Lent: Read, Pray, Act Pockets

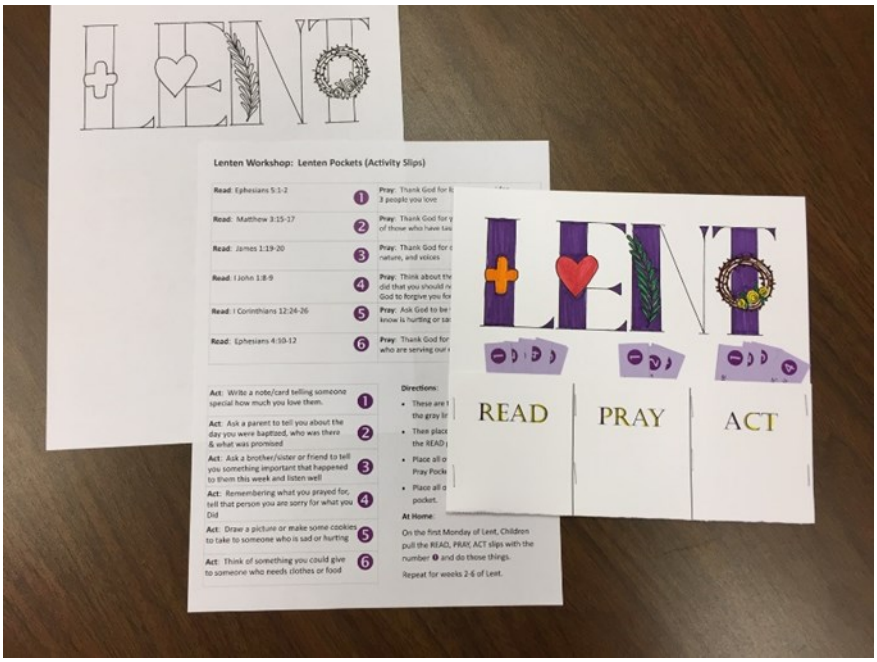
Adapted from a Pray, Fast, Give Pattern by Katie Anne

Lent is a time of reflection and preparation. We reflect on our lives and how we are, or are not, following the example of Christ. We prepare for the Easter celebration by renewing faith practices that shape our hearts and minds to that of Christ. The practices chosen for this project include:

Reading Scripture

Praying to God

Acting in a way that draws us closer to God &/or Neighbor



Here's how to make the Pockets:

1. Give each child the preprinted Lent foldable (it is two-sided).

2. Have them fold up the bottom of the "Read, Pray, Act" side along the dotted line so that it folds up onto the side with the word "LENT."

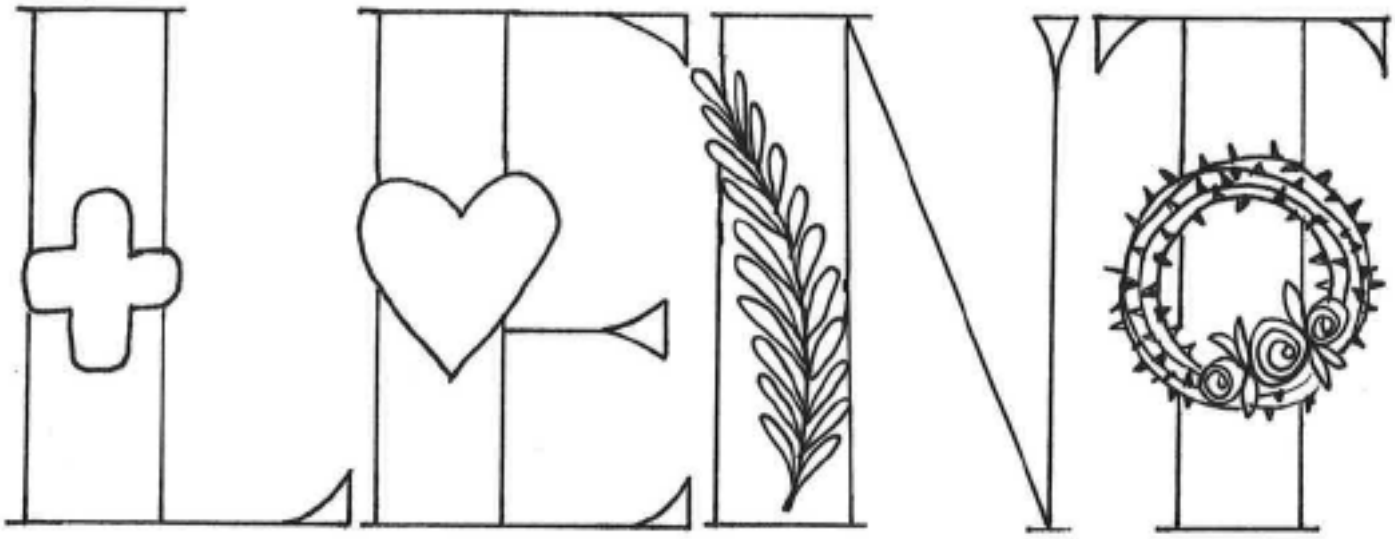
3. Then help them staple two staples on each side and two staples in between the three pockets. The nice thing is that a standard stapler will easily reach that far in, so no bending or weird folding necessary.

4. Have the children cut out the "Read, Pray, Act" slips. I would recommend cutting out all the read ideas, then all the pray ideas, etc. so that they don't get mixed up….but these are all labeled and numbered so if they get mixed up they are easily sorted afterward.

5. The children can then order and add the selected strips to the correct pockets.

6. Give them markers to color the word "Lent." *I am recommending this as the last step because it would be easy to do at home if a child didn't finish.

