

LENT

The Liturgical Year with Kids



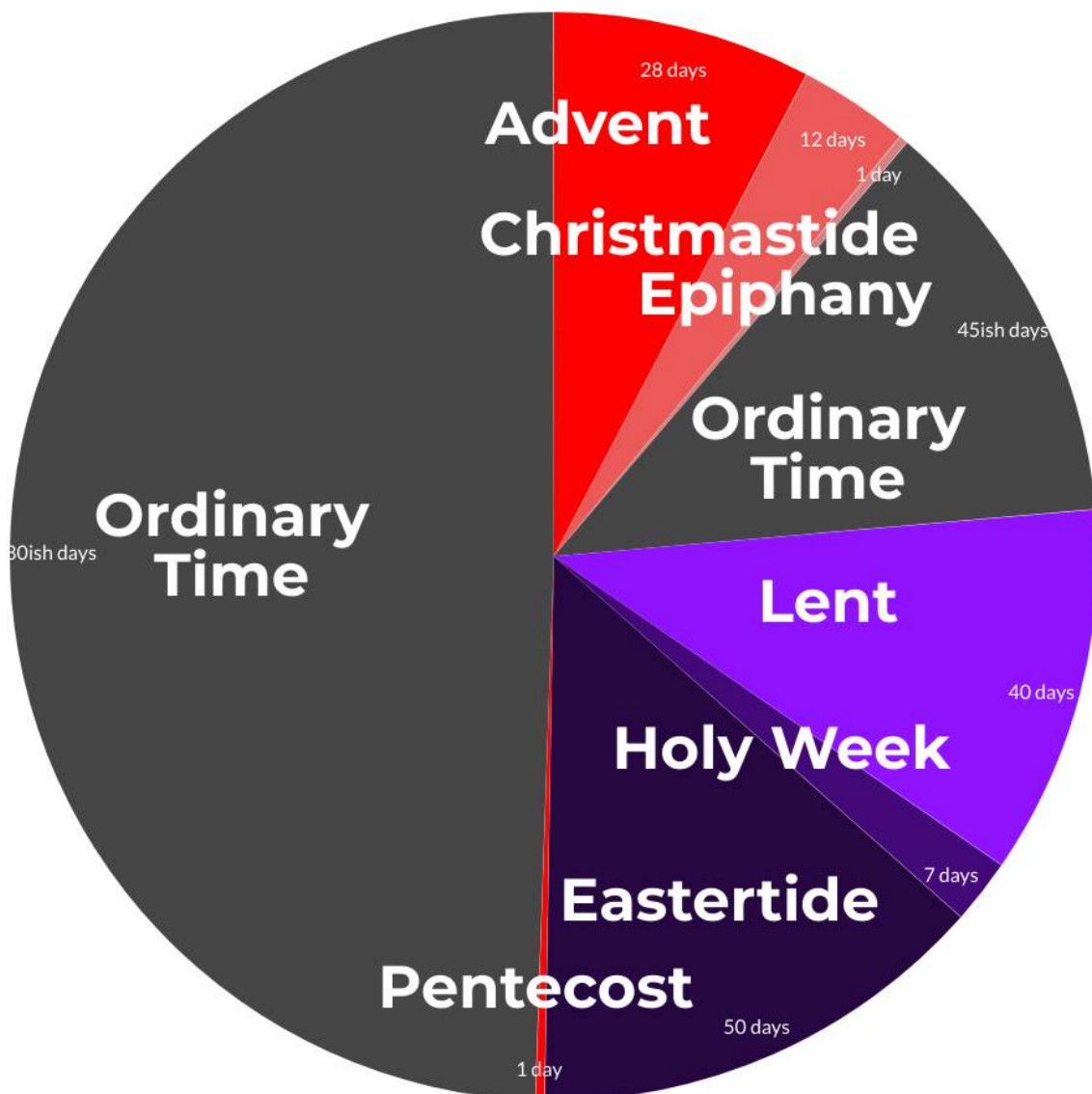
WALKING WITH CHRIST
TO EASTER

Note from Rachel:

Many of you are probably familiar with the idea of Advent, and some of you with Lent. It is all part of a Christian liturgical calendar that I, coming from a nonliturgical tradition, was mostly unaware of. The general idea is that **Advent is getting ready and leading us up to Christmas, or waiting for Christ in Christmas. Lent is getting ready and leading us up to Easter, or walking with Christ to Easter.**

