

Gang Up On Lent

By Lee Yates



The idea of giving up something or taking on a new discipline during Lent can be intimidating. Like most things in life, it is easier when we do it with others. Family members can be great accountability partners during Lent.

For

Teen Family

Season

Spring

Needed

Bible; 1 plastic, fill-able Easter egg for each person; small pieces of paper, pens; permanent marker; bowl or basket



 by RichardBH

Prepare in Advance

- Mark Luke 4:1-13 in your Bible.
- Find a visible place in your home to leave the plastic Easter eggs for the season of Lent.

Activity Plan

1. Open in prayer. Here are some words if you need them.

God, help us help each other as we prepare for Easter. Amen.

2. Ask two people to read aloud Luke 4:1-13, alternating verses, from your Bible or the text at the end of this activity. Discuss the Bible story:
 - What temptations did the devil offer Jesus?
 - What helped Jesus resist these temptations?

3. Read aloud this short explanation of Lent:

Lent is a season of “getting ready,” a time when Christians prepare for Easter. It lasts forty days, not including Sundays. Common faith practices during Lent include fasting, prayer, and study of Scripture. One of the best known practices is “giving up something.” Whether it is chocolate, caffeine, or television, the act of denying oneself something is a form of sacrifice. Forty days—mirroring the forty days Jesus spent in the wilderness—is long enough for us to feel the impact of what we have given up. While trivial when compared to Jesus’ crucifixion, our sacrifice can remind us of the sacrifice Jesus made on the cross.

4. Ask each person to choose something he or she will give up during Lent (or a discipline he or she will add) and write it on a small piece of paper. Have each family member put his or her paper in a plastic Easter egg, close it, and write his or her name on the outside with a permanent marker. Take turns holding up your eggs and telling the Lenten commitments you are making.
5. Place the eggs in bowl or basket in a visible place in your home. Put extra slips of paper and a pen near the eggs. Explain that each person is to write a note of encouragement to other members of the family once a week. Notes can be written when you see someone resisting temptation, when you see someone struggling, or just to encourage him or her. Place the notes in that family member’s egg.
6. Check your egg daily, weekly, or any time you want to read your notes of encouragement.



7. On Easter, gather as a family and tell which messages were especially meaningful and helpful as you went through Lent.
8. Close in prayer. Here are some words if you need them.

Lord, thank you for our family and the ways we support each other. Help us continue helping each other as we live out our faith. Amen.

Luke 4:1-13

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness² for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

³ The devil said to him, "If you are the Son of God, command this stone to become bread."⁴ And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

⁵ And the devil took him up and showed him all the kingdoms of the world in a moment of time,⁶ and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will.⁷ If you, then, will worship me, it will all be yours."⁸ And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

⁹ And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw yourself down from here,¹⁰ for it is written, 'He will command his angels concerning you, to guard you,'¹¹ and 'On their hands they will bear you up, lest you strike your foot against a stone.'" ¹² And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.'" ¹³ And when the devil had ended every temptation, he departed from him until an opportune time.



Worksheet Title

Your activity may require one or more worksheets or handouts.

