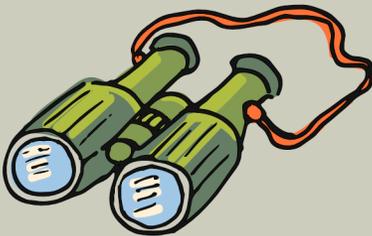


PREPARE

A FAMILY LENT GUIDE



packing our hearts full
of what we need most

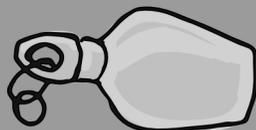
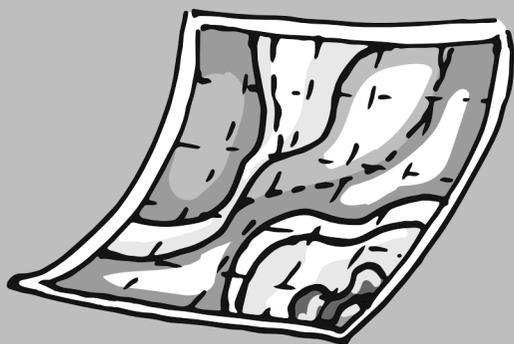


A FAMILY TIME TRAINING RESOURCE

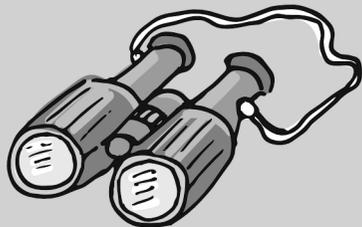
PREPARE

PREPARE

A FAMILY LENT GUIDE



*packing our hearts full
of what we need most*



A FAMILY TIME TRAINING RESOURCE

Prepare: A Family Lent Guide – Packing Our Hearts Full of What We Need Most

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CONTENTS

<i>Introduction</i>	7
<i>Suggested Order</i>	9
<i>Materials & Preparation</i>	11
Activity 1: Light of the World	14
Activity 2: Bread of Life	21
Activity 3: Do Not Test the Lord	25
Activity 4: Worship God Alone	29
Activity 5: Living Water	33
Activity 6: The Last Supper	37
Activity 7: Resurrection Day	41
<i>Appendix: Family Service Day</i>	<i>47</i>

INTRODUCTION

(WHAT IS THE LITURGICAL CHRISTIAN CALENDAR?)

Hello fellow parents and grandparents,

In our earlier Family Lenten Guide, *Seeing the Savior*, we answered the question “What is Lent?” in a very simplistic way. There are others who have gone to great lengths to answer this question more thoroughly, but we focus on what is most important to bringing this Christian season into our homes and the hearts of our precious children: **taking time to slow down, learn more about the life of Jesus Christ and how we can prepare ourselves to live as New Testament believers.** Throughout church history, the 40 days of Lent have represented the 40 days Jesus spent in the wilderness, tempted by Satan, before the beginning of His public ministry.

With that foundation laid, it’s also important for us to know how the season of Lent fits with the whole liturgical Christian calendar. This is not a new idea and if you grew up with a Catholic or “high church” Protestant background this may be quite familiar to you.

There are two Biblical events on which the entire Christian calendar hinge: 1) the Incarnation (the birth of Jesus Christ) and 2) the Resurrection (the raising of Jesus from the grave). We observe the “waiting” for the Incarnation (both Christ’s first and second coming) with **Advent** which is the beginning of the Christian calendar. **Christmastide** follows - the celebration of the birth of Christ. That 12 day season ends with **Epiphany** - recognizing the revelation of Christ to the Gentiles (the arrival of the Magi in the Christmas story).

Lent is then ushered in by **Ash Wednesday** 40 days before **Resurrection (Easter) Sunday**, not including Sundays. **Holy Week** is full of meaningful days of the Lenten season including:

8 PREPARE

Palm Sunday, Maundy Thursday, Good Friday and Holy Saturday. And of course, Resurrection Sunday: Easter!

Eastertide begins with Resurrection Sunday and continues until **Pentecost** which is then followed by the “**Ordinary Time**” (approximately June-November) purposed for Christians to put into practice the life and teachings of Christ - loving and serving the lost world that many would come to salvation.