7. Instructions for home use is printed on the back of the pockets.



Dear Elementary Families,

Lent is a time of reflection and examination. A time for us to consider how we are living out our faith each day. Today in class we made these Lenten Pockets with a focus on reading scripture, praying to God, and carrying out an act of a disciple. The pockets can be used separately or alongside the Lenten Guide to the book *Life of the Beloved,* available from the church starting March 3. The Guide was designed to be used by older children-adults:

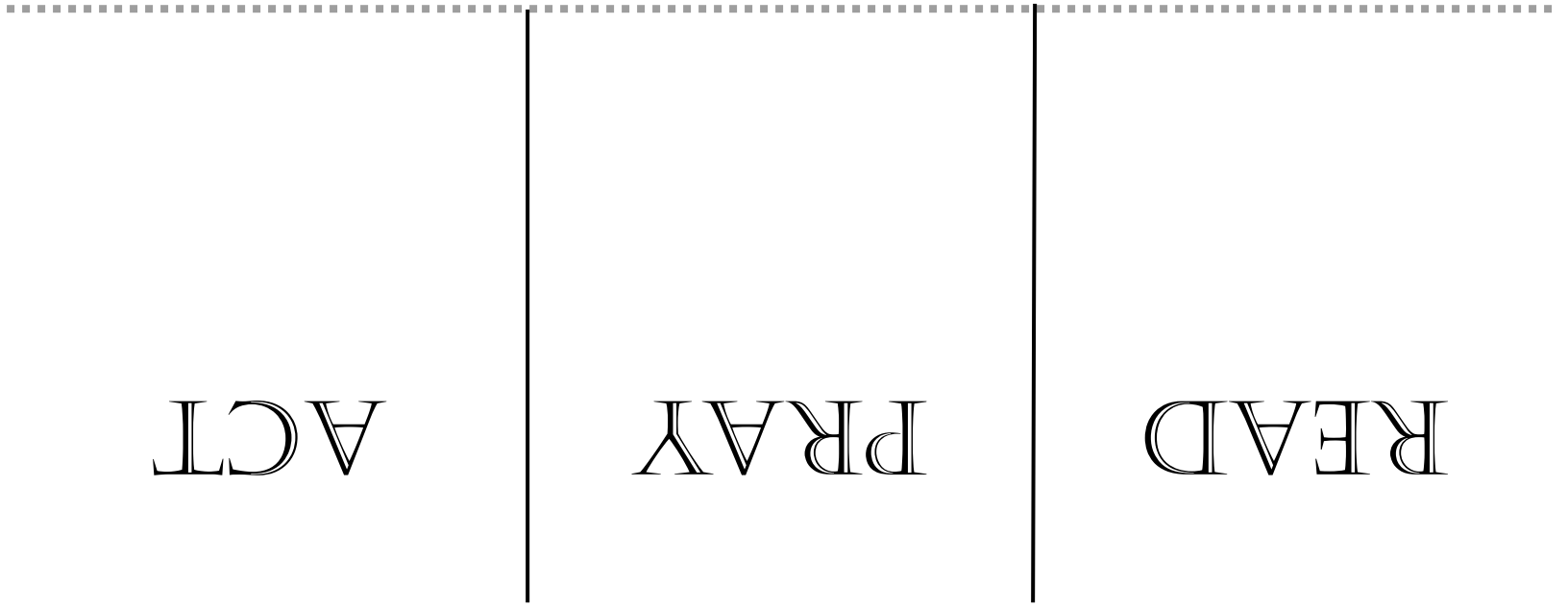
- Independently as a devotional resource
- Alongside the all-church book read of *Life of the Beloved*, or
- In conjunction with our Pockets which are designed for younger children

Using the Lenten Pockets At Home:

On the first Monday of Lent, children pull the READ, PRAY, and ACT slips with the number ❶ from the pockets. They can do all of three items on one day or spread them out over the week. We hope you will do these activities with your child and talk together about how they are important practices for our lives not only when we are children but through our whole lives long.

Note: We do recommend to doing them in the order of: READ, PRAY, ACT.

Repeat for weeks ❷-❻ of Lent.



Lenten Workshop: Lenten Pockets (Activity Slips)

Read: Ephesians 5:1-2 ❶	**Pray**: Thank God for loving you and for 3 people you love ❶
Read: Matthew 3:15-17 ❷	**Pray**: Thank God for your baptism and all of those who have taught you about Jesus ❷
Read: James 1:19-20 ❸	**Pray**: Thank God for ears to hear music, nature, and voices ❸
Read: I John 1:8-9 ❹	**Pray**: Think about the week and what you did that you should not have done. Ask God to forgive you for this ❹
Read: I Corinthians 12:24-26 ❺	**Pray**: Ask God to be with someone you know is hurting or sad this week ❺
Read: Ephesians 4:10-12 ❻	**Pray**: Thank God for 2-3 people at FPC who are serving our church/community ❻

Act: Write a note/card telling someone special how much you love them. ❶
Act: Ask a parent to tell you about the day you were baptized, who was there & what was promised ❷
Act: Ask a brother/sister or friend to tell you something important that happened to them this week and listen well ❸
Act: Remembering what you prayed for, tell that person you are sorry for what you Did ❹
Act: Draw a picture or make some cookies to take to someone who is sad or hurting ❺
Act: Think of something you could give to someone who needs clothes or food ❻

Directions:

- These are to be cut into slips along the gray lines.
- Then place all of the READ slips in the READ pocket.
- Place all of the PRAY slips in the Pray Pocket.
- Place all of the ACT slips in the ACT pocket.

At Home:

On the first Monday of Lent, Children pull the READ, PRAY, ACT slips with the number ❶ and do those things.

Repeat for weeks 2-6 of Lent.