



**Lent
Ideas
to
Celebrate**

Note from Rachel:

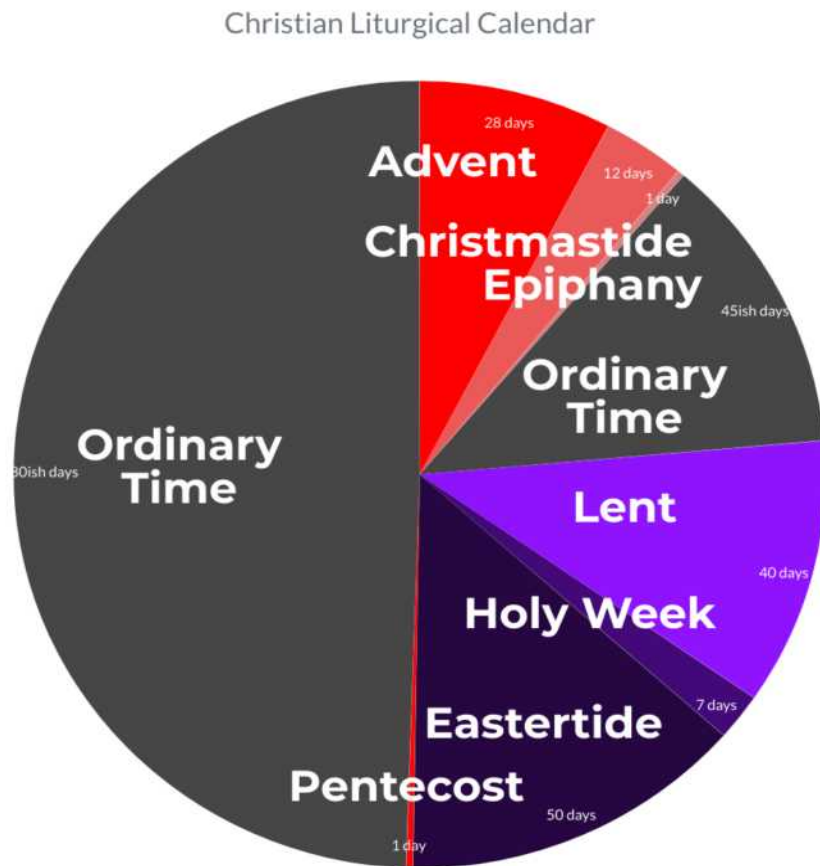
There are four parts to this book: **Advent** (including Christmastide and Epiphany) **ideas to celebrate, Advent devotional** (to Epiphany), **Lent ideas to celebrate, and Lent devotionals** (including Eastertide and Pentecost).

Lent is a bit more confusing than Advent for some people. To me, it seems like the same idea as Advent—**Lent is getting ready and leading us up to Easter.** Just so you know: Lent isn't 40 days (that doesn't count the Sundays) it is actually 47 days.

Carnaval, especially celebrated in Brazil, culminates with Fat Tuesday, the big celebration before Ash Wednesday, the start of Lent, 40 (errr, 47) days before Easter. Lent is traditionally a time of **prayer, fasting, and giving.** It is about giving up things and working to identify with Christ in (some of) His sufferings. Holy week is during Lent from Palm Sunday to Easter Sunday.

The 50 (yes, actually 50) days after Easter is sometimes called Eastertide, ending with Pentecost Sunday. Pentecost is celebrating/remembering when the Holy Spirit came to the disciples after Jesus ascended.

When we were in Brazil, in a new culture and community, and away from our family during holidays, we needed to be intentional and figure out what we wanted to do- or it wouldn't happen. It was fun to try different things out, and find what really fit us and our growing family. I've put together the best things we liked in this book: **for us and for you.** There is no right or wrong way to celebrate Advent and Lent, nor do you have to celebrate at all. I've found that holidays are better spread out and shared, rather than squished into one day with too many expectations placed upon it. **I appreciate Advent and Lent to have the time to sink my teeth into the true meaning of Christmas and Easter, and to share it and invite others into it with me.**



A simple way to celebrate Lent is to find ways to **give, pray, and fast**. Write 10 ideas for each (give, pray, fast) onto small pieces of paper and put them into plastic eggs (with 10+ candy/surprise eggs) to have an egg to open each day.