We’ve named this Lent/Easter resource “Prepare” because as you can see from the rhythm of the Christian calendar, the season of Lent is a time of preparation as we look forward to Pentecost (the arrival and indwelling of the Holy Spirit in Christ followers) and the Ordinary Time when we are called to go into all the world and make disciples of all nations. (Matthew 28:19-20)

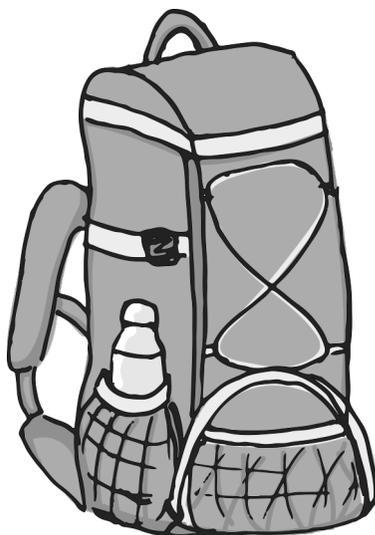
On the next page, you’ll find two suggestions for using this resource: either weekly from Ash Wednesday to Resurrection Sunday OR daily from Palm Sunday to Resurrection Sunday.

Our prayer is that this time spent doing Family Time together as a family will grow each one of you in your love for the Lord, in knowledge of His Holy Word, and passion for sharing the Good News with those who have not yet heard.

For the Glory of God,

Jenna Hallock

Executive Director
Family Time Training
www.famtime.com



SUGGESTED ORDER

Weekly Lenten Order:

1. Ash Wednesday - Light of the World
2. Week 2 - Bread of Life
3. Week 3 - Do Not Test the Lord
4. Week 4 - Worship God Alone
5. Week 5 - Living Water
6. Week 6 - Family Service Day (*Appendix*)
7. Week 7 - The Last Supper
8. Week 8 – Resurrection Day

Daily Holy Week Order:

1. Palm Sunday - Light of the World
2. Monday - Bread of Life
3. Tuesday - Do Not Test the Lord
4. Wednesday - Worship God Alone
5. Maundy Thursday - The Last Supper
6. Good Friday - Living Water
7. Saturday - Family Service Day (*Appendix*)
8. Easter Sunday - Resurrection Day

MATERIALS & PREPARATION

Lesson 1: Light of the World

- Flashlight
- “Flash cards” included with this activity

NOTE: You will want to do this lesson at night, or use a space in your home that gets very dark.

Lesson 2: Bread of Life

- Trail mix (nut, fruit, and chocolate combination)

Lesson 3: Do Not Test the Lord

- First-aid bandages
- Permanent marker

Lesson 4: Worship God Alone

- Compass
- Bible

In Advance: place the Bible in a location in or around your home to the north of where you’ll be having your lesson. Hide it in a way that is age appropriate for your children and will be a fun “hide and seek” game.

Lesson 5: Living Water

- Water bottle

12 PREPARE

- Water
- Alka-Seltzer tablets or similar

Lesson 6: The Last Supper

- Grape juice
- Loaf of bread or crackers
- Candle and matches/lighter

Lesson 7: Resurrection Day

- Card for each child that reads, “He is not here; he has risen, just as he said!”
- Backpack and supplies used for each previous lesson
- Easter basket and fillers (eggs, candy, toys, Bible, trinkets, etc.)
- *Optional: small bags to hold goodies at each “scavenger hunt” location*

In Advance: Gather Easter baskets and goodies to fill them as you normally would. Instead of filling the baskets, print out or make the card listed under “Materials” and place one in each basket. Hide the basket fillers around the house with each of the items you used for your “Prepare” Family Time lessons.





Activity One

LIGHT OF THE WORLD

BIG IDEA

Jesus is the Light of the World. When we give our life to Jesus, His light is in us and we get to share that light with others.

KEY SCRIPTURES

John 1: 9-14

The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

John 8:12 - *When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

MATERIALS

- Flashlight
- "flash cards" included with this activity

NOTE: You will want to do this lesson at night, or use a space in your home that gets very dark.

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

We are going to observe Lent as a family this year. That means we are going to take special time between now and Easter to learn more about Jesus and how He is the most important person in our lives.

As we learn about Jesus, our hearts are being prepared to go tell the world about the Good News Jesus brings.