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.**

Christian Liturgical Calendar

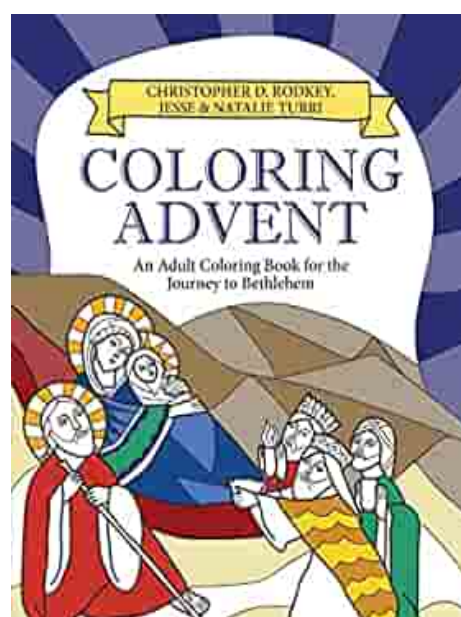
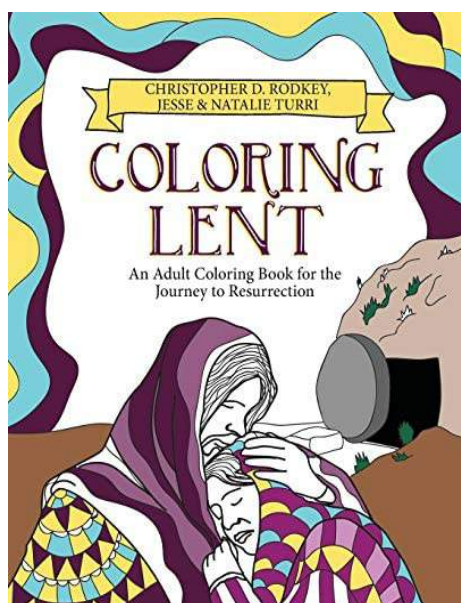


COLORING LENT + ADVENT

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.



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

the Jesus Storybook Bible

Every story whispers his name

sallylloyd-
jones.com



WRITTEN BY SALLY LLOYD-JONES & ILLUSTRATED BY JAGO

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.

the

BIBLE

PROJECT



Holy Week
Playlist



Passover
Podcast



The
Gospels
Videos



Pentecost
and Acts
Videos

• ADVENT GUIDE •

[BibleProject.com/guides/advent](https://bibleproject.com/guides/advent)

<https://bibleproject.com/explore/category/advent-series/>

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

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

Other countdown ideas:

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)



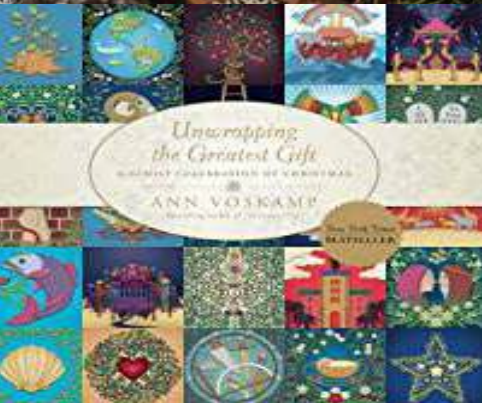
Ann Voskamp has plenty of lovely resources to buy: I love the candle countdown (for Advent, then you can buy an extra attachment for Lent as well). Her Advent books are spectacular. But I really love her free resources! Here are my favorites:



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



- The Night before Advent Printable kit
- Unwrap Coloring ornaments
- Stress Free Holiday
- Advent Greeting Cards



And much more!



Ann Voskamp Lent & Advent Resources

Go to Annvoskamp.com, and the subscribe button at the top. Sign up. You should get to Annvoskamp.com/sticky-notes. 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.

OTHER IDEAS:

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

VALENTINE'S DAY

Around the World

Valentine's Day is celebrated in most countries, but not always the same day or with the same name

In Brazil, Valentine's Day is June 12, and called "Dia dos Namorados" (Boyfriend/Girlfriend day). It is popular to go on a date night

Popular Valentine's Day traditions include exchanging gifts such as roses or chocolates, and a romantic night out or dinner

In Haiti, "Happy Valentine's Day" is "Bòn fèt Sent Valanten", and is celebrated similarly to the USA--if you can afford it

In South Korea, only the girls give gifts to boys on Valentine's Day. Boys give to girls on March 14, and singles celebrate on April 14

In Kenya, "Happy Valentine's Day" is "furaha ya siku ya wapendanao" and they send romantic messages called "ujumbe wa kimapenzi"

In some persecuted countries, specially Muslim majority countries, they don't celebrate Valentine's Day

In Tanzania, Valentine's Day is considered a holiday for the wealthy, the urban, and the young people

In India, many Hindus don't celebrate Valentine's Day. There are often protests, because they don't want the Western influence

In Uganda, you wear red and black, rather than pink, for Valentine's day. Most young people want to "hang out" together

VALENTINE'S DAY

A Basic History

1

200-
300AD

Valentine served others and was killed

No one knows exactly, but the common tale is that Valentine was a priest who married people in secret when Rome declared it illegal. He was imprisoned, but wrote beautiful letters, signing them "Your Valentine." He was martyred by Rome and made a saint by the Catholic church much later in time.

2

1300s



Geoffrey Chaucer wrote about Valentine's Day

Around this time, it became popular to connect Valentine with love and romance, and it was connected to the specific day, February 14th, that was reportedly the day Valentine was martyred for defying Rome by marrying couples in secret.

3

1700s



Valentine's Day is popular in England

The main things we connect with Valentine's Day are now common: sending flowers, giving candy, and making Valentines cards. Around this time, the day was also connected with hearts, cupid, and doves.

