

First Sunday of Lent – year B

Preparation

Read over these: [Psalm 25:1-10](#) and [Mark 1:9-15](#). Pay attention to the words or phrases that jump at you. Read over the lesson so that you are familiar with what is intended to happen. Gather the materials that you will need for each section of the lesson. For deeper thinking or for ways to extend the lesson take a look at the following websites:

<http://www.textweek.com/yearb/lentb1.htm>

http://archive.episcopalchurch.org/lessonPlans/109452_115883_ENG_HTM.htm

http://www.sermons4kids.com/carrying_the_message.htm

<http://www.sundayschoollessons.com/lent1kles.htm>

<http://www.word-sunday.com/Files/b/1Lent-b/A-1Lent-b.html>

<http://www.efree.mb.ca/lectionarypuzzles/in-bwmp.htm#lent01>

http://www.cyberfaith.com/proclaiming_faith.cfm?id=302

<http://www.msscrafter.com/newtestament/baptism.htm>

<http://children.cccm.com/NTSupportCurriculumPDF/214JohnBaptizesJesus.pdf>

Gathering

Materials needed

- Small table or end of one table
- Candle
- Candle lighter
- Bible and bookmark
- Purple cloth
- Newsprint and markers
- Print up the following on a strip of white paper in large letters:
“Show Us Your Ways O God. Teach Us Your Paths”

Print up the prayer on the newsprint so that the readers can say the prayer with you. Gather around the small table or at the end of one table. With the children place the cloth on the table. Have them help you place the candle and the Bible on the cloth. Have ready the Psalm fraction to place on the table after prayer. Light the candle. Pray the following prayer together:

**God be with us on the journey,
Jesus be with us as we learn,
Holy Spirit be with us as we grow. Amen.**

Hold up the Psalm fraction for the children. Read it to them or have a reader in the group do it. Explain that each week during this season they will get a new psalm piece to add to the worship table.

Place the Psalm fraction on the table. Blow out the candle. Ask the children who they go to for help when they don't know how to do something. *(Wait for their responses.)*

Ask the children who they go to for help when they need to make a decision about something important. *(Wait for their responses.)* Tell the children that in today's story Jesus needs to remember who to go to for help and in making some important decisions.

Story Time

Materials needed

- A comfortable place to tell the story –around a table or on the floor with cushions
- The Psalm phrase from the worship table

Jesus knew that it was time to make a decision. He knew that God was waiting for him to do something. Jesus knew that he needed help to figure out what he needed to do.

Hold the Psalm phrase and have the children say it out loud:

Show us your ways O God. Teach us your paths.

Jesus went to the river Jordan. At the river he saw his cousin John baptising the people. All at once Jesus knew what God wanted him to do. Jesus knew that God wanted him to get baptised. Jesus went down into the river. John baptised him.

Hold the Psalm phrase and have the children say it out loud:

Show us your ways O God. Teach us your paths.

When Jesus came out of the water the Holy Spirit came down on Jesus like a dove. A voice came from heaven saying, “You are my beloved son. I am well pleased with you.”

The Spirit then sent Jesus out into the desert. Jesus walked and walked in the desert. He knew that God wanted him to make a decision about what to do next. Jesus knew that he had to pay attention to what was going on around him.

Hold the Psalm phrase and have the children say it out loud:

Show us your ways O God. Teach us your paths.

Jesus knew what he had to do. After spending 40 days and nights in the desert he knew it was time to go to the people. Jesus knew that he had to share the good news of God’s kingdom with everyone that he met.

Hold the Psalm phrase and have the children say it out loud:

Show us your ways O God. Teach us your paths.

Jesus came out of the desert. He went to a synagogue in Galilee. There he told the people, “I have come with Good News. The time is ready. God’s kingdom is near. Say you are sorry for everything you have done wrong. Make a decision for God. Believe in the Good News of God.”

Hold the Psalm phrase and have the children say it out loud:

Show us your ways O God. Teach us your paths.

Response

Project Idea 1: Lent Calendar

A calendar is a useful way of marking a journey. This response will help the children engage with their families in the Lenten journey.

Materials needed

- copies of the Lent Calendar at end of lesson
- purple construction paper
- strong tape
- markers
- glue
- scissors

Instructions

Make enough copies of the Lent Calendar at the end of the lesson so that each child has one. Give each child a copy of the calendar, three pieces of purple construction paper, scissors and markers. Help the children to tape the three pieces of construction paper together so that they have one long piece. Have the children cut out the 36 squares on the calendar. Remind the children that the 40 days of Lent do not include the Sunday's. Using the markers have them draw a path on their construction paper that goes from one end to the other. Get them to glue the calendar squares along the path with equal spaces between them. When they are done suggest that they find a place at home to hang up the calendar and use it with their families to take the journey throughout Lent.