GIVE IDEAS



Make a card and give it to someone



Take time to clean something dirty



Sort and donate some toys/clothes



Make homeless blessing bags to give



Give compliments to 3 people



Give lots of smiles



Make cookies and give them away



Decorate the sidewalk with kind words



Call someone out of the blue



Put some money in library books

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PRAY IDEAS



Pray for your family



Pray for those in church leadership



Pray for your friends



Pray for those who are sick and in pain



Pray for your teachers



Pray for those who are in trouble



Pray for your bosses



Pray for your own needs



Pray for those in government



Pray for those who don't have what they need

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FAST IDEAS



Fast from phone/tablet time



Fast from anger and unforgiveness



Fast from TV time/shows/movies



Fast from snacking



Fast from sweets/unhealthy food



Fast from unkind words/gossip



Fast from complaining



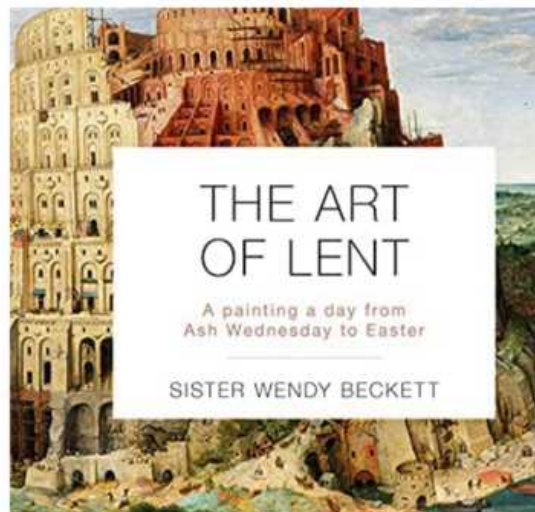
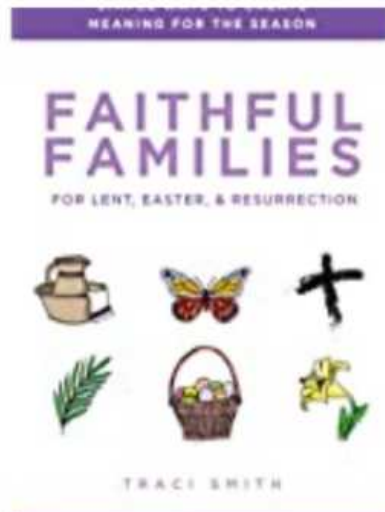
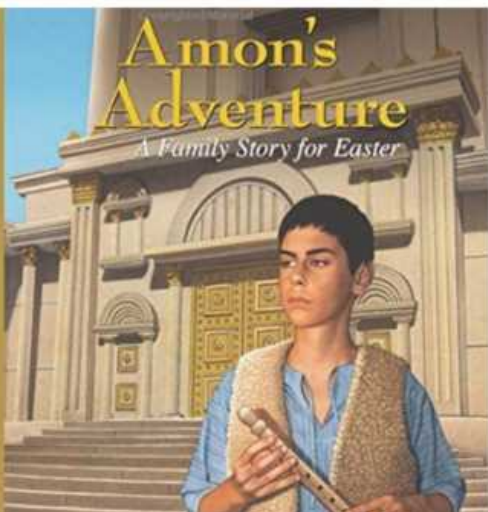
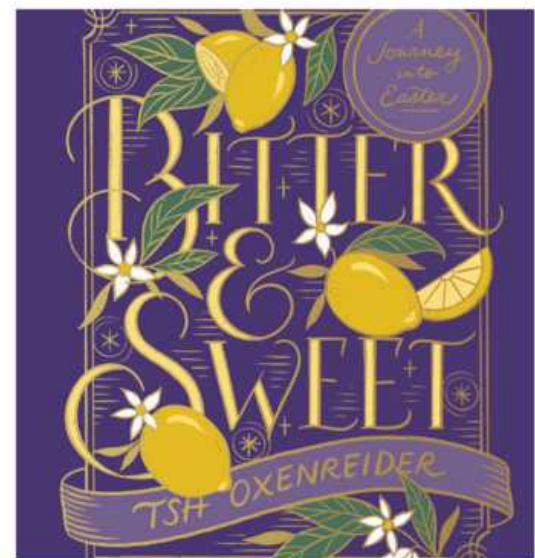
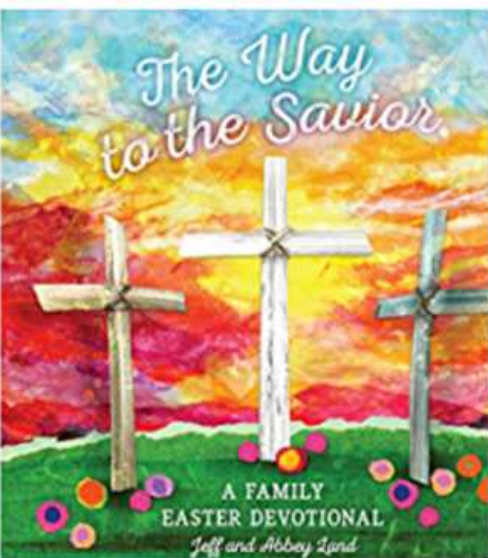
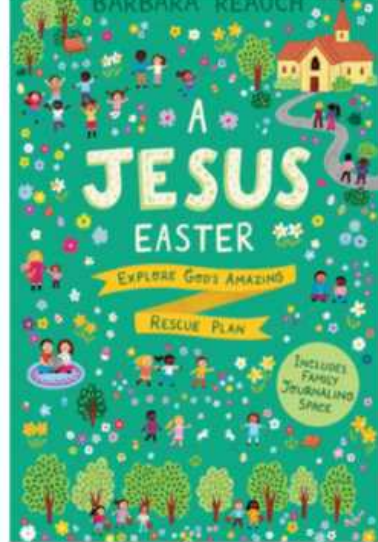
Fast from interrupting/talking about yourself