We have a backpack filled with things that will help us on our journey. In a few minutes we will open it up and see what is in there for our lesson this week.

DISCUSSION

The Bible tells us that Jesus is the Light of the World. What do you think of when you hear "light of the world?" Listen to answers. *The sun, the ball drop on New Year's Eve in Times Square, a lighthouse, or spotlights on a stage might come to mind.*

16 PREPARE

Why is light so important? Listen to answers. *It brings warmth, helps us to see things clearly, brings attention to something important.* **Is there anything that can really bring light to the whole world?** Listen to answers. *No - not a “thing.” Even the sun only lights part of planet earth at one time!* **There is truly no “thing” that can bring light to the entire world. But Jesus is a person who can!**

Invite a family member to read John 8:12.

What does Jesus say about those who will follow His light? Listen to answers. *They will never walk in darkness.* **Can you imagine never having to worry about being in the dark? The dark can make things scary or make tasks difficult. With God, we will always be able to ask Him to show us His ways.**

Invite a family member to read John 1:9-14.

What does this Scripture tell us about people who believe in Jesus Christ? *They will be children of God!* **If God is the Creator of everything, the Light of the World, and the King of all Kings, how does it make you feel that you could be His child?** Listen to answers and clarify any questions. As always, we encourage you to reach out to your pastor if you find you or your child have questions you cannot answer. *When we accept Jesus Christ as our Lord and Savior, we become a part of God’s family. That is the safest place we can ever be.*

ACTIVITY

Let’s look in our backpack and see what we’ve packed for today’s journey! Get out the flashlight or package wrapped and marked with “Lesson 1”. This flashlight reminds us that Jesus is the Light of the World and can show us how to live and how to love one another.

We’re going to play a game to help us enjoy light and remember that Jesus will guide us because we are His children!

NOTE: For pre-readers, there are objects they can “draw” associated with each word instead of writing out the letters.

Give one family member the flashlight and have them choose one card. After they have viewed the card, give them 30 seconds to spell out or “draw” the word/object on a wall or the floor using the light of the flashlight.

As the family member is drawing, other family members can shout out their guesses to what is being communicated with the light.

APPLICATION

When life feels dark, we can trust that Jesus is there to light our way, show us what is right and true, and lead us to live a Godly life pointing others to Him. Knowing Jesus and the Bible lights our way and prepares us to live for God.

CLOSING PRAYER

Father God, thank you that you are the Light of the World. As we fill our hearts with more of you through Family Time, help us to see how you are lighting the way for our family. Amen.

18 PREPARE

ACTIVITY SHEET:

L-O-V-E

(heart)

P-E-A-C-E

(bird)

P-R-A-Y

(praying hands)

J-O-Y

(smiling face)

G-E-N-T-L-E

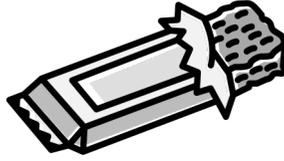
(waves)

F-A-M-I-L-Y

and/or

F-R-I-E-N-D-S

(stick figure)



Activity Two

BREAD OF LIFE

BIG IDEA

Jesus is the Bread of Life. He came to give His life as a sacrifice so that we can live forever with Him.

KEY SCRIPTURES

John 6: 48-51

"I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

Matthew 4: 1-4

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

22 PREPARE

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Deuteronomy 8:3 - *He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.*

MATERIALS

- Trail mix (nut, fruit, and chocolate combination)

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

One main focus of Lent is the Temptation of Jesus in the Wilderness. The next three lessons will be learning about how Jesus fought and won against the temptations of Satan.

DISCUSSION

What is something you find tempting? Listen to answers and share ideas. *A sweet dessert, taking a toy that doesn't belong to you, staying up when you're supposed to be sleeping, etc.*
Did you know that Jesus was tempted too? The Bible tells us that Jesus went into the wilderness to fast and pray after He was baptised.

Invite a family member to read Matthew 4:1-4.

Can you imagine seeing Satan face to face? Can you imagine him tempting you to do something like that? Listen to answers. **It would surely be terrifying, but Jesus gives us an example of what we should do when we are tempted. What does He do?**

Listen to answers. *He responds with God's Word and speaks that Truth from Deuteronomy 8:3.*

Invite a family member to read Deuteronomy 8:3.

