

# Lent @ Home

Welcome to Lent @ Home. This is an opportunity to journey through Lent as an individual, as a family or as a support bubble. Lent is a time to pay more attention to the inner life, which affects our outer life in the world around us. Christ's life, ministry, and death are remembered during this season. It can also be a time to think about our own journey of faith as we continue through to Holy Week and Easter.

This is extra challenging during Covid but objects to help with these reflections can be found around the house or garden. To go alongside these reflections, readings and prayers you may like to find some sand, soil or a stone; a footprint (draw one, draw round your own or print one out); a piece of blue cloth; a picture of your mother, Jesus' mother, or an image showing a mother's love; a bowl of water; a piece of bread; a palm cross, piece of paper or twig; a cross or drawing of one; a tea light or candle.

This is *your* journey. However you decide to use the items is up to you. This booklet suggests some ways that may be helpful. If you are doing this as a family, the suggested bible readings will also be found in a children's bible.

Creator of my Life, renew me:  
bring me to new life in you.  
Touch me and make me feel whole again.  
Help me to see your love  
in the passion, death and resurrection of your Son.  
Help me to observe Lent  
in a way that allows me to celebrate that love.  
Prepare me for these weeks of Lent  
as I feel both deep sorrow for my sins  
and your undying love for me. Amen

## Lent 1 – week beginning 21<sup>st</sup> Feb

### In the wilderness – sand, soil and stone

From baptism we are called to follow Jesus: to 'walk in the dust of the rabbi.' In Jewish culture, in the days of Jesus, young boys were taught by a rabbi – a teacher – who they often walked and talked with, and listened to. The boys were told to stay so close to their teacher, that they would be walking in the dust from the road that the rabbi kicked up behind him.

Between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days, "to be tested".

**Read** the story of Jesus wandering in the desert - Luke 4:1-11

**Feel** the sand or hold the stone. I wonder...

... have you ever felt that you have been tested?

... when have you walked on hard, barren or stony ground?

... what have you learned there? What might you learn there?

... when have you walked on hard, barren or stony ground?

**Prayer:** Holy God, help us to “walk in the dust of the rabbi” through the difficult places in our lives, and to know that the closer we walk to you, the closer you will be to us. Amen.

## **Lent 2 – week beginning 28<sup>th</sup> Feb**

### **Questions from Nicodemus - footprint**

There was a Pharisee named Nicodemus ... he came to Jesus by night ... and said to him 'How can these things be?' *John 3:1, 9*

Nicodemus, a religious leader, comes to Jesus to ask his questions. Lent is a good time to try to be open about our questions. Maybe we can even 'cherish the questions' and 'have patience with all that is unsolved'

**Read** the story of Nicodemus in John 3:1-21.

**Draw** a footprint, write a question as a Lent prayer.

**Prayer:** Walk among us, grace of God, teaching us the questions of the kingdom. Amen

## **Lent 3 – week beginning 7<sup>th</sup> Mar**

### **Woman at the well – blue cloth**

A Samaritan woman came [to the well] to draw water and Jesus said to her, 'Give me a drink' *John 4:7*

**Read** the story of the woman at the well in John 4:1-30.

The Samaritan woman gives Jesus a drink of water. They speak together for a long time. He tells her about living water – to revive the spirit and bring hope. She believes and others believe because of her.

**Find** some blue cloth – the colour of life-giving water

Hold the blue cloth

Give thanks for those who continue to help you believe.

Get in touch with someone who needs to know they matter.

Support a charity that works to provide clean water for all, eg WaterAid.

**Prayer:** O God, may we thirst for your waters of justice, and learn to deny no one the water of life. Amen.

## Lent 4 – week beginning 14<sup>th</sup> Mar

### Mothering Love – an image

Simeon said to Mary, the baby's mother, "This child is destined to cause many in Israel to fall, and many others to rise. He has been sent as a sign from God, but many will oppose him. As a result, the deepest thoughts of many hearts will be revealed. And a sword will pierce your very soul." *Luke 2:33b-35*

In the middle of Lent we give thanks for all who show us this mothering love – a strong love, a challenging love, an encouraging love, a healing love. If you have a picture of someone who gave you a mother's love or Mary the mother of Jesus spend some time remembering and giving thanks for that love. If that relationship was more complicated perhaps give yourself a treat, and remember that you are an adult who can care for themselves now.

