

Holy Apostles



Lenten Guidebook

Name: _____

What's this all about?

Lent is season before Easter - it begins Ash Wednesday and it lasts for 40 days, but if you look on the calendar, you'll say, "Wait - there are 46 days between Ash Wednesday and Easter!" That's because we don't count Sundays - Sundays are always feast days, the day that we celebrate the Eucharist.

Lent is a time for preparation - specifically a time for us to prepare ourselves for Easter when we celebrate the resurrection of Jesus. To prepare ourselves, the church asks us to do a few things:

- Pray;
- Give our hearts back to God;
- Give up things that get in the way of loving God and others.

The things that get in the way of loving God are called sins. So we also ask God to forgive us our sins - we actually ask God this every time we say the Lord's Prayer!

How to use this Lenten Guide:

Each week, there's something to give up (the sin) and something to do (act in God's love). There's an explanation, a reading and a prayer. Start by reading the explanation and the reading with your family, and each day at breakfast, dinner, or before you go to bed, say the prayer. Then, each day, try to do the suggested act of God for the week. If you did it, tell your parents and they will sign off on the day - try to do as many acts of God during Lent as you can! Then each week, write about or draw one in the space given.



The 40 Days of Lent

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 + Ash WEDNESDAY +	2	3	4
5 1st Sunday in Lent	6	7	8	9	10	11
12 2nd Sunday in Lent	13	14	15	16	17	18
19 3rd Sunday in Lent	20	21	22	23	24	25
26 4th Sunday Lent	27	28	29	30	31	32
33 5th Sunday in Lent	34	35	36	37	38	39
40 PALM Sunday	HOLY WEEK			38 Maundy Thursday	39 Good Friday	40 Holy Srivikram Easter Vigil
EASTER!						

Generosity vs. Greed

Celebrating Others vs. Envy

Caring vs. Apathy

Humility vs. Pride

Love vs. Anger

PALM Sunday

EASTER!

HOLY WEEK

Maundy Thursday

Good Friday

Holy Srivikram Easter Vigil

Greed vs. Generosity

Week 1

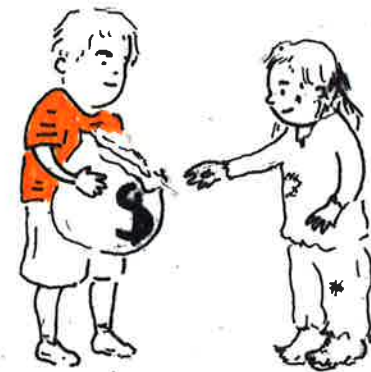
Give me more! Have you ever asked for another cookie even after you were actually totally full? That's greed. Whatever it is you want, you just *need* more. There is nothing wrong with wanting things: the problem is when the wanting more becomes the most important thing in our lives. And when having more is the most important thing there is no way we are going to be willing to share. When all we want is more, we aren't able to focus on God's generosity in our lives. When we focus on God's gifts to us instead of our wants we see all of what God has given us--our lives, all the love--instead of wanting more for ourselves--we want to share generously with others.

Reading: Mark 12:40-44

He sat down opposite the treasury, and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, 'Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on.'



GREED



GENEROSITY

Acting with God's love: Being generous
mark the days you did
something generous

<input type="checkbox"/> Monday	<input type="checkbox"/> Thursday
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Friday
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Saturday

What's one way you were generous this week. Tell the story in words or pictures:

Prayer:

Help me Jesus, to be generous: to open my heart to the needs of my friends, my family and my neighbors; to think of others as much or more than I think about myself, and help me to be grateful for all that I have. Amen.

ENVY VS. CELEBRATING OTHERS

Week 2

Envy is being mad at other people for what they have and mad at yourself because you don't have it. If someone else has something, you should have it too, right? It doesn't matter if you don't need it. So envy makes us try to get things we don't need. And even if we somehow get it we don't feel happy, because we didn't need it in the first place.

We can be envious of things other people have, and we can be envious of stuff they can do. You could feel envious of a friend's Kindle or envious that they get to have more screen time, or envious that a friend can do a cartwheel. NOT FAIR!! you might think. But isn't it great that your friend can do the cartwheel? And maybe she can teach you how to do it soon? God asks us to celebrate the gifts of our friends, family and even strangers. When we celebrate others - our hearts are open wide - that is us acting with the same love that God has for us!