After reading this, do you think it's important to know what God says? Yes! How can we learn and know what God says?

Listen to answers. *Reading the Bible, learning from Godly people. We have the Bible that we can read any time we want.*

When we don't understand what it says, we can ask Godly people who we trust to help us learn the meaning.

The Bible tells us something else that is very important about Jesus being the Bread of Life. Invite a family member to read John 6: 48-51. **What is Jesus telling us about Himself in John 6?** Listen to answers. *He will die and give His body as the "bread of life."*

This is the amazing Truth of the Gospel! Jesus came to earth as a living sacrifice. He lived a perfect, sinless life in spite of temptation. He was crucified for the sins of humanity, then raised back to life to reign in Heaven forever! His sacrificial death makes it possible for us to have eternal life too when we believe in Him as our Lord and Savior.

ACTIVITY

Let's look in our backpack and see what we've packed for today's journey! Get out the trail mix or package wrapped and marked with "Lesson 2". **This trail mix reminds us that Jesus is the Bread of Life and we can feast on His Truth. Let's look at what is actually in this trail mix!**

Nuts - nuts can remind us to stay healthy by hiding God's Word in our hearts (like a squirrel!) *Psalm 119:11*

Fruits - fruit can remind us that God's Word is sweet *Psalm 19:9-10*

Chocolate - chocolate can remind us that God's Word can help us to be strong against temptation *1 Corinthians 10:13*

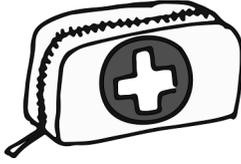
24 PREPARE

APPLICATION

Because Jesus was tempted and did not sin when we trust Him as our Lord and Savior, we can have power when we are tempted too. It's important to know the Bible so that we can fight temptation and sin and surround ourselves with people who also trust Jesus as the Bread of Life.

CLOSING PRAYER

Father God, thank you for giving Jesus as the sacrifice for our sins. Help us to live each day feasting on the Good News that He is our strength, and your Word is all we need to live a godly life. Amen.



Activity Three

DO NOT TEST THE LORD

BIG IDEA

God is in control of all things, but that does not mean He will do things in the way and time we think He should. He will heal and restore us in our pain and suffering.

KEY SCRIPTURES

Matthew 4: 5-7

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written:

*"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."*

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

26 PREPARE

MATERIALS

- First-aid bandages
- Permanent marker

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

What did we learn about Jesus' temptation in the wilderness in our last lesson? Listen to answers. *He is the Bread of Life. He was tempted but did not sin.* **What did we learn about ourselves from the words of Jesus?** Listen to answers. *We need a Savior. Jesus died so we could have eternal life. Jesus feasted on the Bible and so should we.*

DISCUSSION

Satan tempted Jesus first with food because he knew Jesus was hungry. He had been fasting for 40 days after all! Now he tempts Jesus with physical protection.

Invite a family member to read Matthew 4: 5-7.

Have you ever asked God to keep you safe? Listen to answers. *Safety while traveling, while playing sports, or while staying with a babysitter.* **We ask God to protect us from all kinds of dangers, and that is not a wrong thing to ask for. So what makes this a temptation?** Listen to answers. *Doing something foolish, testing God to see if He is really powerful, bringing glory to ourselves instead of God with stunts.*

Satan knew (and knows!) very well that God is in complete control of all creation. Of course He could send angels to protect Jesus from a fall. In fact, later in this section of

Scripture, God tells us that He DID send angels to care for Jesus! *Matthew 4:11*

Can you think of a time when you've been hurt? Listen to answers. *It could be physical hurt or hurt feelings or even when you feel hurt by God not answering a prayer the way you wanted.*

We live in a sinful, fallen world where we will get hurt sometimes. God allows hurt and wants us to look to Him for comfort when we are hurting. He will be glorified as we ask Him for healing and comfort. The Bible tells us that God can turn our pain into something beautiful. *Isaiah 61:2-3*

Jesus responded to Satan with Scripture by quoting Deuteronomy 6:16 which refers to the time when Moses was leading the Israelites through the desert and they tested the Lord and He commanded Moses to bring water from a rock. Read Exodus 17: 6-8 out loud together.