4

Now



Valentine's Day is a Big Deal

Valentine's Day has its roots as a religious holiday, but now it is much more of a secular and commercial holiday. Kids don't get the day off of school, but most often share some kind of cards with their friends (especially younger children). Most of the world now celebrates this holiday, and over 20 billion dollars are spent on it each year.

VALENTINE'S DAY

Connected to Missions

1



Write Valentine's Day cards to your missionaries and child sponsorships

Ask them how they celebrate Valentine's Day where they are, and how they would celebrate it if they had a million dollars. Tell them about how you celebrate Valentine's Day.

2



Have a Daddy Daughter Dance fundraiser

There are always a lot of needs with missions. You can ask your missions team or representatives if there are any specific goals, or just general funds you can give to.

3



Use the 10 Activities from KidsEnjoyingJesus.com

This website has great Valentine's Day ideas, with videos, Bible verses, songs, and printable resources.

4



Learn more about Valentine, a Martyr

Voice of the Martyrs has a fantastic book called "The Story of St. Valentine" which is an easy and great way to talk about martyrdom, and serving others even when you could get hurt

St. Patrick's Day

Around the World

St. Patrick's Day is celebrated in many countries, but is only an official holiday in Ireland, Newfoundland and Labrador (Canada), and Montserrat

In Brazil, they celebrate many different saints. In fact, most towns have their own "saint" they celebrate with a local holiday

Popular St. Patrick's Day traditions include local parades, eating green/Irish food, pinching people who don't wear green, and drinking beer

In Haiti, St. Patrick is connected to the vodou serpent god, Damballa. They are connected as opposites. St. Patrick was said to have removed the snakes from Ireland

Most countries only celebrate St. Patrick's day in the big cities (with Western influence) or where there are groups of Irish and or Catholic people

In Kenya, it's only celebrated in the big cities, or perhaps in connection with Catholic holidays, like in Brazil

In some persecuted countries, specially Muslim majority countries, they don't celebrate St. Patrick's Day, as it is a Catholic tradition

In Tanzania, St. Patrick's Day is not really celebrated

In Mumbai, India, the Gateway of India is turned green for St Patrick's Day. St. Patrick's Day comes not long after the Indian Holi festival

In Uganda, it is not celebrated much, but when it is, it is to celebrate ties with Ireland

St. Patrick's Day

A Basic History

1

300-
500AD

Patrick served others and died in 461AD

At 16, he was kidnapped, taken to Ireland, and enslaved. He escaped and returned home, but felt called to return and serve those in Ireland, which he did for the rest of his life. He died on March 17th, which is why we celebrate that day.

2

1600s



The Catholic Calendar includes the feast of St. Patrick

Around this time, the first recorded St. Patrick's Day parade took place in the USA as a time to celebrate Irish culture and history. This is very closely connected with the Catholic church, and considered more of a religious holiday.

3

1900s



St. Patrick's Day is an official holiday in Ireland

The main things we connect with St. Patrick's Day (secular) are now common: eating Irish food, drinking beer, and parades. As Irish continued to migrate, more places celebrated the day, including Argentina and Japan.

4

Now



St. Patrick's Day is a Big Deal

While it isn't an official holiday, many people in the USA will at least wear green (for fear of being pinched if they don't) and/or eat something green or Irish for the day. It is rarely connected to its Christian origins. About 5 billion dollars is spent celebrating St. Patrick's Day around the world.

St. Patrick's Day

Connected to Missions

1



Enjoy the message from Lucky Charms

There are many good ideas of green food and snacks for St. Patrick's Day on the Internet. Here is a simple idea, or you could ask the kids what each marshmallows might represent.

2



Have green food bake sale

There are always a lot of needs with missions. You can ask your missions team or representatives if there are any specific goals, or just general funds you can give to.

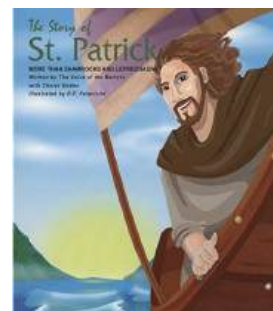
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Use the 8 Activities from KidsEnjoyingJesus.com