**Take time** to reflect and give thanks for those who have "mothered" you - physically and spiritually, as you read the following verses from the Bible.

May your father and mother rejoice; may she who gave you birth be joyful! *Proverbs 23:25*

When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home. *John 19:26-27*

She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness. Her children arise and call her blessed; her husband also, and he praises her: *Proverbs 31:25-28*

**Prayer:** God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. Amen.

## Lent 5 – week beginning 21<sup>st</sup> Mar

### Baptismal covenant – water

Historically, the season of Lent provided a time in which converts to the faith were prepared for the sacrament of Holy Baptism. Jesus began his ministry after his baptism.

**Read** the story of Jesus baptism in Mark 1:4-11

**Run** the water through your hand and reflect

I wonder ...

... do you remember your baptism?

... what have others told you about your baptism?

... what does being baptised mean to you?

... what difference does your baptism make in your life day to day?

... how are you living out the promises made at your baptism?

... where are you on your pilgrimage of faith (just starting out, at a crossroads, walking alone or with others ...)?

**Prayer:** Creator God, you are the source of all life and motivation. May we journey in faith and love, rejoicing and eager to serve you. Grant us a glimpse of your glory as we seek to follow you – the Way, the Truth and the Life. Amen

## Palm Sunday – 28<sup>th</sup> March

### Palm branch – a palm cross, piece of paper or twig

There were huge expectations of what the longed for Messiah would be like. Jesus turned these expectations upside down. Today we remember the day when Jesus rode into Jerusalem on a donkey.

**Read** the story of this in Mark 11:1-11

**Draw** a large leaf on the paper, cut it out and wave it. Or Google how to make a palm cross out of paper and give it a try. Or hold a palm cross or twig, feel it, look at it, wave it.

**Prayer:** As the people spread their coats palm branches on the ground to welcome Jesus into Jerusalem, so we welcome him into our lives this morning. King of Glory, King of Peace, Servant King, reign in our hearts and lives this day and all days, that we might praise your holy name. Amen

# Maundy Thursday – 1<sup>st</sup> April

## Journeying – a piece of bread

This day we remember Jesus sitting at supper with his friends. We know how the story unfolds but those who gathered at the time didn't.

**Read** the story of this in Luke 22:14-23

Imagine how it felt to be sitting at the table with Jesus and the disciples.

I wonder ...

... how you would feel?

... how you feel about the others at the table?

... what you would think as you took the bread ... and the wine?

... where you have shared bread and wine with others?

... how you feel as you stretch out your hands to receive the bread?

**Take** the bread, touch it, break it, eat it slowly, savour the taste and remember Jesus with his disciples at the Last Supper.

**Prayer:** Loving Jesus, you were perfect and whole, but you let yourself be broken for us. You bring all things together by your death and resurrection. We pray for the broken-hearted, for people suffering from broken friendships, for people hurting from broken promises and for all the broken parts of our society. Thank you that you are before all things and in you all things hold together. Amen

# Good Friday – 2<sup>nd</sup> April

## It is finished – cross

Then Jesus, crying out with a loud voice, said: 'Father, into your hands I commend my spirit' *Luke 23:46*

**Find** a cross or make a simple one from material to hand and trace your fingers over it. Hold it in your hand and feel its shape.

How can the cross remind us to trust in the way of love and know that we are not forgotten?

How can we dare ourselves to follow the way of love – the whole way?

**Prayer:** In the silence may we hear your cry of abandonment; in the shattering of your soul may our brokenness be healed. Amen

# Easter Day – 4<sup>th</sup> April

## Being light – candle

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's gospel, 'The Light of the world' and that Light insists: 'You are the light of the world. Don't be hiding under some bushel basket.'

**Light** the candle and reflect on these Bible verses

Again Jesus spoke to them, saying: 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' *John 8:12*

Jesus went up the mountain ... and began teach them: 'You are the light of the world. A town built on a hill cannot be hidden.' *Matthew 5:14*

I wonder ...

... where do you shine?

... how do you keep your light lit?

**Prayer:** Light of the world, walk among us, illuminating God in our midst. Amen

# THE EMPTY TOMB

