

PRACTICES FOR LENT

- Fasting makes space for God
 - Give up something.
 - Take on one new practice.
 - Eat simple meals.
- Almsgiving
 - Giving
 - [World Relief](#), [Safe Families](#), [Diaspora Network](#), [Mobile Loaves and Fishes](#), [Potter's House](#), [Hope Medical Clinic](#), or any of our COTC [mission partners](#)
 - Set out a small box in plain sight in your home where children can deposit money for a cause or organization whenever they feel led.
 - Service/Volunteering - Check in with the organizations above or organizations in your community for opportunities.
- Prayer
 - [Centering Prayer](#) (Book for kids: [Journey to the Heart](#))
 - Candles - Start with seven for the first Sunday in Lent and snuff one out each Sunday, to mark the passage of the season with prayers and readings.
 - Prayer Chain - Create a purple construction paper chain of 40 people or situations to pray for as you countdown to Easter. Pray for one a day.
 - Use [Book of Common Prayer](#) collects of the week and prayers for special occasions, as well as the Prayers of the People.
 - Incorporate a new resource into your devotional time.
 - [An American Lent](#) from the [Repentance Project](#).
 - *Journey with Jesus through Lent* - Glen E. Porter Sr.
 - *Make Room: A Child's Guide to Lent and Easter* - Laura Alary
 - *Where the Eye Alights: Phrases for the 40 Days of Lent* - Marilyn McEntyre
 - *Plenty Good Room: A Lenten Bible Study Based on African American Spirituals* - Marilyn E. Thornton & Lewis V. Baldwin
- Other Suggestions
 - [Lent/Easter Garden](#) (herbs, lemongrass, chia seeds, etc.)
 - Burying the Hallelujah - Write Alleluia or Hallelujah on a piece of paper and bury it in the yard or put it in a box and put it away; get it out on Easter Sunday with loud cries of Hallelujah!
 - [Make pretzels](#) - These little [breads](#) were meant to represent prayer--roll and form to make it look like arms folded over chest in prayer.
 - Music
 - Bach's [Passion Oratorios](#)
 - Potter's Gate's [Lamentations](#)
 - Lent/Easter songs to learn with children - "[Were You There](#)," "[What Wondrous Love Is This](#)," "[Give Me Jesus](#)," "[I Want Jesus to Walk With Me](#)"

PRACTICES FOR HOLY WEEK

- Make [crosses](#) out of palm fronds from Palm Sunday.
- [Peg dolls](#) - Use wooden peg dolls to create the characters from Holy Week. Create a Jerusalem, the Temple courts, or the upper room out of blocks and tell the [story](#) of each day of [Holy Week](#).
- Good Friday/Holy Saturday hike - Get out in nature and quiet your heart.

PRACTICES FOR EASTER SUNDAY AND EASTERTIDE

How/When/Where can you revel in new life/life in Christ?

- Feast! After a season of Lenten fasting, gather with family and friends to eat together and celebrate the resurrection with joy. Host a karaoke party or a hymn sing!
- Display Easter symbols—the Lamb of God, lilies, eggs—to remind you of the hope of the Resurrection.
- Use candles to track Easter to Ascension (40 days) for your personal devotion time or family time in the evenings—to remember Jesus the light of the world and to honor His presence in your lives throughout the Easter season.
- Listen to Handel's Messiah or Bach's Easter Oratorio and music by The Blind Boys of Alabama or Fernando Ortega (or anything that moves you to joyful contemplation of God's goodness, really!).
- Decorate in white and gold, the colors of Easter.