

## **Workshop: Worship**

**Scripture:** Psalm 112:1-7

**Activity:** Find the Alleluia Game  
Make Ribbon Wands

### **Lesson Materials**

#### ***To Play the Game:***

- Large wood letters spelling “Alleluia”
- Gold spray paint
- Clear coat spray
- A box large enough to store the letters

#### Advance Preparation

- Spray paint each letter gold, repeat as needed for a nice finish
- When the spray paint dries, use a clear coat to seal the letters
- In small print, order the letters 1-8 to assist in spelling the word “Alleluia”

#### ***To Make Ribbon Wands***

- Duct Tape
- Scissors
- Assorted narrow ribbon
- Large craft sticks
- Markers

### **Play Find the Alleluia Game**

**Say:** Today we are learning about Lent. There are a lot traditional practices during the season of Lent.

**Ask:** Can anyone tell me how many days are in the season of Lent? (*40 days plus Sundays*)

**Say:** There is a special word that we try hard never to say in worship during the season of Lent. To help you discover the word, I've hidden letters around the room (*you may want to show an example*). You need to find eight letters and bring them back here to discover the word.

### **Explain the Tradition**

**Say:** "Alleluia" is a word we try not to use during Lent. This tradition is called "burying the Alleluia." Alleluia is a special word that helps us joyfully proclaim Jesus is risen. During Lent we are preparing for Jesus' resurrection on Easter Sunday. We don't use the word alleluia because we want to save it for the special celebration on Easter.

**Ask:** What special song do we sing on birthdays? (*Happy Birthday, To You*)

**Say:** If we sang "Happy Birthday" every single day, 365-days a year, it wouldn't be very special to hear on your birthday. By saving the singing of "Happy Birthday" to birthdays, we always know its a special day of celebration. The same is true with "burying the Alleluia." When we bury the Alleluia for Lent, we are actually saving it to use on Easter morning to celebrate the greatest miracle of all time: Jesus' resurrection!

**Ask:** When do you think we bury the Alleluia? (*first Sunday in Lent*)

**Say:** On the first Sunday of Lent, this box will be carried into the Sanctuary and placed on the Altar Table where it will rest for the season of Lent.

### **Make Ribbon Wands**

**Ask:** And when do you think we will uncover the Alleluia? (*Easter*)

**Say:** On Easter we will celebrate the resurrection of Jesus and sing the Alleluia Chorus. We are going to make special ribbon wands to wave as we sing the chorus.

- Give each child scissors and a large craft stick
- Encourage the child to choose 2 different colors of ribbon and cut 3' pieces (arm span)
- Folding one length of ribbon in half and place it on the end of craft stick
- Cover the end of the ribbon with duct tape, pressing down firmly
- Turn the craft stick over and repeat with the another ribbon, folding the duct tape over to secure it
- Children should write their name on a ribbon wand
- As time allows, children may make more ribbon wands to give out on Easter morning

## **Workshop: Cooking**

**Scripture:** Matthew 6:7-15

**Activity:** Bake Prayer Pretzels

### **Lesson Materials**

#### ***To Tell the Story:***

- *The Lord's Prayer* by Tim Ladwig<sup>1</sup>

#### ***To Bake Prayer Pretzels:***

- Hand sanitizer
- Refrigerated pizza dough
- All purpose flour
- Wax paper (work mat)
- Masking tape
- Cookie sheets
- Parchment Paper
- Sharpie Marker

#### ***Advance Preparation:***

- Tape down a piece of wax paper for each child to use as a work mat
- Preheat oven to 425F degrees
- Line baking sheet with parchment paper

### **Make Prayer Pretzels**

**Say:** Today we are learning about Lent. There are a lot traditional practices during the season of Lent. One of those is prayer. We want to pray every day no matter the season, but in Lent we take special time to pray.

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<sup>1</sup> ISBN 978-0802852380

**Ask:** I wonder how you would describe prayer? (*allow children to give answers defining prayer, be sure to affirm each idea*)

**Say:** Prayer is a great way to talk with God and get to know God better and how God wants us to live everyday. In the early church, many people prayed by crossing their arms (*demonstrate*). Today we are going to make prayer pretzels to remind us to pray always. The pretzel has been used during Lent for over 1500 years. The legend tells us that monks make them to resemble arms crossed in prayer. These breads were called "little arms."