Fast from worrying



Fast from the mirror/caring how you look



Check out our coloring adventures at our Five Minutes of Fergie YouTube channel, with the video called "Lent and Birthdays"

COLORING LENT & ADVENT

Idea for the littles



When my girls were too little to do much for Lent and Advent, we colored. I loved the adult journey coloring books, with minimal reading and a coloring picture for each day. The Easter and Christmas stories have too many complicated parts to try to cover in one sitting with littles!

If you don't want to spend the money, there are a lot of free coloring sheets online, or just buy a Christmas (25 pages for Advent) or Easter (47 pages for Lent) coloring book.



the

BIBLE

PROJECT



Holy Week
Playlist



Passover
Podcast



The Gospels
Videos



Pentecost and
Acts Videos

• ADVENT GUIDE •

BibleProject.
com/
guides/
advent



If you go on their YouTube channel, you can find the playlists and videos, and if you go to their website you can find the podcast.

LENT RESOURCES

Storybook Bible

Every story whispers his name

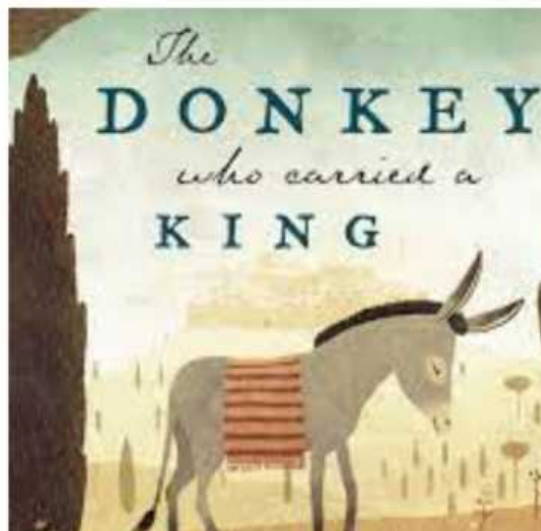
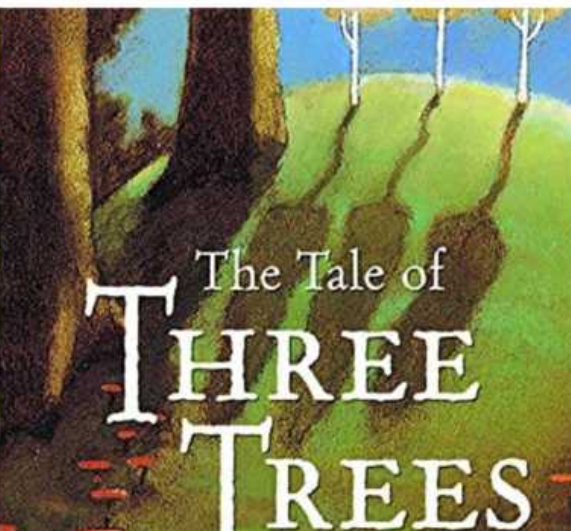
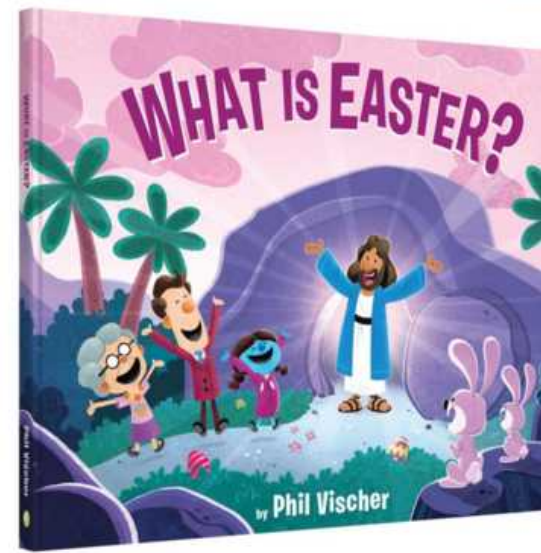
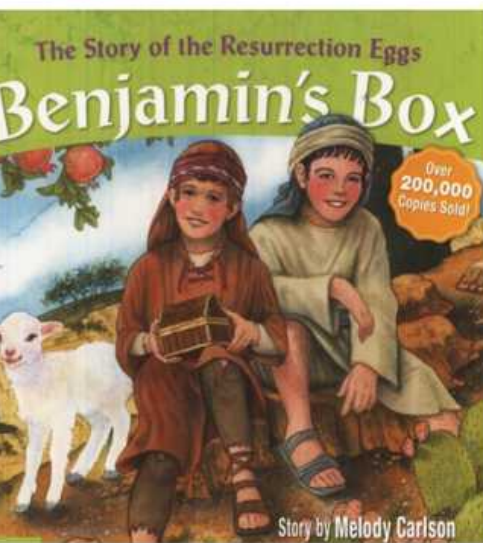
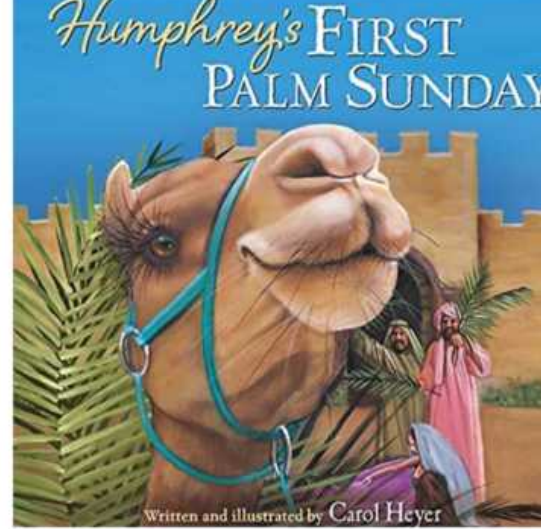
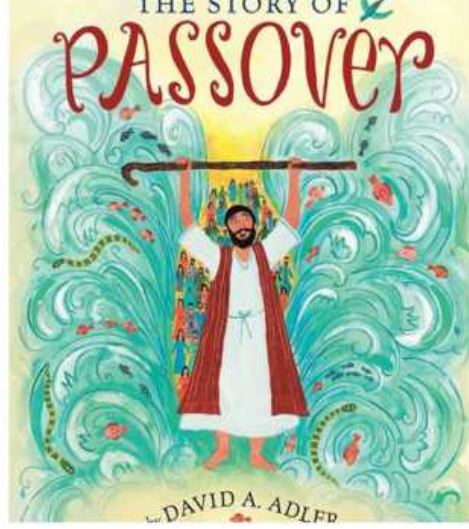
sallylloyd-jones.com



Storybook Bible Lent & Advent Guides

Our favorite Bible storybook

On her website each year, Sally Lloyd Jones puts together a Lent guide, and an Advent guide. They are free, easy to print out, and easy to use with the storybook. You make a paperchain, and tear off one each day, reading that Bible story, which leads to the Christmas or Easter story.



LENT & ADVENT

COUNTDOWN

CALENDAR



Book Countdown

Once you get 25 Christmas books, or 47 Easter books (good luck), this is super fun!



