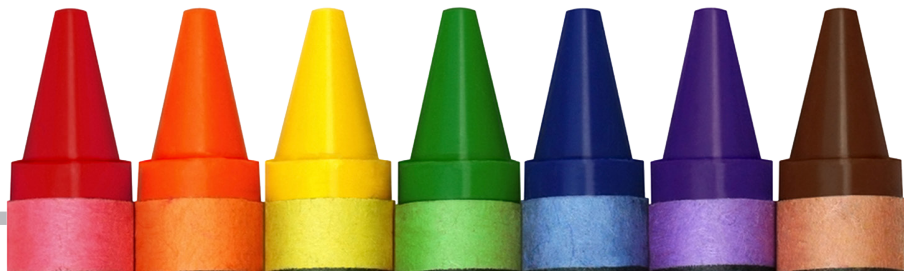
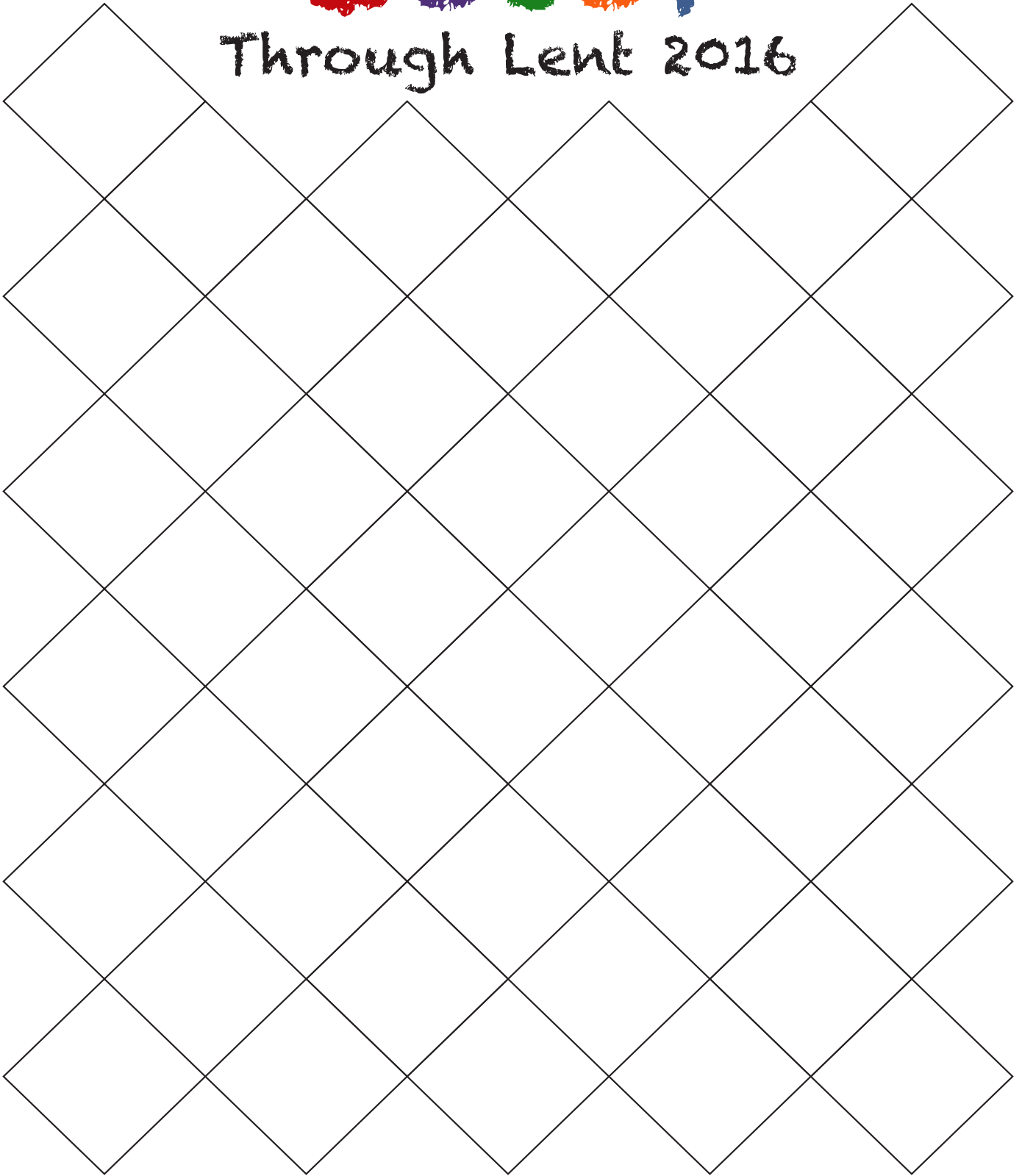


Color Through Lent 2016



Family Lent Time

First of all, what in the world is Lent?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means “spring.” The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a “mini-Easter” and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.*

What is the family devotion?

This year in Lent let us use this time together as a family and make it simple. In the 40 days of Lent light the purple candle together and be silent. Focus on the light and be still. It is that simple. Make it 10 seconds or up to 60 seconds. Maybe your family will chose to do this daily or once a week. It is up to you.

Then, on Easter Sunday replace the used, burnt purple candle with a brand new white candle (do this before you kids wake up on Easter).

Light the candle on Easter morning and celebrate the new life that we all have in Christ.

Coloring through Lent

This coloring sheet has 47 squares; each square represents a day in Lent and 7 additional squares for each Sunday. This coloring sheet gives you an opportunity to focus that day on a word or a name to give focus to your prayer time during Lent. Draw the name/word in the square and as you are coloring or doodling pray for that person or word. At the end of Lent you will see all of the amazing prayers that you have prayed for yourself and for others in preparing our hearts for the darkness of Holy Week and the celebration of Easter.

ST. ANDREW

children

*<http://www.umc.org/what-we-believe/what-is-lent-and-why-does-it-last-forty-days>