

## Faith at Home - Opportunities & Ideas

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What to do with your children and family during this Lenten Season of chaos and uncertainty? We are in changing times as we navigate and adjust to the ongoing concerns of the CoVid-19 pandemic. Churches are practicing “social distancing” and not having worship or faith formation for children within their church setting. *This is a great opportunity to spend that time with your children at home in purposeful and intentional faith filled ways.*

Here are several ideas to do at HOME for during Lent to engage everyone of any age.

### 1) Create “Holy Week Art” at Home (scenes from Jesus’ last week)

- A) Look through clip art pictures online to inspire an image to create: \*Jesus entering Jerusalem \*Jesus at the market place \*Jesus foot washing \*Last Supper \*Garden of Gethsemane \*Crucifixion \*Tomb & Resurrection \*New Life .... Or Choose a word that describes the scene: forgiveness, release burdens, hope, transformation, risen
- B) Consider what technique & medium you would like to do your art in:  
\*watercolor \*acrylics \*pastels \*markers \*crayons \*colored pencils \*sharpies \*collage
- C) Frame art and offer it to be displayed in the church (Palm Sunday & Easter)

### 2) Create an Altar Table at Home

- A) Set up a small table in a quiet area with a colored cloth for the church season: purple is color for Lent (repent)
- B) Items to place on Altar: 3 wick style candle (symbolic for Creator, Christ, Holy Spirit) or use battery operated candles and have one candle for each family member, cross, music player, fountain, framed photos of loved ones or box of photos to pray on, plant or flower, Bible, prayer books, small basket of symbolic items that represent each family member
- C) Praying methods: Take water from fountain and bless each one with it. Take photo from box and look at picture and pray for that person. Play meditation music and be still for entire song. Hold symbolic family item from basket and pray for them.

### 3) Creative Praying at Home

- A) CANDLES: Light colored candles that represent meaning in time of need: red-strength, orange-happiness, yellow-wisdom, green-health, blue-peace, purple-forgiveness, pink-love
- B) STONES: Place 1” to 2” stones in freezer, Take out to pray or calm down one’s anger. Place frozen stone in palm of hand, close tight and warm up stone while praying for someone or using to calm down an angry filled moment...warm up the heart!
- C) OIL: place oil in small container with cover (use vegetable oil or baby oil or essential oil). Anoint forehead or wrist with dab of oil, recite a prayer to God to be blessed or forgiven