Reading: Luke 15:11-32

Then Jesus said, 'There was a man who had two sons. The younger of them said to his father, "Father, give me the share of the property that will belong to me." So he divided his property between them. A few days later the younger son gathered all he had and travelled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, "How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.' " So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son." But the father said to his slaves, "Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!" And they began to celebrate.

'Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, "Your brother

has come, and your father has killed the fatted calf, because he has got him back safe and sound.” Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, “Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!” Then the father said to him, “Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.”

Acting with God's Love: Celebrating Others
 Mark the days you celebrated others:

Monday	<input type="checkbox"/>	Thursday	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	Friday	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	Saturday	<input type="checkbox"/>

CELEBRATING OTHERS

ENVY

The illustration shows two people high-fiving on the left, labeled 'CELEBRATING OTHERS'. In the center is a calendar grid with days of the week and checkboxes. On the right is a person with arms crossed and a grumpy expression, labeled 'ENVY', with a small figure of a person jumping in the background.

How did you celebrate someone else? Use words or illustrations

Prayer:

Celebrate with me, O God, as I celebrate other people. Help me to be happy when they are happy with what they had done, and to know I am okay too. Show me how to be content with what I have and what I can do. Amen.

APATHY VS. CARING

Week 3

You walk down the street, you see a homeless person, and you pass them by - you don't give them a second thought - that is apathy. Apathy means you don't show any concern or interest in others. The Good Samaritan sees the sick man, and helps out. Caring for each other is what we do as Christians - we don't just pass by. It's hard because we don't always know how to help or what the best way to help is - that's why we have each other - to figure out how to help together. We are all children of God, and every person is our brother or sister in God. So when our sister has a problem...we love her...and so we care about her problem...and we help her.

Reading: Luke 10:25-37

Just then a lawyer stood up to test Jesus. 'Teacher,' he said, 'what must I do to inherit eternal life?' He said to him, 'What is written in the law? What do you read there?' He answered, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.' And he said to him, 'You have given the right answer; do this, and you will live.'

But wanting to justify himself, he asked Jesus, 'And who is my neighbor?' Jesus replied, 'A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, "Take care of him; and when I come back, I will repay you whatever more you spend." Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?' He said, 'The one who showed him mercy.' Jesus said to him, 'Go and do likewise.'



Acting with God's
Love:
Caring!

Mark the days
you cared for
someone.



APATHY

CARING

<input type="checkbox"/> MONDAY	<input type="checkbox"/>	<input type="checkbox"/> THURSDAY	<input type="checkbox"/>
<input type="checkbox"/> TUESDAY	<input type="checkbox"/>	<input type="checkbox"/> FRIDAY	<input type="checkbox"/>
<input type="checkbox"/> WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/> SATURDAY	<input type="checkbox"/>

How did you care for someone? Tell about it in words or pictures:

Prayer:

Remind me, O God, that I can help, and that you are with me. Show me how to keep trying and always find a way to lend a hand. Even though I may be young, I can do so much to help in big ways and small ways with your help, God. Amen.

Pride vs. Humility

Week 4

John the Baptist was amazing! He baptized so many people - and when Jesus finally came, John did the most amazing thing: he let Jesus be the leader. It's really hard when you are in the spotlight to step aside and let someone else take over - we start to think, "I am the only one who can do this - no one is as good as me!" That's the problem with pride is that we think because we are amazing that we are better than other people. You can be the awesome person you are...but others are awesome too. And of course—God is the one who made us and makes us awesome—and, well, God is kind of the awesome one.

We aren't just proud of ourselves either, are we? Sometimes we can be proud of our beliefs, clothes, food choices, politics, what our parents do and we think some things are better. For example: my family eats a big salad each Friday and reads a book together...and your family eats pizza and watches a movie. If I feel like my family is better than yours because we eat that healthy salad and don't do screen time...well that is pride, isn't it?

Reading: John 3:22-30

After this Jesus and his disciples went into the Judean countryside, and he spent some time there with them and baptized. John also was baptizing at Aenon near Salim because water was abundant there; and people kept coming and were being baptized— John, of course, had not yet been thrown into prison.

Now a discussion about purification arose between John's disciples and a Jew. They came to John and said to him, 'Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing, and all are going to him.' John answered, 'No one can receive anything except what has been given from heaven. You yourselves are my witnesses that I said, "I am not the Messiah, but I have been sent ahead of him." He who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. For this reason my joy has been fulfilled. He must increase, but I must decrease.'