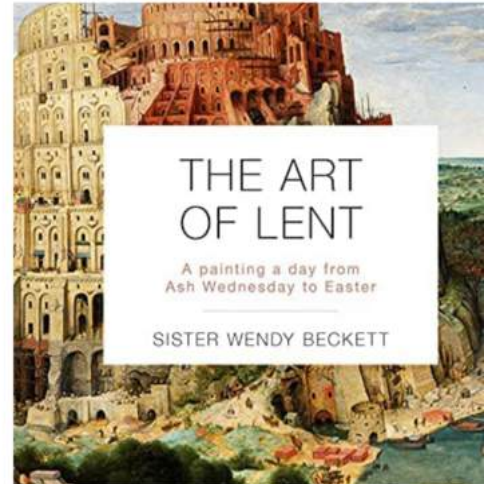
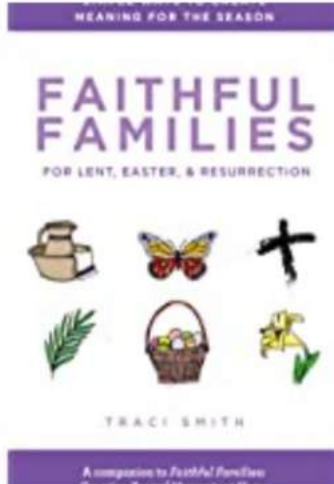
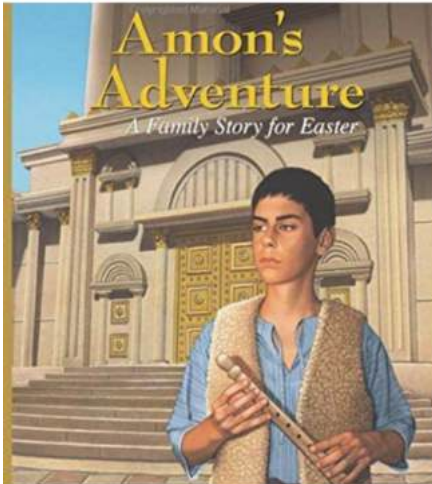
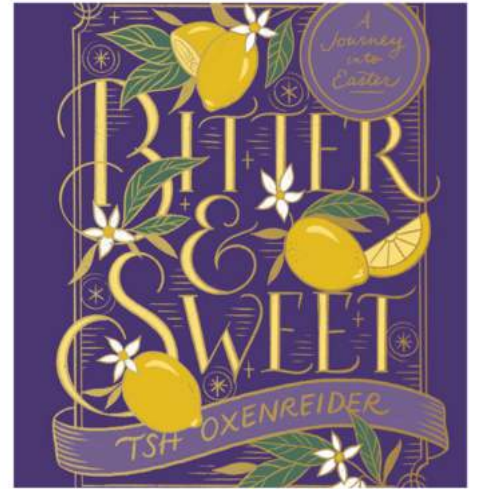
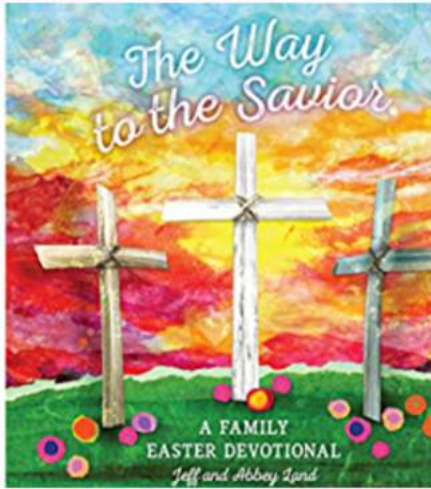
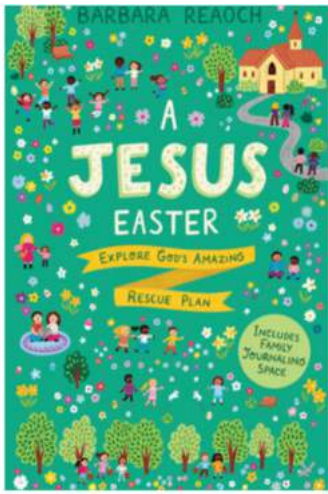
This website has great St. Patrick's Day ideas, with videos, Bible verses, songs, and printable resources,

4



Learn more about Patrick, a Missionary

Voice of the Martyrs has a fantastic book called "The Real Story of St. Patrick's Day" which is an easy and great way to talk about missions, and serving others even when they've hurt you



Other books I've found:

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

More Give, Pray, and Fast Ideas:

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

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

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"

LENT

Walking with
Christ

Palm Sunday, Day 8 : Matthew
21:1-11, Luke 19:28-44
Monday, Day 7: John 11:54-
12:11, Mark 11:15-19
Tuesday, Day 6: Matthew
21:18-22:33, chapters 23-25
Wednesday, Day 5: Mark 12:
28-44, John 12:20-50, Luke
22:1-6
Maundy Thursday, Day 4:
Luke 22:7-38, John 13:21-
17:26
Good Friday, Day 3: Matthew
26:36-27:66, Luke 22:39-53
and 23:26-43, John 18:28-
19:27
Saturday, Day 2: REST AND
WAIT
Easter, Day 1: Matthew 28,
Luke 24:13-53, John 20 and
21, Acts 1:4-11

HOLY WEEK (7)

Fiveminutesoffergie.com/freebies

A chronological study through
the Gospels for Lent
preparation (get the whole
study at the site above)

PASSOVER IDEAS

Here are some free
PDFS:

- Media.focusonthefamily.com/fotf/pdf/magazine/walk-thru-holy-week.pdf
- Journeyoc.com/wp-content/uploads/2020/04/Jesus-in-the-Passover.pdf

You can find more at FiveMinutesofFergie.com on the Friday Finds blog titled "Celebrating Christian Passover"



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 grape juice 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.

