

# LENT IN A BAG

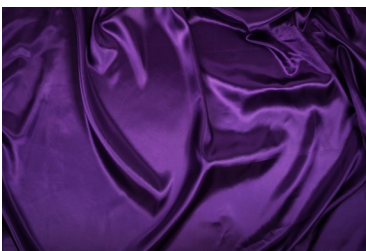
Use the items inside this bag to think about God during this season of Lent.

Here are two suggestions for how to use it as a household or individually:

- Choose one night of the week and invite those around your table to pick one of the items as a starting point for conversation for the whole household, including children.
- For individuals- choose one of the symbols for your own reflection each week as you make your way through the season of Lent. Lent is a time to connect with God in special ways, through prayer, fasting, and almsgiving (being of service). May these prayer items encourage you to deepen your relationship with God; and remember you can connect with God anywhere, anytime!

## Coin

Another way to make Lent a special time is to practice almsgiving; which is the practice of giving money or food to those in need. How might you give of your time, your resources this day. What emotions do you experience with giving? What holds you back?



## Cloth

Place the cloth on the table to set your space for reflection. The colors of the cloth speak to the journey we experience: Lent, Holy Week, Easter.

Purple: The color for Lent

Black: Good Friday

White: Easter Sunday



## 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.’ So where do you shine? How do you keep your light lit?”



## Sand

“Just between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days, ‘to be tested’. What constitutes wilderness in your life? What have you learned there? What might you learn there?”

## Rock

“While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance. Might there be a stony place in you that needs transforming? Some attitude or habit that, with a little attention, might even become a gift for you and others?”





## Human Figure

“Because Jesus was, as we confess, fully human, he gets us, understands us from inside our skin, and knows from experience that we’re each capable of great things, Godly things. And no matter what we do, he keeps on inviting us to join us in his work which has become our own. As you enter this Lent, what might you plan to do over these 40 days so that come Easter you will more closely reflect the Christ who lives in and through you?”

## Seeds

Watching a bulb or seeds spring forth into a flower is like waiting during Lent for the coming joy and hope of Easter. Follow the directions inside the package to plant the seeds. Where is there hope in your life? Where is there mystery? What transformation do you hope for during the season of Lent? How might you grow this day, this season?



Resources:

<https://buildfaith.org/lent-in-a-bag/>