

First Sunday of Lent – year C

Preparation

Read [Deuteronomy 26: 1-11](#) and [Luke 4: 1-13](#). 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/yearc/lentc1.htm>

<http://www.efree.mb.ca/lectionarypuzzles/in-cwmp.htm#lent01>: lectionary word puzzles

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

http://www.domestic-church.com/CONTENT.DCC/20020301/FRIDGE/lent_activity.htm

<http://www.domestic-church.com/CONTENT.DCC/19990301/FRIDGE/readings.htm>

<http://www.faith-at-home.com/tips/lent.html>

<http://www.sundayschoollessons.com/lent1les.htm>

<http://www.sundayschoollessons.com/lent1art.htm>

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

<http://www.word-sunday.com/Files/c/1Lent-c/F-1Lent-c.html>

Gathering

Materials needed

- Small table or end of one table
- Candle
- Candle lighter
- Bible and bookmark
- Purple cloth
- Newsprint and markers
- Small basket
- Small slips of white paper and pencils

Print up the prayer on the newsprint so that the readers can say the prayer with you.

With the children place the cloth on the table. Have them help you place the Bible on the cloth.

Light the candle. Pray the following prayer together:

For a time to pray, we bless you God.

For a time to learn, we bless you Jesus.

For a time to grow, we bless you Holy Spirit. Amen.

Blow out the candle. Take a moment and ask the children if they notice anything different about the worship table today. (The cloth on the table is now purple instead of green.) Explain that we are now in a new church season called Lent. This season is a time to get prepare ourselves and follow Jesus into Jerusalem and what happens there. Place the small basket on the worship table. Give each child a small piece of paper and a pencil. Explain that long, long time ago in the spring time, the people of God would bring the first gifts from their harvests to the temple as a gift to God. Ask the children to think of a gift that they can give to God during this time of Lent. Have them write or draw their gift on the piece of paper and then place it in the basket. Explain that the basket will be on the worship throughout this season of Lent.

Story Time

Materials

- a stone
- a globe or a map of the world
- picture of the Temple in Jerusalem in Jesus' time

Instructions

- Go to <http://www.ebibleteacher.com/images/temple3.jpg> and print up the picture.
- Place all items nearby so you can use them during the story.

Jesus had just been baptized by John the Baptist. The Holy Spirit sent Jesus from the Jordan River out into the wilderness. He wandered over the wilderness for 40 days *(count from 1 to 40 out loud, so that the children have an idea how long that is)*. Jesus spent time praying to God and talking with God everyday. During that whole time Jesus had nothing to eat. By the time it was over Jesus was very, very hungry.

All at once the devil came to see Jesus. He came to put Jesus to the test and tempt him to do things that were against God. The devil said to Jesus, “If you are the son of God, tell this stone *(pick up the stone and show it to the children)* to become a loaf of bread so that you may have something to eat.”

Jesus remembered something that was in the Bible and said, “It is written, we do not live just by bread.”

The devil then led Jesus up and showed him in the blink of an eye the whole world *(bring out the globe or the map and show it to the children)*.

The devil said to Jesus, “This can be all yours. All you have to do is bow down and worship me and I will give it to you.”

Jesus remembered something else that was in the Bible and said, “It is written, you must only worship God and no one else and you must serve God only.”

Then the devil led Jesus up to the top of temple

(bring out the picture of the temple and show it to the children)

and said to Jesus, “If you really are the Son of God throw yourself off the top of this building.

For it is also written *(for the devil knows what is in the Bible as well)*

that God's holy angels will protect you and not let you get hurt.”

Jesus answered the devil with these words, “Remember that it is also written that you are not to put God to the test.”

With those words the devil left Jesus waiting until an another time in the future.

Response

Project Idea 1: Lenten Journey Cards

If you are interested in making a connection between Lent at church and Lent at home, this response will give you a guide on how to make that happen.

Materials needed

- card stock
- purple construction paper
- ‘Journey Cards’ from the end of the lesson
- scissors
- glue sticks
- large brown envelopes
- markers

Instructions

Copy the ‘Journey Cards’ so that there is one set for each child. With the children read them over so that they know what they are about. Invite them to cut them apart. Give them each some card stock and have them glue the pieces onto the card stock and then cut the card stock into separate cards. Give them some purple construction paper and ask the children to cut it into shapes to make backgrounds to the cards. Have them glue the cards onto the construction paper. Give them each an envelope and suggest they print “**Lenten Journey Cards**” onto the front of the envelope. Have them put their cards into their envelopes, take them home and use them to go through Lent with their families.