Other Questions or Passover ideas I've found:

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.



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

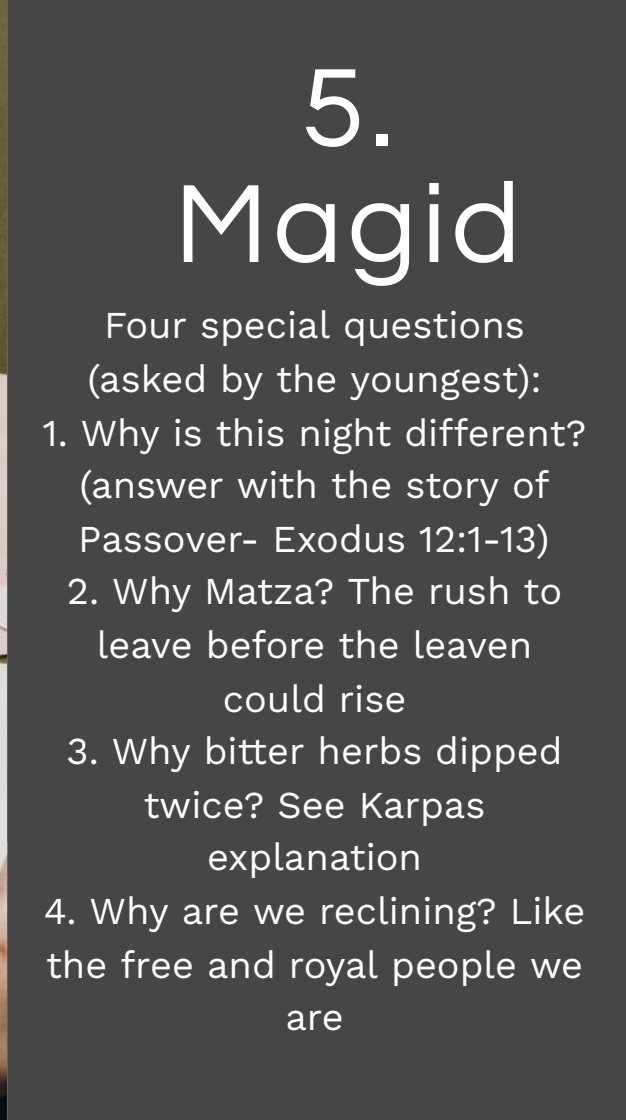
Have three Matzas stacked. Take the middle Matza and break it. This is called the "Afikoman." Someone takes the Afikoman and hides it somewhere in the house.



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



Easter



Around the World

Easter is celebrated in most countries, but not in majority Muslim or Communist countries

In Brazil, Easter is called "Pascoa," closely linked to Passover. They have a lot of chocolate eggs, but not plastic Easter eggs

Orthodox Christians in Europe, Africa and the Middle East celebrate Easter later than traditional Easter because they use different calendar to set the date

In Haiti, they have special church services for Easter, often including a watch night, and a Easter Sunrise service

Easter is celebrated two different ways (or both at once): as a Christian holiday (Jesus' death and resurrection) and as a secular holiday: chocolate, eggs, flowers

In Kenya, many Easter celebrations begin on Palm Sunday. On Good Friday, many Kenyans have processions, re-enacting the Stations of the Cross.

In some persecuted countries, specially Muslim majority countries, they don't celebrate Easter. It is a Christian holiday

In Tanzania, Christmas and Easter are the two largest celebrations. They often celebrate similarly to Kenya, and share a meal together as families

In India, the areas that have more Christians celebrate Easter, while those with more Hindus do not. Not many decorate eggs, but many buy them

In Uganda, they often have passion plays and parades. Many eat chicken or goat for Easter dinner

Easter

A Basic History

1

Around
30AD

Jesus died, was buried, and rose from the dead

The Easter holiday began as a time to celebrate and remember how Jesus gave everything for us to be able to be redeemed and made new. You can read about it in each of the Gospels: Matthew 26-28, Mark 15-16, Luke 22-24, and John 17-20.

2

325AD



The First Counsel of Nicea decrees Easter to be celebrated after the spring equinox

This means that the date of Easter moves each year with the lunar calendar. This broke the tradition of Easter occurring at the same time as Passover, but the two holidays still align occasionally.

3

1700s



Easter begins to be secularized

Eggs had long time been associated with Easter/Lent, but the Easter bunny/egg hunt tradition begins with German immigrants. Fast-reproducing rabbits and egg-laying birds represent fertility and the renewed life of springtime and the Christian resurrection. As chocolate becomes a thing, so do chocolate eggs.

4

Now



Easter is a Big Deal

Easter, as both a secular and a Christian holiday, is celebrated most everywhere that has (or had) a Christian influence. People spend around 30 billion dollars (about the same as Mother's Day) for Easter. For most practicing Christians, Easter is the second biggest holiday after Christmas.

Easter

Connected to Missions

1



Write Easter cards to your missionaries and child sponsorships

Ask them how they celebrate Easter where they are, and what it means to them. Tell them about how you celebrate Easter, and why it is an important holiday to you.