**Direct** children to a work station to begin making prayer pretzels

- Lightly flour each child's work mat and then give each child a about 1/2 cup of dough
- Roll out a 24" long rope
- Form the ropes into pretzels by making a circle with them then twisting the two ends together and bringing it down onto the bottom of the circle
- Place on baking sheet and write child's name next to his/her pretzel
- Bake 12 - 16 minutes until golden brown

### **Explain the Practice of Prayer**

**Say:** When we pray, we are talking with God. Sometimes we pray by just chatting with God about all sorts of things and letting God know how we feel and what we need. Other times, we may want to pray a special prayer. In the Bible, Jesus teaches us all to pray the Lord's Prayer.

**Read** *The Lord's Prayer* by Tim Ladwig while the pretzels are baking

**Say:** Jesus taught us to pray about every day things and to come to God as a loving parent. During Lent, we can find extra time to pray and talk with God, especially by saying the Lord's Prayer.

## **Prayer Pretzel Snack**

**Say:** Our prayer pretzels are ready to eat. Before we enjoy our snack, let's pray together by crossing our arms.

**Pray:** Holy God, we ask you to bless these little breads. Each time we eat them may we be reminded of the special season we are in and that through prayer we will come to know you better. Let us not forget those who are in need of our prayers daily. Keep your loving arms around us, loving God, to protect us always. Amen.

## **Workshop: Mission**

**Scripture:** Hebrews 13:16

**Activity:** Create Alms Cross

### **Lesson Materials**

#### ***To Share about Mission:***

- Heifer International Education YouTube Video<sup>2</sup>
- Projector
- Screen
- Computer
- Alternative Approach: Read *Beatrice's Goat* by Page McBrier<sup>3</sup>

#### ***To Make Alms Crosses:***<sup>4</sup>

- Large sheets of fun foam
- Cross cutout template
- Exacto blade
- Poster board or foam board
- Hot glue
- Glitter glue
- Markers
- Other decorative dodads

#### ***Advance Preparation:***

- Cutout four corner pieces to create cross shape
- Using the cutout template, cut slots for 40 quarters
- Glue down the cross onto foam board by using hot glue around the edges and dotting between slots

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<sup>2</sup> <https://www.youtube.com/watch?v=fDledFMSN64&list=PLDpCJPATo8NQ92UNyy2tocmlGypEr-Ypf>

<sup>3</sup> ISBN 978-0689869907

<sup>4</sup> Adapted from catholicicing.com

## **Introduce Practice of Alms Giving**

**Say:** Today we are learning all about Lent. One of the most well known practices of Lent is giving something up we really enjoy for the season. This is called fasting.

**Ask:** What are some things we can give up for Lent? *(encourage children to think of things they enjoy or like as something to give up for Lent)*

**Say:** All of those are great ideas for giving up something for Lent. Another way to think about this is to give something up to help others. This is called almsgiving. Giving to others is important throughout the year, but especially during Lent. Collecting money for those in need is an important part of our Lenten journey. It teaches us to make sacrifices for others in the same way Jesus made the ultimate sacrifice for us by dying on the cross for our sins.

## **Learn about Heifer International**

**Ask:** When we collect alms, what are some things we can do with that money? *(affirm each idea, be sure to name some of the ongoing mission projects of the local church)*

**Say:** There are so many ways we can help others. This year we are going to collect Alms for Heifer International. Let's watch a short video to learn more about how Heifer and how we can help fight hunger around the world.

**Watch** YouTube video

**Ask:** What can buy through Heifer to help others? *(cow, goat, bees, etc.)*



## **Make Alms Crosses**

**Read:** Hebrews 13:16

**Say:** The Bible teaches us that God wants us to share our blessings with others. We can work together to help others by buying an animal from Heifer. All we need to do is earn a quarter, 25 cents, a day. To help us keep track of our alms, we are going to make alms crosses and put one quarter a day in a slot. By the end of Lent, we will have \$10 each!

