WALK his ways
a children’s lent experience
Dear Friends,

Welcome to Lent! It’s a 40 day journey (not counting Sundays!) to focus on God and prepare to remember and celebrate Jesus dying on the cross and rising from the grave to save each of us. Many people decide to “give up” things for Lent to help them remember that Jesus gave his life for us, but you can also “take on” doing good things, just like Jesus did.

If you are up for “taking on” Lent, then use this guide to complete a challenge each day (except Sundays) beginning February 17 and ending April 3. **Put stickers or draw shapes on the chart on the next page to keep track of each challenge you complete.**

Come on! **TAKE ON Lent, join in, and WALK HIS WAYS!**

Each day of the week the challenge has a different theme:

- A home and family challenge
- A school or daycare challenge
- An environment challenge
- A neighborhood challenge
- A global or world challenge
- A devotional (God!) challenge
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Week 1

**challenge 1**
Go to Ash Wednesday worship at church

**challenge 2**
Do an extra chore (sweep, set the table, pick up toys...)

**challenge 3**
Sit by someone at lunch who is lonely or sad

**challenge 4**
Smile at a stranger

**challenge 5**
Learn to say something new in a foreign language

**challenge 6**
Turn out the lights
Week 2

Say something NICE behind someone’s back

Teach an adult how to do something new

Donate old toys & clothes to charity

Read a story or watch a movie about a different culture

Write a prayer

Do something nice for your neighbor

Challenge 7

Challenge 8

Challenge 9

Challenge 10

Challenge 11

Challenge 12
Week 3

Find out what “Fair Trade” is all about.

Challenge 13

Eat dinner together and share “highs” and “lows” of the day.

Challenge 14

Do something to show your teacher they are appreciated!

Challenge 15

Find coins to bring to church for Sunday School offering

Challenge 16

Walk or ride your bike instead of going in the car

Challenge 17

Sing a song about God

Challenge 18
Week 4

Let someone else go before you

Use cloth napkins and towels instead of paper

Eat ethnic food and find out about the country it’s from

Play a game as a family

Spend five quiet minutes thinking about God

Visit people in a nursing home
Week 5

Find out about where your clothes are made

Pick up trash at a park

Bring a treat to someone at school

Don’t spend any time in front of a screen

Use a reusable bag for lunch or shopping

Say thank you to God for three things
Week 6

- **Tell your family members why you love them**
  - Challenge 31

- **Say you are sorry to someone**
  - Challenge 32

- **Learn about refugees and sleep in a tent**
  - Challenge 33

- **Write a letter thanking someone for helping you**
  - Challenge 34

- **Turn off water while you brush teeth**
  - Challenge 35

- **Read a story to a younger child**
  - Challenge 36
Week 7  Holy Week

- Plant Easter flowers
- Make a cross to display in your house
- Polish someone’s shoes
- Decorate Easter eggs with Christian symbols

Challenge 37
Challenge 38
Challenge 39
Challenge 40
Holy Week is when Christians remember the last days of Jesus' life. It begins on the sixth Sunday of Lent with Palm Sunday and ends the night before Easter with Holy Saturday.

**Palm Sunday**

Palm Sunday marks Jesus' triumphal entry into Jerusalem. Jesus, riding on a donkey, was cheered by the crowds, who waved palm branches and placed them in his path, crying 'Hosanna to the Son of David!' (‘Hosanna’ is a cry of praise meaning 'Please save' in Hebrew). But only a few days later, the same crowds would call for Jesus to be crucified.

Read the story in Matthew 21:1-16

**Maundy Thursday**

Maundy Thursday marks Jesus' 'Last Supper with his disciples. 'Maundy' comes from 'mandatum', which is Latin for 'command', because at this meal Jesus washed the disciples' feet and told them that they should love one another. As they celebrated the meal together, Jesus gave thanks, broke the unleavened bread and shared it with his disciples. He then took the cup of wine, blessed it and shared it. We do the same things at communion to remember Jesus.

Read the story in John 13:1-15 or Mark 14:12-26

**Good Friday**

Good Friday marks the event of Jesus' death on the cross. It is called 'good' because Christians believe that Jesus showed God's love by dying on the cross.

Read the story in John 18 and 19.

**Holy Saturday**

This remembers the day when Jesus lay in the tomb. It is a day to reflect on Jesus’ death and to prepare for the marking of his resurrection on Easter Sunday.

**Celebrate Easter Sunday!**

This marks Jesus' resurrection from the dead. It is a day of celebration and joy! Have an Easter egg hunt. Eggs are a symbol of new life! Greet others saying, “Alleluia! Christ is Risen!”