Why was it wrong to test the Lord? Listen to answers. *They didn't trust God even after all He had done for them. What can we learn from the Israelites so that we don't put God to the test? Listen to answers. *Trust God and know His Word. When we are hurt, believe He is in control.**

ACTIVITY

Let's look in our backpack and see what we've packed for today's journey! Get out the first-aid bandages or package wrapped and marked with "Lesson 3". These bandages remind us that God will heal and restore us by His Will, we do not need to test Him to keep us from harm.

I'm going to give each of you five bandages and I want you to write a word, Scripture or a picture on each one to remind you that God is in control and we do not need to test Him. What are some ideas of things you could put on your bandages? Listen to answers. *Heart, cross, the Scriptures included in this lesson, fish symbol, etc.*

28 PREPARE

When the bandages are complete, include them in your first aid kit in your home or car so you can use them and remind children of the lesson.

APPLICATION

Jesus could have thrown Himself from the temple, but it was a temptation from Satan to show His power, not a show of trusting God. We can trust God, even when we are hurt, and do not need to put Him to the test.

CLOSING PRAYER

Father God, we do not like to be hurt. We believe that you are in control and protecting us even when we don't realize it. Thank you for healing our hurts. Help us to trust you and never doubt you by testing your power and goodness. Keep us from any desire to show off our own power instead of yours. Amen.



Activity Four

WORSHIP GOD ALONE

BIG IDEA

There is only one God and He alone is worthy of worship.

KEY SCRIPTURES

Matthew 4: 8-10

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.”

Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’”

MATERIALS

- Compass
- Bible

30 PREPARE

IN ADVANCE

Place the Bible in a location in or around your home to the north of where you'll be having your lesson. Hide it in a way that is age appropriate for your children and will be a fun "hide and seek" game.

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

In our last lesson, we learned that we should not put the Lord to the test even though we know that He is in control over all things. Do you remember WHY we don't want to put God to the test? Listen to answers. *It shows lack of trust. It is a sign of our desire to have power.*

What did we learn about times when we do get hurt? Listen to answers. *God can teach us in our pain. God is still in control and can use it for His glory.*

DISCUSSION

In this lesson, we want to understand what happened in the third temptation in the desert. Remember, Satan first tempted Jesus with food because He was hungry. Then, he tempted Jesus with power. Now, he's going to tempt Jesus one last time.

Invite a family member to read Matthew 4: 8-10.

What does Satan want Jesus to do? Listen to answers. *Worship him instead of worshipping God.* **What does Satan tell Jesus he will give Him if Jesus worships Satan instead of God?** Listen to answers. *All the kingdoms of the world and their spendor.*

If Jesus knew God was His Father and in complete control, why do you think Satan tempted Him with this? Listen to answers. *Because Jesus is God, He knew why He came to earth and the suffering He would soon have to endure. Satan too knew at least part of this plan... He knew that Jesus came to defeat him once and for all. This temptation was an effort to manipulate God the Son in His mortal weakness to avoid the suffering to come and have an earthly reign instead.*

Can you think of a time when you've been tempted to worship something or someone other than God? Listen to answers. *We all have this temptation! We desire things of this world and give them too high a value, to the point of worship. It might be a brand-new toy we want, to be in control, more money, etc. We even want to worship a person - maybe someone famous - or caring too much about a friend or family member rather than focusing on God.*

How does Jesus respond this time to Satan? *First Jesus tells him to get away, then reminds him of Scripture: "Worship the Lord your God and serve Him only." Deuteronomy 6:13. Does it encourage you that Jesus tells Satan to leave and He does?* Listen to answers. *We should remember that when we trust Jesus as our Lord and Savior, we have His power living in us! Just like Jesus told Satan to get away, we can tell Satan the same thing when we are being tempted!*

Jesus also tells Satan that we are to do two things: 1) worship God, and 2) serve Him only. What is the difference between worshipping God and serving Him? Listen to answers

ACTIVITY

Let's look in our backpack and see what we've packed for today's journey! Get out the compass or package wrapped and marked with "Lesson 4". **This compass is to remind us that no matter where we are in the world, we are to worship God and serve Him only. A compass will always point North because the magnet ("needle") is magnetic and moves with the earth's magnetic North Pole.**

32 PREPARE

We can imagine the Bible is our “true North” and the compass is guiding us to the Truth of the Bible!