PRIDE

Acting with God's Love:
Being Humble

Mark the days you did
something humble:



HUMILITY

• Monday <input type="checkbox"/>	• Thursday <input type="checkbox"/>
• Tuesday <input type="checkbox"/>	• Friday <input type="checkbox"/>
• Wednesday <input type="checkbox"/>	• Saturday <input type="checkbox"/>

What's one way you were humble this week? Draw or write about it:

Prayer:

God, thank you for making me the awesome person that I am, and for making others awesome too. Help me to recognize how awesome others are; help me to be humble. Amen.

ANGER VS. LOVE

Week 5

Have you ever been angry at someone for something they didn't do? Have you ever stayed angry at someone days and days or even weeks and weeks after they did something to you? Or have you ever gotten SO mad at someone that you wished that they would be seriously hurt? That's the sin of anger. We all get mad sometimes but it becomes the sin of anger when it's angry at an innocent person, when it goes on too long, or when our anger is so strong we can't love anymore. God calls us to love each other - even our enemies.

Reading: Matthew 5: 43-47

You have heard that it was said, "You shall love your neighbor and hate your enemy." But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even most people do the same?



LOVE



ANGER

Acting with God's love: Being Loving

check off the days you
did something loving:

♥ Monday	<input type="checkbox"/>	♥ Thursday	<input type="checkbox"/>
♥ Tuesday	<input type="checkbox"/>	♥ Friday	<input type="checkbox"/>
♥ Wednesday	<input type="checkbox"/>	♥ Saturday	<input type="checkbox"/>

What has it been like to show others love? Draw or write about your experience here:

Prayer:

God, you love me more than I can ever know. Help me to feel your love and then share your love with my friends, my family and the whole world. Amen.

Maundy Thursday, March 29

On the night before Jesus was crucified, he was with his friends. He celebrated the first Eucharist - giving his friends the bread and the wine, asking them to remember him when they did this together. But before dinner, Jesus did something amazing - showing his love for his friends - he washed their feet! So this is what we do together on Maundy Thursday, we wash each others feet as a sign of our friendship with each other and Jesus' love for us.

Join us at 4pm at the Church, after school for a lovely service of foot washing and Eucharist.

Prayer

Jesus, You showed us how much you love us and taught us to love You, ourselves, and one another. We pray that all people may live together joyously, giving and receiving love. In your Holy Name, AMEN.

Reading: John 13:1-9

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!"

Good Friday, March 30th

How is Friday good, you ask, when this is the day, Jesus was crucified? Aren't we sad, weren't Jesus' friends sad? Yes, they are sad, but they come to understand why Jesus chose to be crucified - he gave up *his* life for his friends and for all humanity for the forgiveness of our sins. Jesus proclaimed God's forgiveness from the cross as he was dying. He forgave Peter, who had denied him, and those who caused his death, and he will forgive us for all that we do that hurts others. That's why Good Friday is good.

Join us for Good Friday services at 1pm for Stations of the Cross, followed by snacks, egg coloring and the Passion in the undercroft.

Reading: John 18:37

Jesus answered, "You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice."

Prayer:

God help me to plant the cross on my heart, so that in its power and love I can continue to be Christ's representative in the world at work, school, and play. Amen.

Holy Saturday, March 31st

Holy Saturday is a day of prayer and anticipation. Prayer for Jesus who lays in the tomb after his death, anticipation for his resurrection on Easter. It was a difficult day for Jesus' friends - they didn't know if Easter was going to happen, they just knew that their good friend had died and they missed him.

Prayer

Dear God, grant that as Jesus' body was laid in the tomb and rested on this holy day, so may we await with him the coming of Easter, and rise with him to newness of life; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reading: Matthew 27:57-66

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. So Joseph took the body and wrapped it in a clean linen cloth and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb.

The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, "Sir, we remember what that impostor said while he was still alive, 'After three days I will rise again.' Therefore command the tomb to be made secure until the third day; otherwise his disciples may go and steal him away, and tell the people, 'He has been raised from the dead,' and the last deception would be worse than the first." Pilate said to them, "You have a guard of soldiers; go, make it as secure as you can." So they went with the guard and made the tomb secure by sealing the stone.



HE IS RISEN!!

WHOOHOO!

