



Christ Church Kids

Lent Resources

What is Lent?

Lent is the 40 days from Ash Wednesday to the Saturday before Easter (not including Sundays). Lent is a time to reflect on what Jesus did for us when He sacrificed Himself and died on the cross for us. Finally, Lent is a time to get our hearts ready to truly understand Jesus' love for us as we prepare to celebrate His resurrection on Easter.

Because of Jesus' sacrifice, some people decide that for Lent they will sacrifice or fast from something they love. Giving up something or fasting for Lent may look many different ways. It may look like fasting from complaining, TV or movies, sugar or soda, social media, fast food or video games. It could also mean adding a special time to meet with God or a healthy habit, like eating more vegetables. Whether we participate in Lent by fasting or by adding something to remind us of Jesus, it helps us appreciate the Giver (God) more than our gifts.

If you are planning on giving something up, think about about what might be a real sacrifice to you if you were to go without it. Think to yourself, "What its one thing that is important to me that I could go without?" Or perhaps you might think to yourself, "What is one way I could find more time to hang out with God? Or what Is a healthy habit I could add to my day?" The answer will be different for each of you.

What is Ash Wednesday?

Lent started on this past Wednesday. It is a special day we call Ash Wednesday. In the first book of the Bible, Genesis, tells us in chapter 3, verse 19, "for you were made dust and to dust you shall return." To represent this verse, on Ash Wednesday, a prior pastor applies ashes in the shape of a cross to a person's forehead. It's a day for humbling ourselves. It is also a day to remembering how great God is, and that He made us from dust (Genesis 2:7).

Upcoming Lessons

There are other important days that make up the Lenten season. These days that we will learn about make up what we call Holy Week. They include:

- Palm Sunday–The Sunday Before Easter
- Maundy/Holy Thursday– The Thursday before Eater
- Good Friday–The Friday before Easter and the day few remember Jesus dying on the cross for all of us.
- Holy Saturday- The Saturday before Easter, a day we remember the sadness of Jesus dying, and wait with hope for Jesus to rise from the dead.
- Easter Sunday–is technically not part of Lent (like the other Sundays, which are celebrations of Jesus' death and resurrection—so not traditional days of fasting). It's after the 40 days. Easter is the "happy ending" of Lent– Jesus rose again!

More Resources

Follow us on Instagram @christchurchkids for more family Lent resources! We will have recommendations on books, family devotionals, and Instagram accounts you can follow to help you and your children experience Lent together.