I have hidden a Bible in a location north of where we are right now. Using the compass, let’s stay on course heading north and see if we can find it!

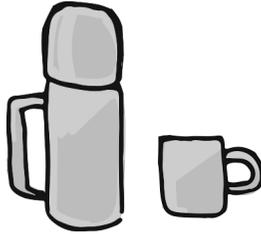
Guide the family using the compass to find the Bible.

APPLICATION

We can only worship and serve God when we know Him. We can know Him through the Bible. Satan will tempt us to sin and worship wrong things, but we can trust God to show us the way to worship and serve Him alone.

CLOSING PRAYER

Father God, protect us from the lies of Satan that say his ways are better than your ways. Guide us to worship and serve you and help us to know the Bible so that we can lead others to this Truth too. Amen.



Activity Five

LIVING WATER

BIG IDEA

Jesus is the Living Water which is a name for the Holy Spirit that lives in those who trust Him as their Savior and Lord.

KEY SCRIPTURES

John 7:37-39

On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive.

John 4:13-14

(Consider reading the entire passage with older children: John 4:1-26)

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst.

34 PREPARE

Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

MATERIALS

- Water bottle
- Water
- Alka-Seltzer tablets or similar

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

Our last three lessons helped us to understand Jesus' temptation by Satan in the wilderness and how we can be prepared to stand firm against the temptation of Satan too. What is something you learned from Jesus that will help you? Listen to answers.

DISCUSSION

Today's lesson teaches us another important Truth about Jesus. He is Living Water. Have you heard this name of Jesus before? What do you think it means? Listen to answers.

Invite a family member to read John 7:37-39.

Jesus tells us exactly what He means by “Living Water.” What is it? The Holy Spirit. **Who is the Holy Spirit?** Listen to answers. The Holy Spirit is the third member of the Trinity. The Holy Spirit is God along with God the Father and God the Son. The Holy Spirit comes to live in every believer at the point they confess the One True God as their only Lord and Savior and commit their lives to worship and serve Him.

Invite a family member to read John 4, either the entirety or shorter version listed above.

Jesus again tells us that Living Water comes from Him and exists as the Holy Spirit. He says some amazing things about Living Water in verse 14 . What are they? Listen to answers. 1) Anyone who drinks the water Jesus offers will never thirst again, 2) The water Jesus offers will become a spring of water inside them welling up to eternal life.

We know that humans need actual water - H₂O - to live. What do you think Jesus means that someone will never thirst again? Listen to answers. *Once someone knows Jesus and is filled with the Holy Spirit, they will not long for things that do not satisfy. The gift of the Holy Spirit gives peace and hope that is unmatched by physical water that always leaves us needing more.*

ACTIVITY

Let's look in our backpack and see what we've packed for today's journey! Get out the water bottle or package wrapped and marked with "Lesson 5". **This water bottle reminds us that even though our physical bodies need physical water, what our spiritual bodies need most is the Living Water of the Holy Spirit!**

Let's make plain water into "living water!" Fill the water bottle with tap water. Allow children to add one Alka-Seltzer tablet to the water bottle and watch the water "come to life!" **This is the kind of water Jesus wants us to have - full of life!**

What do you think a person filled with the Living Water of God will look like? Listen to answers. *A person filled with the Holy Spirit should show the fruit of the Spirit (Galatians 5:22-23); love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.* **How can we be someone filled with Living Water who worships and serves God?** Listen to answers.

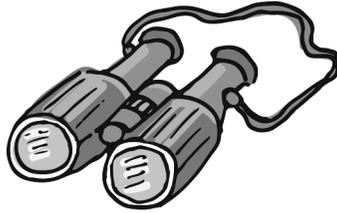
36 PREPARE

APPLICATION

We can only worship and serve God when we know Him. We can prepare ourselves to worship and serve Him through knowing the Bible. Satan will tempt us to sin and worship wrong things, but we can trust God to fill us with Living Water to worship and serve Him alone.

CLOSING PRAYER

Father God, protect us from the lies of Satan that say his ways are better than your ways. Guide us to worship and serve you and help us to know the Bible so that we can lead others to this Truth too. Amen.