2



Have a community Easter Egg Hunt

This is your chance to reach out and share Jesus with your own community! We are to be missionaries HERE and THERE. Think of creative booths to do before/after the hunt to extend the time with people.

3



Make your own, and give opportunities to share the story of the Resurrection Eggs

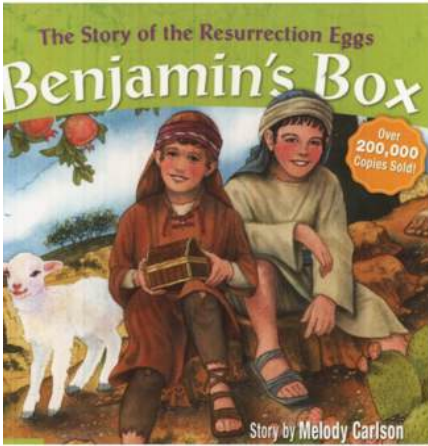
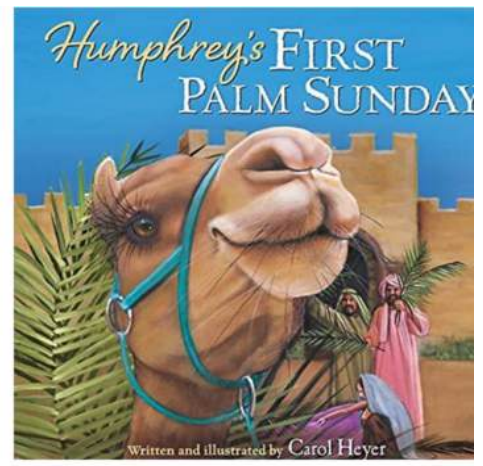
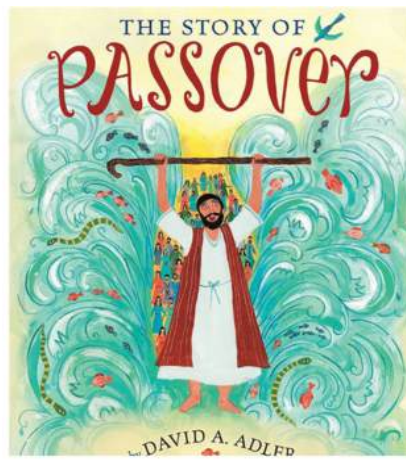
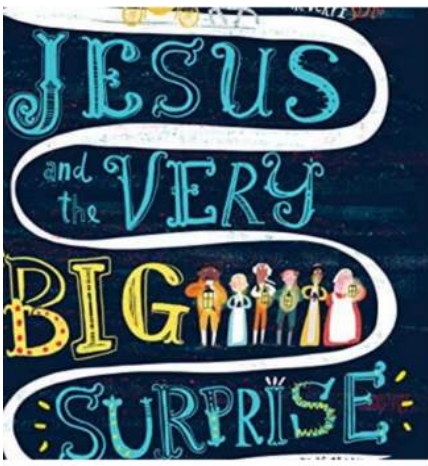
Rachel, a missionary, put together simple Resurrection eggs (with videos) at FiveMinutesOfFergie.com on her Friday Finds blog. WorldRenewal.org/kids-holidays also has an Advent/Lent book for lots of LENT ideas.

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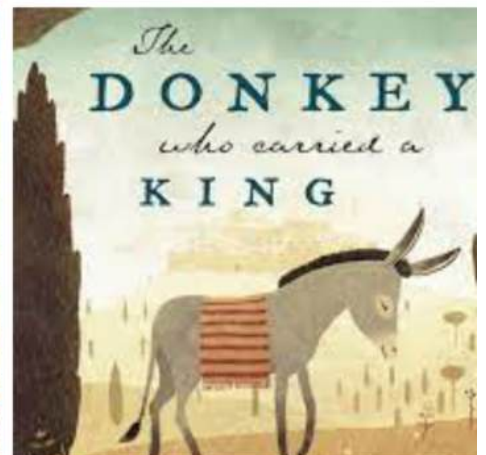
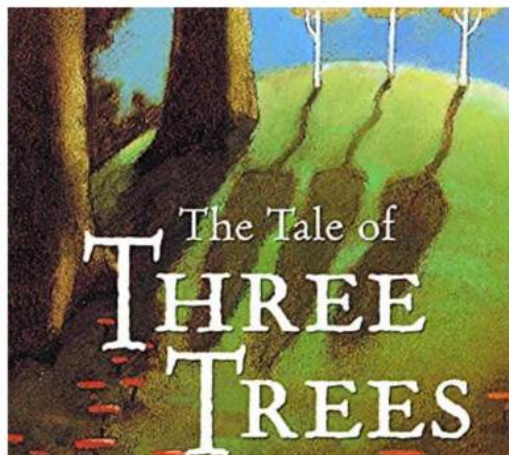
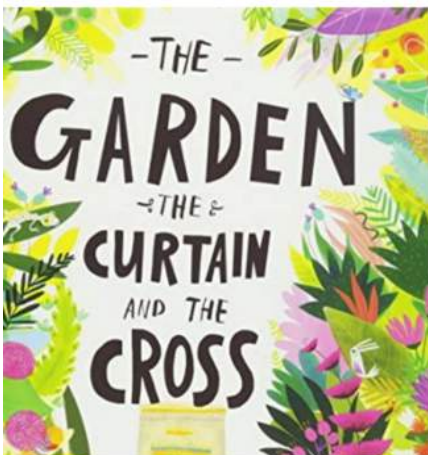
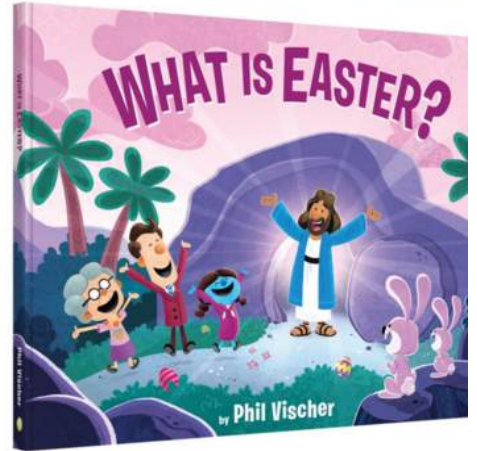