Pocket Countdown

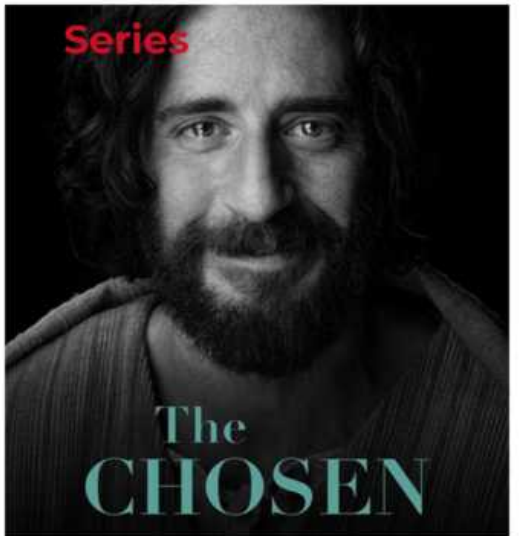
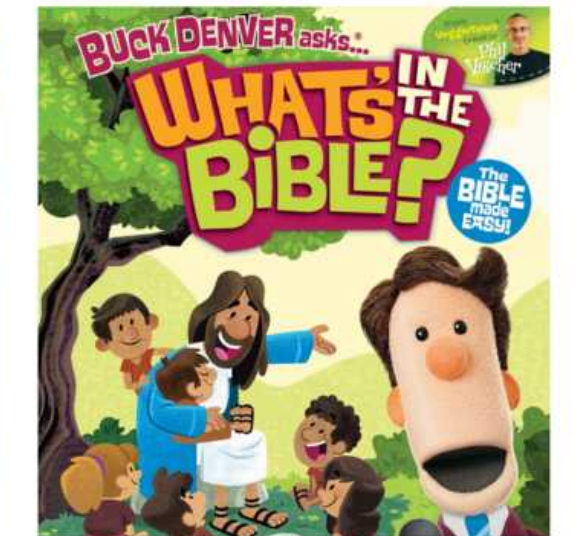
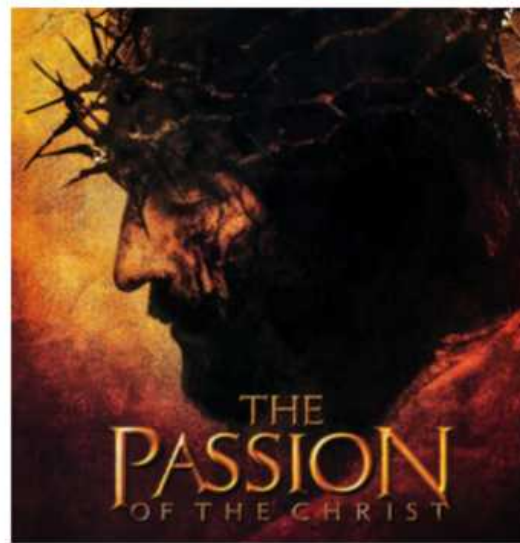
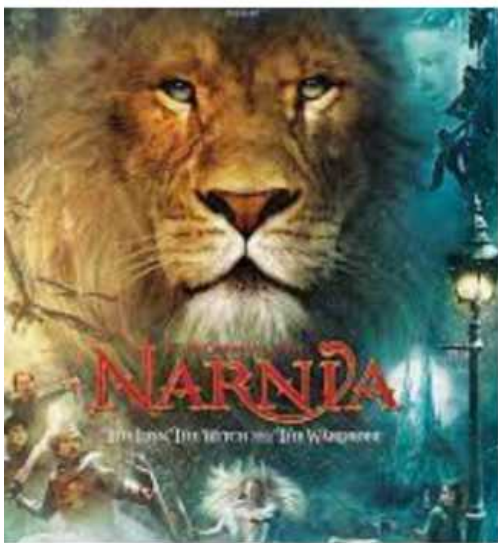
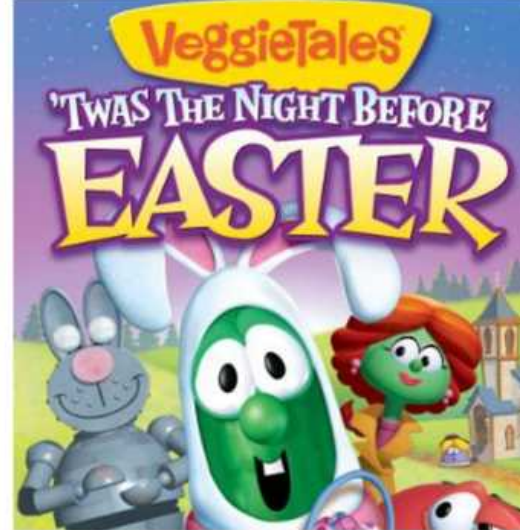
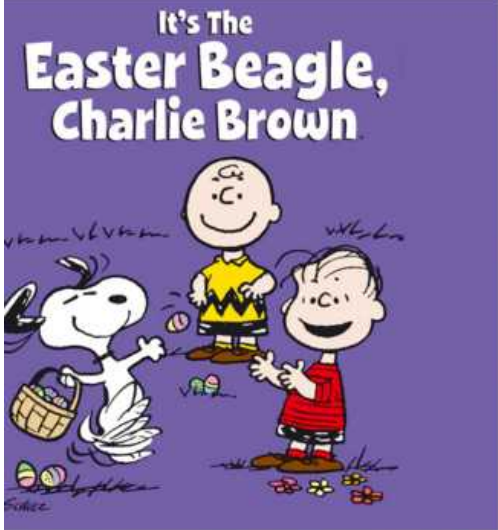
What we did!
Double up the days for Lent (1 is also 25, 2 is also 26...