Activity Six

THE LAST SUPPER

BIG IDEA

Jesus celebrated the Passover with his disciples before His crucifixion and in doing so called us to remember what He has done for us.

KEY SCRIPTURES

Luke 22:14-20

When the hour came, Jesus and his apostles reclined at the table. And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes."

38 PREPARE

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

MATERIALS

- Grape juice
- Loaf of bread or crackers
- Candle and matches/lighter

Optional: If you have older children, you may observe a more extensive Last Supper called a Seder dinner. There are excellent resources available at helpful websites such as childrensministry.com and gatherandgrow.co.

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

Celebrating the Last Supper is one way Christ-followers have remembered the life of Christ over millennia. It is a sober reminder that Christ knew that He would shortly be crucified as part of God's plan to redeem His people. We are coming to the final days of Lent and the final days of preparation for the days after Resurrection Sunday when we are commanded to go out into all the world and make disciples of Christ!

DISCUSSION

What do you know about communion? What are memories or experience you have with communion at church, at home, at

a camp or some other place. Parents, share your experiences in different scenarios throughout your Christian life. Have children express their own experiences and their understanding of what communion means.

Invite a family member to read Luke 22:14-20.

Jesus took two parts of the Passover Meal and gave them special meaning. What are they? *The cup and the bread.*

The “cup” represents the blood of Jesus that would be spilled on the cross. The bread represents His physical body that would be nailed to the cross and killed. That is scary and sad to think about. It is hard to think about, but Jesus wants us to remember.

Why is it so important that we remember? Listen to answers. *Because what Jesus did on the cross is the most important event to ever happen in human history. The salvation that Jesus offers is not just for us, but for every person who would hear and believe.*

ACTIVITY

Let’s look in our backpack and see what we’ve packed for today’s journey! Get out the juice and crackers or package wrapped and marked with “Lesson 6”. **These are representations of the things Jesus wants us to remember. They were important parts of the Passover meal that Jesus celebrated with His disciples. We are going to have our own Last Supper.**

This is a sad thing we remember today, but soon we will get to celebrate the resurrection of Jesus on Easter Sunday!

Light a candle in the area where you will take communion. Give each family member a small cup of juice and a piece of cracker. Take turns with the readers in your family and each read one verse of Luke 22: 14-20.

40 PREPARE

APPLICATION

We should remember the terrible and lawless death of our Lord and Savior Jesus Christ because of the wonderful salvation it brings to us and to all who would believe. Christians do this through taking the Lord's Supper (communion) and especially on the Thursday before Good Friday (the day of Christ's crucifixion often called Maundy Thursday).

CLOSING PRAYER

Father God, thank you for your crucifixion and resurrection. Forgive us for our sins and keep us from sinning against you. Continue to prepare us to share this Good News with anyone who would listen. Amen.



Activity Seven

RESURRECTION DAY

BIG IDEA

Jesus died but he did not stay in the grave! He was raised back to life on the third day conquering Satan, Sin and Death forever and bringing salvation to all who would believe in Him.

KEY SCRIPTURES

Matthew 28:5-6a

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said.

Luke 9:21-23

Jesus strictly warned them not to tell this to anyone. And he said, "The Son of Man must suffer many things and be rejected by the

42 PREPARE

elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life.”

Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

MATERIALS

- Card for each child that reads, “He is not here; he has risen, just as he said!”
- Backpack and supplies used for each previous lesson
- Easter basket and fillers (eggs, candy, toys, Bible, trinkets, etc.)
- *Optional: small bags to hold goodies at each “scavenger hunt” location*

IN ADVANCE

Gather Easter baskets and goodies to fill them as you normally would. Instead of filling the baskets, print out or make the card listed under “Materials” and place one in each basket. Hide the basket fillers around the house with each of the items you used for your “Prepare” Family Time lessons.

NOTE: Words written in **BOLD** are when the leader is speaking. Feel free to use your own words.

INTRODUCTION

“Christ is Risen!” It’s true! Jesus Christ died on the cross, but He did not stay in the grave. God raised Him back to life on the third day just like he said he would. There is a tradition in the Christian Church that on Easter Sunday, church-goers greet one another by saying “Christ is Risen!”. The other replies, “He is Risen Indeed!” Take turns greeting one another

in this way and share the excitement of the true meaning of Easter: the Resurrection of Jesus Christ!