*Invite children to use the **Lenten Calendar** (at end of lesson) to remind the family of the journey that Jesus took from the desert to the cross in Jerusalem.*

Remind the children that the 40 days of Lent do not include Sundays. Sundays are sometimes called 'little' Easters to remind us of Jesus' resurrection and can be a time of relaxation for the whole family.

This is why this calendar has no activity on Sundays.

Project Idea 2: Lenten Outreach

One of the practices of Lent is to reach out to those who are in need. The children can take this seriously by using the container to collect money for a chosen project throughout Lent.

Materials needed

- small plastic containers with lids
- construction paper
- glue
- scissors
- markers
- stickers
- information about an outreach project

Instructions

Search out an outreach project, you may want to see what your parish community is already involved in, and gather the information in a form that you can share with the children. Make slits in the lids of the containers. Give each child a plastic container and get them to cut a piece of construction paper that fits around the container. Have them glue it on and then decorate

with the markers and stickers. While they are doing this talk with them about the project for which they will be raising funds over the rest of Lent. If needed, you may give them a write up about to take home with them for their families. Encourage the children to think about how they will help their families to put money into the container during Lent. Some possible ideas are – 10 cents for every person for every meal eaten at home during Lent; 10 cents for each person in the family each day. Remind the children that they will need to bring their containers with the money to church on Easter Sunday.

Project Idea 3: Lent Activities Bag

One of the best ways to observe Lent is by having activities to do together during Lent. This response will be a way for the children to take Lent home with them.

Materials needed

- copies of *Lent Activities* at end of lesson
- clear zipper plastic bags
- stickers
- sharpie/permanent markers
- purple paper
- scissors

Instructions

Copy *Lent Activities* onto the purple paper. Give each child a zipper plastic bag. Help them to print LENT ACTIVITIES on the outside of the bag. Give each child a copy of the “Lent Activities” sheet and read the activities over with them. Answer any questions they may have about the activities. Have them cut them up and place them in their bags. Make sure that they put the instructions in the bag as well. Let them decorate their bags with the stickers that have been provided. Encourage them to share the activities with their families throughout the season of Lent.

Closing

Gather with the children around the worship table again. Relight the candles. Say the prayer line by line and encourage the children to repeat it after you:

**Holy God, lead us to share your love with others,
Loving Jesus, lead us to be brave with others,
Holy Spirit, lead us to follow as children of God.
Amen.**