Project Idea 2: Prayer Stone

Jesus took time and prayed throughout his 40 days in the wilderness so that when the devil tempted him he was able to draw on the strength of his relationship with God.

Materials needed

- stones of various sizes
- tempera paints
- paint brushes
- water
- small containers
- newspaper

Instructions

Lay out the newspaper over the work area. Place the stones on the paper. Put some paint and some water in the small containers. Ask the children to choose a stone from the pile on the table. Remind that when Jesus was in the wilderness he took time to prayer and be with God. During this season of Lent we also have the opportunity to pray and spend time with God. Invite them to think about how they want to paint their stones so that they will become a reminder to them of the need to take a few moments every day and pray to God. When the children have finished painting their rocks ask them to share with each other how they will find time each day to pray.

Project Idea 3: Wall of Faith – Foot Prayer

This will be an ongoing activity that the children can do all together throughout the season. Each week they will put up a new symbol onto their wall.

Materials needed

- a fairly large wall so that the symbols for each week can be added to it
- sticky tack or masking tape
- construction paper
- scissors
- markers

Instructions

Explain to the children that during the Lent season they are going to add a different symbol each week to their 'Wall of Faith'. Give each child a piece of construction paper. Have them take off a shoe and put their foot on the construction paper. Ask the children to help each trace each other's feet. Once they have done tracing them have the children cut out their own feet from the construction paper. Take a moment to explain that through Lent one of the things that we are asked to do is spend more time in prayer with God, just like Jesus did in his forty days in the wilderness. Ask them to think carefully about someone or some situation that they would like to pray for during this Lent season. Now have them draw or write their prayer concern onto their foot shape. When they are finished help them to place them up on the wall with the sticky tack or masking tape.

Closing

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

**You hear our voice, loving God at all times,
You walk with us, Jesus at all times,
You urge us on, Holy Spirit at all times,
Loving Presence surround and keep us. Amen.**

Lent Journey Cards

<p>First Week of Lent</p> <p>Sit down together as a family. Take some time to talk about what concerns you in your community or the world today. Choose one concern that you would like to focus on this Lenten season – take time to learn about it and how you can support the people working on it. This may be by praying about the issue, raising money for it or working on it as a family. Commit together to do this work throughout Lent.</p>	<p>Second Week of Lent</p> <p>With your family plan a quiet time to pray and be with God each day. Place a new candle, light it together. Read together Luke 11:1-4 and then say the Lord’s Prayer. Spend a few moments being quiet and then have everyone name one person or concern. Finish up by saying “Let us bless the Lord.” and “Thanks be to God.” in response.</p>
<p>Third Week of Lent</p> <p>Place a basket in your living area. Leave beside it slips of paper and pens or pencils. Encourage family members to write on the paper what they would like God to forgive. Explain that everyone needs to promise to not look at the slips. At the end of the week throw away the slips or shred them and remind everyone this is what God does for us – throws our sins away and forgives us at all times.</p>	<p>Fourth Week of Lent</p> <p>Grumbling, it happens in all families. It happened to Jesus regularly – from the Pharisees, from the disciples. This week promise together to not grumble at each other. Every time some one grumbles in the family gently remind them of the promise and put 10¢ into a jar and then give the money collected to your local Sunday School to help with supplies.</p>
<p>Fifth Week of Lent</p> <p>This week remember the blessings that each person in the family receives on a regular basis. If you can cut out a number of hearts from red construction paper (if you don’t have the construction paper, use what paper you have). Place the hearts on a plate and put them somewhere that everyone can get at them and put a pen or pencil by them. Every time someone sees or experiences a blessing have them write it on to one of the hearts. If you want you can post the hearts up where everyone can see them. At the end of the week thank God for all the blessings that your family has received.</p>	<p>Palm Sunday – Holy Week</p> <p>This is the week to follow Jesus through his journey to the cross. Take time this week to read the following passages from the Bible together as a family.</p> <ul style="list-style-type: none"> – On Monday read John 12:1-11. – On Tuesday read John 12:20-36. – On Wednesday read John 13:21-32. – On Thursday read John 13: 1-17, 31b-35. – On Friday read John 18:1-19:42. – On Saturday read John 19:38-42. <p>Each day give thanks for what Jesus did for all of us and our relationship with God.</p>