

SUGAR RIVER UMC

LENT 2021

MIDDLE SCHOOL CHALLENGE

Join the Middle School Google Classroom

Comment on the Lent Lessons in the SR Middle School Google Classroom

Go on a walk outside & pray for your neighborhood

Pray for frontline workers

Make a cross with things you find in nature

Make homemade pretzels to symbolize arms crossed in prayer

Do a random act of kindness

Turn on notifications in the SR Middle School Google Classroom

Look up why the color purple is important for Lent

Do an Easter activity
(example: dye Easter eggs)

Participate in Lent Soup for the Soul Wed. Devo & Meal

Write a gratitude list & thank God for everything on the list

Do an extra chore around the house

Make a care package for someone
OR
Send a card

Pray for a friend

Give something up for a day
(some suggestions: watching tv, video games, sweets or snacks)

Have some fun during the Lent season as we draw closer to God. Each completed activity earns you a point towards winning a prize. Either print this sheet to mark off or digitally keep track of everything you do, then add up the points when you complete it. At the End of Lent, send your completed sheet back in for a prize.