Lenten Calendar

<p>Lent 1 – Monday Read together Psalm 51. What does it mean to have a 'broken and contrite spirit'? How do we live this out?</p>	<p>Tuesday Take time together to count the blessings that God has given the family as a whole. Come up with a way to say thank you to God.</p>	<p>Wednesday In the family prayers today remember those who are lonely or missing members of their families.</p>	<p>Thursday Have everyone think about how they are going to respond when someone else is angry with them. Try using gentle words.</p>	<p>Friday Get everyone in the family to think about one kind thing they can do for the other members of the family. Do them over the next few days.</p>	<p>Saturday Choose an activity together to do as a family that does not include the TV. How can we include others in our fun?</p>
<p>Lent 2 – Monday As a family decide on something that everyone enjoys eating and give it up this week.</p>	<p>Tuesday Think about the world we live in. Take time to pray for peace in your family, in your community, and in the world.</p>	<p>Wednesday Find a way to share the extra clothes and toys in your home with those who need them.</p>	<p>Thursday Talk about forgiveness. Who needs to be forgiven? Try to forgive them. How did it feel?</p>	<p>Friday Write a member of your family who lives far away. Tell them why you thank God for their presence in your life as a family.</p>	<p>Saturday Remember those who are sick in the parish, community or your extended family in prayer today.</p>
<p>Lent 3 – Monday As a family talk about what it means to be a follower of Jesus. Is it easy or hard? What do you need from each other to make it work?</p>	<p>Tuesday Pray for good relationships at school, both with other pupils and with the teachers.</p>	<p>Wednesday As the days continue to get longer give thanks to God for the creation of seasons and all the gifts they bring.</p>	<p>Thursday When someone in your family asks you to do something, remember to smile and do it willingly and without grumbling.</p>	<p>Friday Pray for those you know who are preparing for confirmation or baptism. Give thanks for their commitment to the church.</p>	<p>Saturday As you pass the mid-point of Lent have everyone say what the season means to them. Give thanks to God for this season of reflection.</p>
<p>Lent 4 – Monday What is going on in the world or our country that you think is not right with God? Write a letter that tells God how you will help in fixing the problems.</p>	<p>Tuesday As seasons are changing, thank God for Winter that ends and Spring that's about to begin.</p>	<p>Wednesday Ask everyone in the family to share one piece of good news with those they meet during the day.</p>	<p>Thursday During family prayer time remember those who have hard time thinking about why they should thank God for what they have in their lives.</p>	<p>Friday Have everyone think about someone that is difficult to get along with. Try to think of something nice about them.</p>	<p>Saturday Plan together an Easter celebration – who will you invite to share in the joy of Jesus' resurrection with you?</p>
<p>Lent 5 – Monday As Winter snow is about to melt, pray for a nice Spring, without undue flooding.</p>	<p>Tuesday Think about Jesus' ministry of reconciliation. How can the family take an active part in that ministry?</p>	<p>Wednesday Have everyone in the family name why they are thankful to be part of this family.</p>	<p>Thursday Go for a walk together. Look for signs of spring. Talk about how you can see God in creation.</p>	<p>Friday As we approach Holy Week, think back on this Lenten season. Did you get any closer to God?</p>	<p>Saturday Read the story of Jesus' entry into Jerusalem found in Luke 19:28-40. How would it feel to be there welcoming Jesus?</p>
<p>Fixed-day Holy Days <i>Use these activities on the following dates</i> →</p>	<p>March 17th St. Patrick Day Wear something green today. Remember how Patrick brought the Gospel of Jesus to a land that had not heard of him. How will we share the Gospel?</p>	<p>March 19th St. Joseph Day Read the story of Joseph and the angel in Matthew 1:18-25. How can we share the good news of Jesus coming into our lives with others?</p>	<p>March 25th Annunciation Day Read the story of Mary and the angel in Luke 1:26-38. How can we say yes to God? Wear something yellow to remember the joy of this day.</p>		
<p>Monday of Holy Week As Holy week begins, take time as a family to walk around your community. How is God calling you to become a better neighbour?</p>	<p>Tuesday of Holy Week Decorate some Easter Eggs together. What blessings will the eggs mean for your family?</p>	<p>Wednesday of Holy Week Make and send Easter cards to relatives who are far away.</p>	<p>Maundy Thursday Think about the meals that the family shares – how is it like the meal we share at church.</p>	<p>Good Friday Read the story of Jesus' arrest and death from the Gospel of John – chapters 18 & 19. Why did Jesus die for us?</p>	<p>Holy Saturday Pray for those who are going to be baptized either tonight at the Vigil or tomorrow morning's service.</p>

Lent Activities

Instructions

Pick out one each week day

If it is something that can be repeated, put it back in the bag.
Otherwise, just do it one time.

As a family light a candle and pray for peace in the world.	Pick out three items in your cupboards and set them aside for a Food Bank collection.	Take a walk together as a family and enjoy God’s creation	Read Psalm 51 together. What stands out for those hearing it?	Draw a cross onto a piece of paper. Ask each member of the family to write on the cross one thing that they want to be forgiven for.
Decide on a day of the week to eat less. Discuss how it felt.	Take a look at the news. What places are in need in of God’s justice? Take a few moments to pray for that situation.	Read Psalm 107 together. What stands out for those hearing it?	This is a good time of the year to clean out closets. Take what is not needed to second hand clothing store.	Have a family game night. How did it feel to do something fun together?
Read the Beatitudes together: Matthew 5: 1-12. Which one is the hardest to live out? Why?	Pray for those you know who are preparing for baptism and confirmation.	What issue in your community needs God’s attention? Learn about it, pray about it and decide as a family what you will do about it.	Have everyone in the family share a piece of good news. Give thanks to God for everything.	Take time to forgive each other as a family.
Create some get well cards that can be given to those who do hospital visiting.	Take time to visit at a local nursing home. If you can take some fresh flowers or some baking to share.	Get some flower seeds and plant them in a pot. Take care of it for the rest of the season.	Have everyone in the family do a chore for someone else without being asked.	Pray for each member of the family – give thanks for something about each person and pray for something that they need to pay attention to.