Egg Countdown

Cheap containers for each day with plastic eggs- you can put in candy or instruction note for activities

Check out our calendar adventures at our YouTube channel, Five Minutes of Fergie, the video called "Week 1 of Social Distancing in Brazil" (3.40 minutes in)



* SPECIAL CRAFT *

Resurrection Eggs

12 plastic eggs, things from around the house to put in them, held in an egg carton or box: easy and fun! The link below shows how to do it in English and Portuguese, with videos!

Watch us use this craft at YouTube Five Minutes of Fergie, video "A 4 year old tells a 2 year old About Easter"

Resurrection Eggs



1. Leaf: Mt. 21:8-9



2. Bread: Mt. 26:26



3. Coin



4. Rope: Mt. 27:26

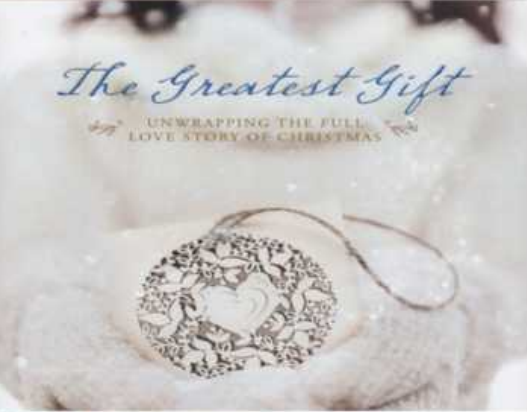


5. Needle : Mt. 27:29 6. Cro



6. Cro

[Fiveminutesoffergie.com/friday-finds/resurrection-eggs](https://fiveminutesoffergie.com/friday-finds/resurrection-eggs)



Ann Voskamp has plenty of lovely resources to buy: I love the candle countdown (for Advent, then you can buy an extra attachment for Lent as well). Her Advent books are spectacular. But I really love her free resources! Here are my favorites:



- Trail to the Tree Easter Devotional
- Sticky Notes Lent
- Easter Grace Garden
- Christian Passover Meal
- A Lent to Repent and Refresh Cards

- The Night before Advent Printable kit
- Unwrap Coloring ornaments



Ann Voskamp Lent & Advent Resources

Go to Annvoskamp.com, and the subscribe button at the top. Sign up. You should get to Annvoskamp.com/stickynotes. Choose the "free tools" in the drop down menu, scroll through until you find the free resources!