- Give each child an alms cross
- Instruct children to decorate the alms cross

## **Workshop: Story**

**Scripture:** John 20:1-10

**Activity:** Plant Easter Gardens

### **Lesson Materials**

#### ***To Tell the Story:***

- Raw egg, 1 per class
- Cascarone, 1 per class
- Confetti
- Bowl
- Needle
- White tissue paper
- Glue stick

#### ***Advance Preparation:***

- Create a cascarone
  1. Pierce a hole in each end of a raw egg
  2. Reach through one hole with a needle to gently break up the yolk
  3. Blow air in one side to force the egg contents to out the other end
  4. Run cold water into the intact eggshell to clean
  5. Dry the shells in the microwave for 15-30 seconds.
  6. Cover one hole using white tissue paper and a clear glue stick
  7. Gently pour confetti into the empty shell
  8. Cover the second hole with white tissue paper

#### ***To Make Easter Gardens:***<sup>5</sup>

- Seed Starting Jiffy Mix (1 bag makes about 14 gardens)
- Wheat Berry (2lbs per 40 mini gardens)
- Small rocks (for drainage)
- 12" flower pot dish without drain hole or plastic plates
- 4" terra-cotta flower pot

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<sup>5</sup> Adapted from [houseofjoyfulnoise.com](http://houseofjoyfulnoise.com)

- Small popsicle sticks (or sticks) for crosses
- Glue dots (or twine if using sticks)
- Water
- Bucket
- Spray bottle
- Hand shovel
- Newsprint (for tables)

*Advance Preparation:*

- Cover tables with newsprint for easy cleanup

**Explain the Season of Lent**

**Say:** Today we are learning about Lent. I'm not talking about the lent in your belly button or your dryer. Lent is a special season in the church calendar.

**Ask:** Can anyone tell me how many days are in the season of Lent? (*40 days plus Sundays*)

**Say:** The word "Lent" comes from an old German root for "long" because the season of Lent takes place in the spring when the days get longer. It's a special time to prepare for the holiest day of the year: Easter.

**Ask:** What happens on Easter that is so important? (*the Resurrection of Jesus*)

**Say:** We can prepare for the resurrection of Jesus in many ways, by fasting, prayer, and almsgiving. The church also has some special traditions in worship used only during Lent.

**Ask:** Does anyone know what color is used in worship during Lent? (*purple*)

**Say:** Purple symbolizes repentance, which is a big word for saying "I'm sorry for bad things I've done." It also symbolizes royalty and we know Jesus is the King of kings.

**Ask:** When does Lent begin? (*Ash Wednesday*)

**Say:** From Ash Wednesday to Easter we celebrate the season of Lent. All to prepare us for the resurrection of Jesus.

### **Share the Story of Resurrection**

**Say:** As we journey through the season of Lent, it's good to keep in mind what we are going toward: Easter. That's the say when remember Jesus is alive! But, you know, that whole thing came as a big surprise, even to Jesus' closest friends. No one expected Jesus to live again.

It's like this egg (*show the raw egg*). When I crack it (*crack it in to the bowl*) it's full of yucky slimy stuff. It's what we expect to find in an egg.

But what if I told you this egg here was different (*show the cascarone but be careful to hide the holes!*). What if I told you it didn't have that yucky slimy stuff inside? Would you believe me?

...Well, let's find out! (*quickly, crack the egg over the children*) See, I was telling the truth. But it's not what you expected.

The same thing happened to the disciples. Everyone was totally surprised that Jesus was alive. That had never happened before. It was totally unexpected. But, it was a wonderful surprise!

Jesus is alive! And on Easter we celebrate Jesus rose from the dead and lives again. This is such a huge and awesome moment, it's easy to understand why we need to take special time to prepare.

**Pray:** God thank you for sending Jesus who was willing to die for all the bad stuff we have done. But what an amazing thing that he lives again. Help us to prepare for this amazing event throughout the season of Lent. Amen.

### **Make Easter Gardens**

**Say:** Lent is a long season. We may forget what it's all about and what we are suppose to be doing. So, today we are going to make Easter

Gardens to remind us daily of our need to prepare for Easter. By taking these home and watering them regularly, we can recall in the season of Lent we are getting ready for Easter.

**Direct** children to the prepared area for creating Easter gardens

- Place a small flower pot in the center of the large dish with the opening of the pot 2" from the inside edge of the dish
- Fill the bottom of the large potting dish with small rocks to secure the small pot in place; place the terra-cotta pot lid in front of the pot
- Mix water and seed starter in a bucket
- Scoop handfuls of dirt and place it all around the sides, behind, and on top of the small clay pot; be careful not to put dirt in front of the small pot lid so that it can roll away
- Spread seed all over the dirt
- Create three crosses by snapping a Popsicle stick in half and gluing it onto another stick; children may want to snap off all ends to make rough edges (or tie two sticks together using twine)
- Place the crosses into the soil