Learn more about the Gospel and how to share it with others

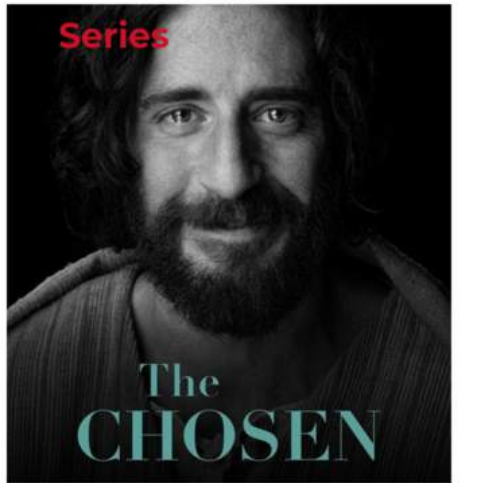
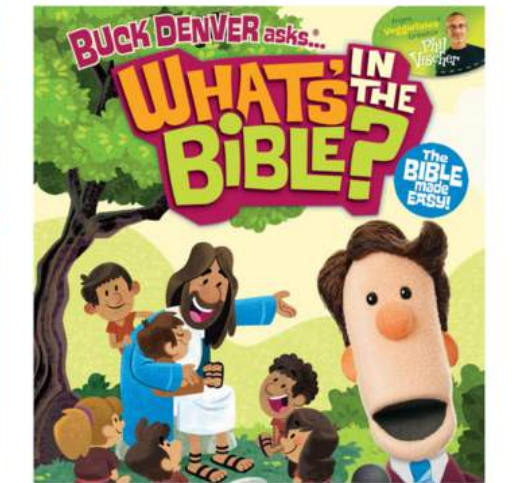
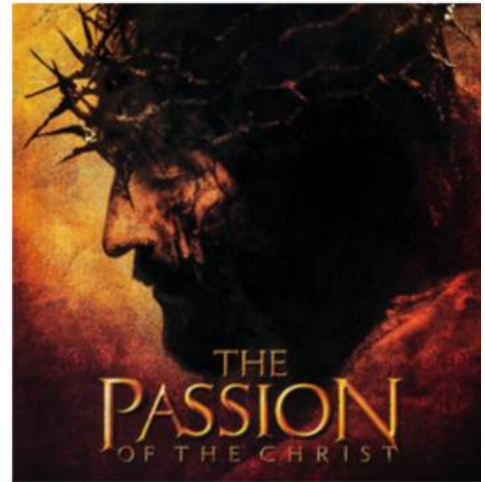
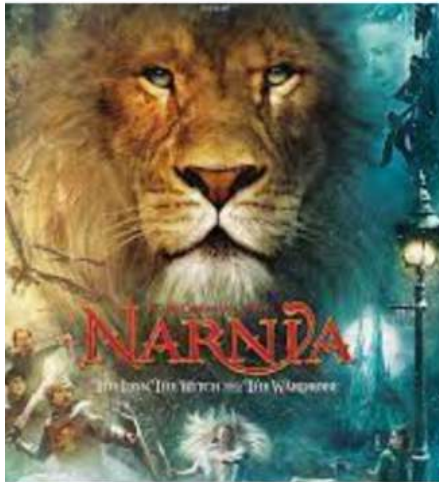
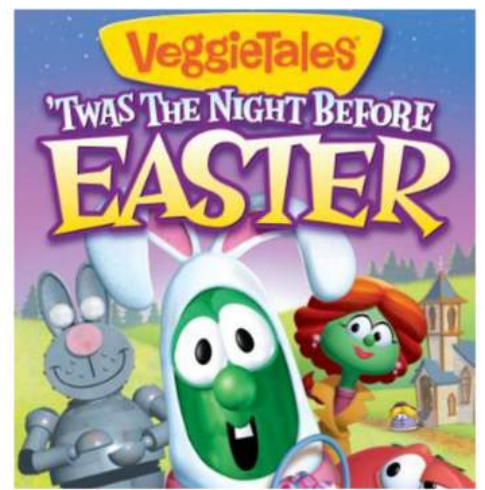
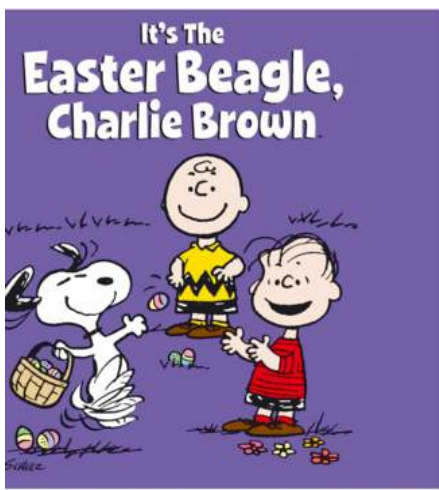
"This Is the Gospel: A Kids Read Truth Story & Scripture Book" is a great tool to study and learn what the Gospel is, and what is the mission of missionaries to share.