TREES



CHRISTMAS

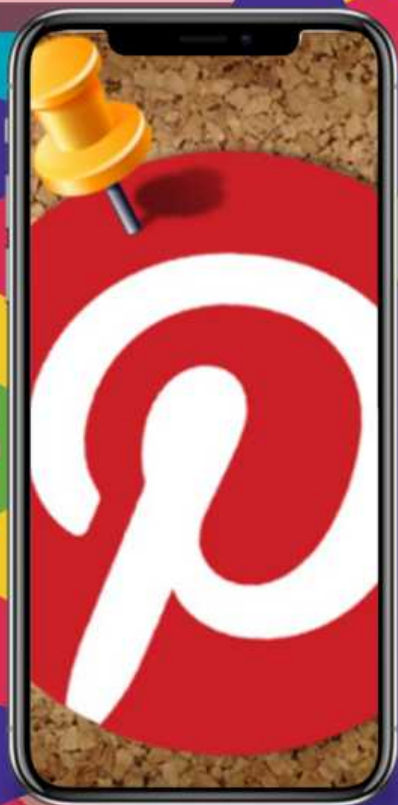
This is a picture of our Christmas tree in 2017, while in Brazil. Some other ideas we've loved is doing the Name of God ornaments



EASTER

This is our Easter tree--I've seen some people do a "Jesse Tree," Of Jesus' ancestors. My mom does an Easter tree with hot cross buns and bags of grapes for Easter breakfast.

Watch YouTube: Five Minutes of Fergie, video called "Getting ready for Christmas in Brazil"



I've written about how Pinterest is a tool for missionaries (on my Mission Monday blog), And it is a great tool for planning out great Advents and Lents. Check out my boards "Christmas and Advent" and "Easter and Lent" for over a hundred ideas. Literally.

Check it out

[Pinterest.com/rwinzeler](https://www.pinterest.com/rwinzeler)

47 Simple Daily Ideas for Lent

1. Participate in an Ash Wednesday service in your town
2. Download an app or online resource to pray at morning, midday, and evening. Do this throughout Lent. (or you can just set your alarm to ring three times a day, and label the reminder to pray.)
3. Choose something to fast for the remaining days to remind you of your dependence on God
4. Pray for your friends and for your enemy/ies by name. Bless them, one by one. Think of the person you most struggle to love and pray for them as a beloved child of God.
5. If you normally listen to a podcast or music or watch TV, choose silence for the day
6. Unfollow or mute five social media accounts that make you feel angry, afraid, or envious
7. Read Psalm 51 three times out loud in a different Bible translation than you usually read
8. Step outside and walk/ride/drive/motor/wheel to a spot with trees or water
9. Repent. The kingdom of God is at hand. Read Amos 5 while you're at it
10. Make a list of 40 things, experiences, or people you're thankful for
11. Buy a book written by someone with a different perspective, race, tradition than yourself
12. Think of five people who inspire you or others on social media, and share about them
13. Donate 40 things to a charity or thrift shop.
14. Throw away 40 items
15. Bring your own bags to the grocery store and your own mug to the coffee shop or work
16. Read a poem
17. Skip the Internet for a day and turn off notifications on your phone
18. Invite someone over to your home and cook them a simple weeknight meal
19. Speak words of forgiveness out loud to yourself for that thing you've been holding onto
20. Send an encouraging email to someone who's helped you spiritually
21. Light a candle and meditate
22. Plant a tree or a flower. Feel rooted in the dirt
23. Tell someone you trust the truth you've been holding back
24. Ask for help with something
25. Write down a verse that you like or want to remember in your journal
26. Go outside late in the day and don't take a single picture, just look, while the sun sets
27. Write a lament for injustice you or people you love have experienced, modeled on the Psalms of Lament. Bury that piece of paper at the base of a tree or in a garden so that your grief and lament can nourish the soil of a living thing.
28. Sign up to a monthly supporter of a ministry or non-profit that you feel doesn't get enough love or attention
29. Plan an intentional Easter weekend
30. Go to a church or a concert or an evening prayer service and sing your heart out
31. Read Psalm 139 out loud
32. Wake up early to pray for persecuted Christians around the world
33. Imagine God looking at you with infinite love and tenderness, kindness and mercy
34. Try to meet or get to know a neighbor
35. Buy (or collect from your pantry) a bag of groceries and drop it off at the Food Bank
36. Write out by hand Matthew 11:28-30 and tape it to your mirror
37. Memorize a verse you've been meaning to
38. Find ways to better create a Sabbath ritual
39. Plan out a special holy week: think about special food, reading, watching, and memories you can make
- 40: PALM SUNDAY: watch the sunrise
- 41: MONDAY: Find some family friendly movies about Easter
- 42: TUESDAY: Find some family friendly books about Easter
- 43: HOLY WEDNESDAY: Make Resurrection Eggs together as a family
- 44: MAUDY THURSDAY: Find someone to celebrate Passover with
- 45: GOOD FRIDAY: attend a Good Friday service
- 46: HOLY SATURDAY: Dye Easter eggs
- 47: EASTER: Read the Easter story

