

# The Price of Preparation

By Lee Yates



Christians often give up something important to them during Lent, as a personal sacrifice. While this practice of giving up something can be a spiritual discipline, it can also remind us to be thankful for how much we have. Learn how “giving up” can turn into “helping out.”

**For**  
Teen Family

## Season

Spring / Lent

## Needed

Container for coins, Price of Preparation worksheet (see last page), marker

## Prepare in Advance

Make a copy of the Price of Preparation worksheet (see last page).

## Activity Plan

1. Gather the family at the beginning of Lent and look over the Price of Preparation worksheet. Point out that each of these activities would be considered a luxury by many people in the world, and that it's easy to take these luxuries for granted. Many Christians give up something that is important to them during Lent as a spiritual discipline, a way to prepare for Easter. The Lenten sacrifice of giving in this activity can also be a reminder of how much you have.
2. Work together to assign an amount of money to each activity and write it on the page with a marker. You can have different amounts for youth and adults. Only eliminate activities if the whole family agrees.
3. Choose a charity to receive your donation after Easter.
4. Post the worksheet in a visible place along with a container to collect money. Explain that each time a person participates in one of the activities on the sheet, he or she must deposit the designated amount of money in the container. If the person can't afford the donation, he or she must skip the activity. No IOUs allowed.
5. Sit down as a family after Easter and reflect on the experience. Tell about moments that made you laugh, made you mad, or just made you think. Say a prayer of blessing over the container of money and send your donation to the chosen charity or deliver it as a family. Here are some words for the prayer if you need them:

*Creator God, bless this money and bless the people who will be helped by it. We give thanks for the many ways you provide for us each day. Make us bold to be a sign of your love and blessing to others. Amen.*



## Price of Preparation

As a family, decide on an amount of money for each activity and write it under the activity. During Lent, each time a family member participates in one of the activities listed, he or she must deposit the designated amount of money in the container. If the person can't afford the donation, he or she must skip the activity. No IOUs allowed.

Go to a movie.	Play a video game.	Buy a cup of coffee.	Buy an article of clothing.	Take a shower longer than 3 minutes.
<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>
Check out a library book.	Make a phone call.	Eat something at a restaurant.	Send a text message.	Turn up the heat (or turn down the A.C.)
<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>
Play a card game.	Drive a car.	Go swimming.	Play golf or tennis.	Go window shopping at the mall.
<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>
Eat dessert.	Eat a snack between meals.	Download a song.	Download an app.	Watch an hour of TV.
<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>	<i>amount:</i>

