry.	
March 1 pair of jeans 3/2 coat			
2/28: t-shirt	2/29: sweatshirt		
February 25: Pray today, thanking God for the food you enjoy. Pray for those who have no food this day.		2/26 ball cap or hat 2/27 pair of shoes	
		2/23 bottle of salad dressing	2/24 jar of peanut butter
2/19: box of cereal	2/20: can of soup	2/21: type of bread	2/22 jar of jelly
2/17: ... every flashlight		February 18: Pray today, thanking God for the gift of light. Pray for those who live in darkness.	
2/16: ... every candle			
2/15: ... for every light switch	2/14: A coin for every lamp		