Some of these ideas were taken from Sarah Bessey's blog, "40 Simple Practices for Lent"

PASSOVER IDEAS

Here are some of our
favorite free PDFS:
[Media.focusonthefamily.
com/fotf/pdf/magazine/
walk-thru-holy-week.pdf](https://Media.focusonthefamily.com/fotf/pdf/magazine/walk-thru-holy-week.pdf)

[Journeyoc.com/wp-
content/uploads/2020/0
4/Jesus-in-the-
Passover.pdf](https://Journeyoc.com/wp-content/uploads/2020/04/Jesus-in-the-Passover.pdf)

Watch "Spring Break
and Passover" on our
Five Minutes of Fergie
YouTube channel

**You can find this and more on my Friday Finds blog
"Celebrating Christian Passover" at
FiveMinutesOfFergie.com**



Passover in 5 Questions: what's different about this night?

Why this bread? Yeast represents sin and we are to get rid of it. Jesus is the only one without sin. He was broken (have three pieces of matza and break the middle piece and hide it to find later for a prize) for us.

Why Horseradish? To remember the bitter slavery of Israel in Egypt, and when we were slaves to sin before Christ.

this is loosely based off of the Jewish passover



Why the double-dipping? We dip parsley into salt water twice to remember salty tears--life is hard on earth--We were made for heaven! On passover, whoever didn't have the blood on the door wasn't "passed over" and the firstborn was killed.

Why are we eating reclined and relaxed? Because we are free! Toast to that! 4 cups of grapejuice to remember Sanctification, Deliverance, Redemption, and Praise.

Why Easter eggs? Eggs are a symbol of new life: of mourning and renewal. Good Friday we mourn and Easter Sunday we celebrate! Eggs also have three parts to remember the trinity.

Your Passover Ideas:

@2girlscurls

What is the Seder?

Seder means order. It is a meal with a specific order to tell the story of the Passover.

The night before His crucifixion, Jesus and his disciples were celebrating the Seder, the first part of the Passover holiday.



@2girlscurls

1. Kadeish

Throughout the Seder are cups of wine:

1. Cup of Sanctification "I will bring you out of Egypt"
2. Cup of Deliverance "I will free you from slavery" (dip wine onto your plate 10 times for each plague)
3. Cup of Redemption "I will make you my people"
4. Cup of Praise "I will be your God"



2. Urchatz

After the first cup of wine, wash your hands and remember how important it was to be clean and pure before the Lord.



3. Karpas

Dip the parsley into salt water twice:

1st time represents the bitter tears of being a slave

2nd time represents the deliverance from the Egyptian army in the Red sea.



4. Yachatz

Have three Matzas stacked. Take the middle Matza and break it. This is called the "Afikoman." Someone takes the Afikoman and hides it somewhere in the house.



5. Magid

Four special questions (asked by the youngest):

1. Why is this night different? (answer with the story of Passover- Exodus 12:1-13)
2. Why Matza? The rush to leave before the leaven could rise
3. Why bitter herbs dipped twice? See Karpas explanation
4. Why are we reclining? Like the free and royal people we are



6. Rachtza

After taking the second cup of wine and dipping 10 drops on your plate for the plagues, wash your hands again in preparation for the Sedar meal.



7. Maror

Eat bitter herbs (horseradish) with Caroset (apples, walnuts, honey, and cinnamon). The mixture reminds us of the bitter slavery and mortar, but mixed with the sweet promise of redemption. After you eat them, pass some to the person on your right and say, "Shalom, peace to you," remembering to share the message of peace.



8. Koreich

Take some bitter herbs (horseradish) on Matza and eat it, again remembering the hard, bitter time of slavery. Take the egg, called "Hagigah," representing sacrifices, remembering how Jesus is the final sacrifice for all. Eggs also represent new life.



9. Shulchan Oreich

Eat dinner!
10. (Tzafoon) Search for the hidden Afikomen, where the finder gets a prize.
11. Drink the third cup
12. (Bareich) Open the door and look for Elijah
13. Drink the fourth cup "Next year in Jerusalem!"
14. (Hallel) Sing a Praise song

