

Lent Project Ideas

What is a Spiritual Discipline? Things that we are committed to doing on a regular basis that help us grow more deeply in our faith.

Every year confirmation students engage in a Spiritual Disciplines project over Lent. The purpose is to intentionally practice different types of spiritual disciplines as they use their gifts and discover ways they best see the work of faith in daily living.

Spiritual disciplines can be identified as:

Prayer

Worship

Scripture (Bible) reading

Devotions

Service to one another

Generosity/stewardship

Fasting (refraining from certain practices)

Study of or learning from faithful people

Expressing your faith creatively

(poetry, art, music, etc)

As you plan ask yourself these questions:

What I would like to do for my project?

When am I going to start?

How frequent? (Example: Every day, every week?)

Things I may need help with?

Presentations will occur on April 22 as noted in the schedule, *beginning at 6pm* to provide enough time for all. Parents and Mentors are invited. Don't be worried about having a "flashy" presentation. The point is the process and engagement of the spiritual discipline throughout Lent.

Presentation Expectations:

The presentations can, but do not have to be, a physical demonstration such as a power point or scrapbook. If it includes writing, journaling, etc you must present your book/journal to show your progress (it will not be read without permission). Questions may be asked by those present. If you volunteer please keep a log about what you did, where, when, and your experience. PLEASE ask questions as you are working on your presentations. The focus is on the engagement of your project throughout Lent. Whatever you do should take you through a journey to get the most out of this experience as possible; do not wait until the last minute.

Scripture:

Please find a way to include scripture in your project and/or presentation. This can be done as a guide in what you're doing, it can help you relate to your project or it can inform what you are doing, or even be a main focus.

The goal is to learn different spiritual disciplines or ways to help you practice and understand various ways to live your faith and best connect with and listen to God.

Project Ideas

(Be creative and come up with your own...these are just a few ideas to help guide you.)

- *Daily prayer journal
- *Draw prayers and make a booklet or quilt
- *Design a prayer station that you use at home or that can be used at church. OR create a prayer area that people can use to pray during Lent at church.
- *Write a reflection on the sermon or scripture from each week, how it applied to your life (this is not just doing sermon notes, but requires in-depth reflection throughout the week)
- *Create a video or photo journal of prayers or visual prayers, scripture, or a way to share a message visually.
- *Paint different pieces of scripture, the 10 Commandments, Apostles Creed, Baptism, etc to be hung in the Sunday School classrooms.
- *Create a liturgical dance that can be shared in worship either during Holy Week or another weekend.
- *Create a worship space/experience at home for when you are not able to make to church on a Sunday. (or one that can be used on other days of the week for family devos, etc).
- *Scripture (Bible) reading: read parts of the Bible or one story over and over again and journal or create something as you go or do any of the below
- *Activity boxes--create boxes based on a Bible story that have projects or activities that help teach the lesson that families can check out and take home.
- *Read a passage of the Bible each week and write questions, wonderings, and a reflection on what was read.
- *Read a book of the Bible (example: Genesis, Jonah, Ruth, etc) and do some research on that book.
- *Study a historical figure such as Martin Luther, Dietrich Bonhoeffer, MLK Jr, Desmond Tutu, John Newton, Florence Nightingale, Rosa Parks, Mother Teresa, Sojourner Truth, etc. and how their faith played a role in their lives and impact on others.
- *Read a devotional book each day and make note of how it shapes your day.
- *Put together a podcast or daily/weekly post about faith or scripture.
- *Volunteer somewhere once a week OR at different places each week. Examples: MOHM's Place, VODEK, Children's Square, Center for Healthy Families (some of these may require advance notice with the organization)
- *Help the Service and Witness team plan one of their projects
- *Spend some time listening to people in your communities, those whom you know AND those who you don't. Blog or write notes about each interaction as you find out about people in this world. Do this with a parent or trusted adult if you choose to do something like this. Video Example: "Not A Stranger": <https://www.youtube.com/watch?v=EAu2fJufTqQ>
- *Help plan a "Diaper Derby" or similar collection of items needed for the Center for Healthy Families
- *Think about a way to raise awareness of an issue that connects us as people of God to the world--example: Relay for Life Team, basketball tournament with a connection to a Christian related cause, Lutheran World Relief, Global Refugee, etc.
- *Talk with one of the pastors about taking part in worship somehow
- *Go on visits/shut-ins with pastors and other church leaders