Best
Easter
Books



Other books I've found:

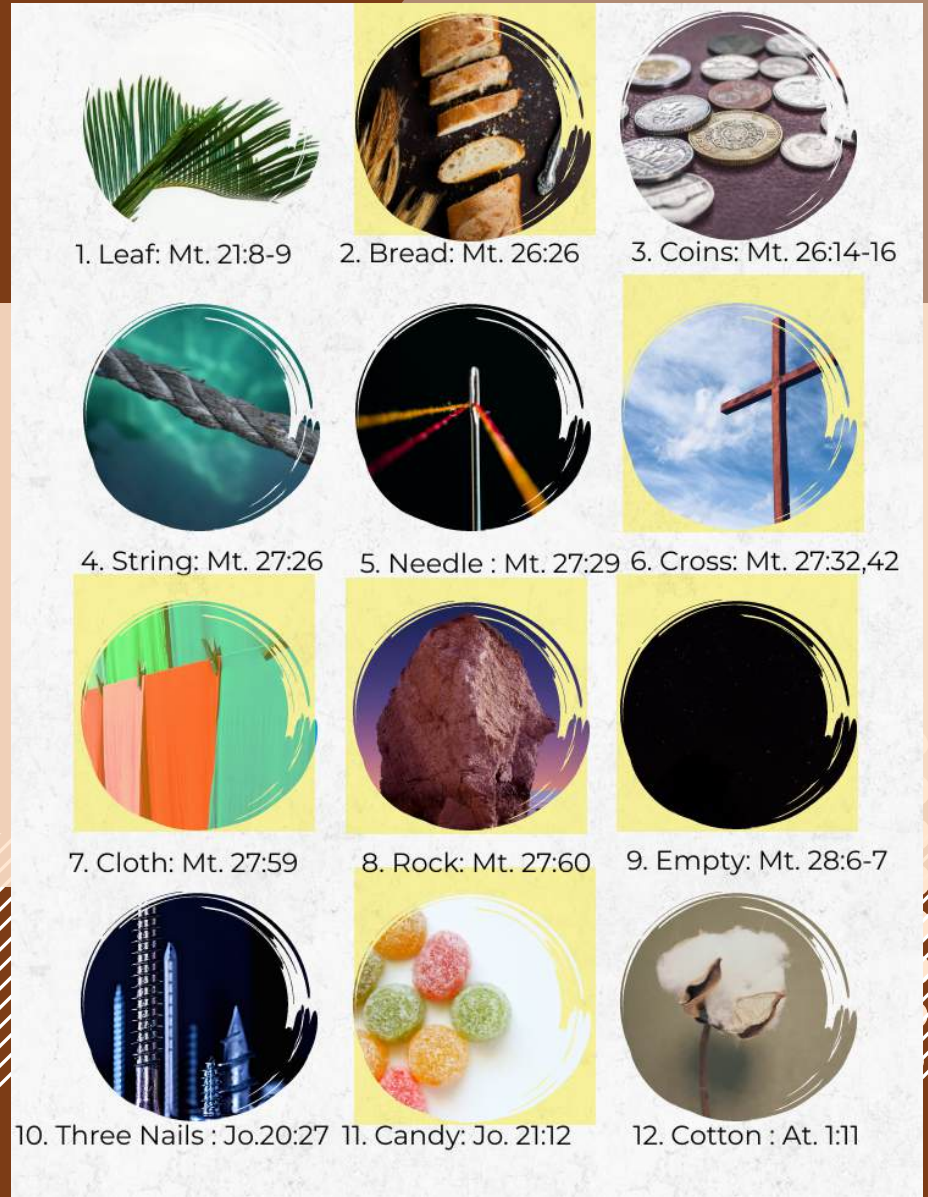


Other movies I've found:

Resurrection Eggs

12 plastic eggs, things from around the house to put in them, held in an egg carton or box.

This is 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"

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