DISCUSSION

Do you see your Easter baskets somewhere? If children haven't discovered their baskets and found that they are empty, be sure to show them now. **Our Easter baskets are empty, just like the tomb was empty that first Easter morning! Instead of filling your baskets with goodies, we are going to go on a hunt around the house to find them. The first thing you'll need is the backpack we've been using for our "Prepare" Family Time lessons.** Have children retrieve the backpack before you give directions.

Invite a family member to read Luke 9:21-23.

Jesus knew that He would die a terrible death on the cross, but He also knew that God the Father would raise Him on the third day. That is why we celebrate Resurrection (Easter) Sunday! He wants us to be prepared to go share this Good News with the world.

To help us remember this, we're going to search for the items that we had in our backpack so we can be prepared! Do you remember what things came out of the backpack? *Flashlight, compass, water bottle, snacks, bandages.* Let's go find each of these and the surprises to celebrate Jesus' resurrection will be with them!

ACTIVITY

Take the kids on the "scavenger hunt" to find their goodies.

Invite the family to read the cards they found in their basket together: "He is not here; he has risen, just as he said!"

44 PREPARE

APPLICATION

Do you know what is the BEST news about Resurrection Sunday? Because Jesus is ALIVE, He is with us and He loves us today! He gave us the Holy Spirit to prepare us to live for Him. Because of all this, we can celebrate!

CLOSING PRAYER

Hallelujah! Christ is Risen! Father, thank you for keeping your promise and raising Jesus back to life. Thank you for preparing our hearts to share this Good News. We love you and we celebrate your victory over Satan, Sin, and Death today. Amen.

EASTER MORNING BASKET CARD:

**HE IS NOT HERE
HE HAS RISEN,
JUST AS HE SAID!**

**HE IS NOT HERE
HE HAS RISEN,
JUST AS HE SAID!**

Appendix

FAMILY SERVICE DAY

(SERVICE PROJECT IDEAS)

Here is an assortment of service project ideas for family this Lent season and into the Ordinary Time" after Pentecost. You've been preparing your hearts to serve and on Resurrection Sunday we will be moving into a time of sharing the Good News of Jesus' life, death and resurrection.

- Visit a nursing home and talk with the residents
- Make treats and deliver to an elderly or sick member of your church
- Take supplies (diapers, formula) to a pregnancy center
- Take canned goods and shelf stable food to your local food bank
- Deliver Bibles and notes of encouragement to a youth center
- Prepare packages for the homeless to keep in your car for distributing
- Surprise your favorite clerk or barista with a small gift and invitation to your church's Easter service
- Deliver Easter service invitations with special treats to your neighbors
- Host an Easter drive-by surprise for your children's teachers (Consider coffee and donuts to hand out as you drive by each home, ring the doorbell and leave it on the front porch)

PREPARE YOUR HEARTS TOGETHER

Have you heard of Lent but never observed it? Have you ever wondered what it really means and how it fits with the Bible? This Family Lent Guide will introduce you to the key events of the Christian liturgical calendar and the purpose of creating meaningful seasons in your own discipleship journey.

“Prepare” includes 7 Family Time activities that can be used weekly or daily to grow to know Christ more and to consider how the rhythms of the Christian calendar can help align your heart with God’s ways and God’s Truth for the sake of bringing salvation to both your children and the lost and dying world around you.

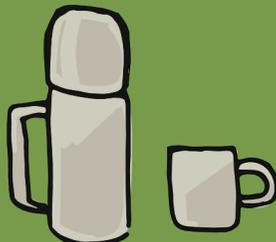


Activity themes include:

- *The Temptation of Jesus*
- *Jesus, the Light of the World*
- *Jesus, the Living Water*
- *The Last Supper*
- *The Resurrection Sunday*



Together, let’s prepare our hearts for how God wants us to live in this world by packing our hearts and minds with the most important Truths for the journey ahead.



FAMILY TIME TRAINING has been serving families for over 20 years. Our mission is to train and equip parents and grandparents to pass the faith to the next generation in the home. You can follow us on social media or learn more by visiting www.famtime.com.

