



REZKIDS FAMILY

# DEVOTIONAL RESOURCE

Lent 2013



## GOOD FRIDAY COLLECT

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*  
(BCP, p. 221)

RezKids Family Devotional Resource  
[www.churchrez.org/rezkids](http://www.churchrez.org/rezkids)

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# CONTENTS

A NOTE FROM AMY	4
FAMILY WORSHIP	
LENTEN FAMILY LITURGY	5
SCRIPTURE	7
LENTEN ACTIVITIES	12
FAMILY LIFE IN THE CHURCH	
LIVING LITURGICALLY	14
HOLY WEEK SERVICES	15

# A NOTE FROM AMY

Dearest Resurrection Families,

Each Lent I'm convicted by the story of the Prodigal Son. Even though the son realizes his sins and wants to repent he is not instantly back at his father's house. Jesus tells us that the son went off to a distant country and so he must have had a very long journey to return home. What did he think about on his journey? His shame must have been so great, that only his physical and emotional hunger kept him going. After this long journey, the son receives a fantastic party which he did nothing to deserve. At Easter Vigil we participate in the best party of the year, and we've done nothing to earn it. But like the lost son we also must journey to reach the celebration. Lent prepares us for this celebration by putting us on a road where we can reflect on our sins and unworthiness. We come from ashes, sin against God and each other, and return to ashes. Not exactly your typical bedtime story. And yet children, like adults, need to be reminded that they are not the center and they cannot earn Christ's grace.

So how can a family enter into the somberness of Lent together? While spiritual disciples often feel like they are for adults only, I encourage you that children can practice confession, fasting, and service as well. This Family Resource includes a simple liturgy that highlights confessing our sins and thanking God for his forgiveness. The family activities are uncomplicated ways to reflect on how we can serve others as Christ serves us. The Living Liturgically section focuses on how children can fast according to their abilities with their families.

As we set our faces towards Jerusalem, I hope your family worship points you towards Christ and his saving work on the cross. The Lenten journey does not go on forever, there is hope and new life at the end. We look towards the celebration of Easter which is all the sweeter when we have examined our hearts. May Christ bless you with his grace and renewed life as you prepare for Easter.



Blessings and joy,

Amy Patton  
Children's Pastor

# FAMILY WORSHIP

*Setting aside time for the Word, prayer and fellowship are essential for your family's life together. Worshiping together knits you together as a family and together with Christ. Although there is not a "right" way to worship together, I encourage you to always include Scripture, prayer and fellowship.*

## Lenten Family Liturgy

*The following liturgy provides a simple structure to worship this Lent. Have one family member be the leader each time and the rest of the family responds. Scripture passages are given below to insert within the liturgy.*

*Materials Needed: One large family candle, one small candle per person, one piece of paper and pen per person.*

Leader: **Bless the Lord who forgives all our sins.**

People: *His mercy endures forever.*

Leader: **It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation—the revelation of the glory of God in the face of Jesus Christ.**

Leader: While lighting the family candle,  
**The Light of Christ.**

People: *Thanks be to God.*

Leader: **Almighty and most merciful God, kindle within us the fire of love,**

**that by its cleansing flame we may be purged of all our sins and made worthy to worship you in spirit and in truth; through Jesus Christ our Lord. Amen.**

Leader: **We all have sinned.**

People: *We all have sinned.*

***Each person writes a sin he confesses on his piece of paper.***

Leader: **Create in us a clean heart, O God. And renew a right spirit within us.**

People: *Renew a right spirit within me.*

Leader: **Have mercy on me, O God, according to your loving-kindness and in your great compassion blot out my sins.**

People: *Renew a right spirit within me.*

***Crumple the paper into a small ball and place it in the middle of the circle. (You could also throw them into a trash can at this point or at the end of the liturgy).***

Leader: **Thank you, Jesus for forgiving all of our sins.**

People: *Thank you, Jesus.*

**Each person: Go around the circle and light each candle saying,**

*The Lamb is the Light of the city of God. I will see him face to face.*

Song: I want to walk as a child of the Light.  
I want to follow Jesus.  
God set the stars to give light to the world.  
The star of my life is Jesus.

Chorus: In Him there is no darkness at all.  
The night and the day are both alike.  
The Lamb is the light of the city of  
God.  
Shine in my heart, Lord Jesus.

I want to see the brightness of God.  
I want to look at Jesus.  
Clear sun of righteousness, shine on my path,  
And show me the way to the Father.

I'm looking for the coming of Christ.  
I want to be with Jesus.  
When we have run with patience the race,  
We shall know the joy of Jesus.

Leader: **This is the Word of the Lord**  
People: Thanks, thanks, thanks, thanks be  
to God.

***Read one of the following Scripture passages.***

Leader: **Thanks be to God for the reading  
of his Word.**

People: Thank you God. Thank you God.

Leader: **"For God so loved the world that  
he gave his one and only Son, that  
whoever believes in him shall not  
perish but have eternal life. For  
God did not send his Son into the  
world to condemn the world, but  
to save the world through him.  
This is the verdict: Light has come  
into the world, but men loved  
darkness instead of light because  
their deeds were evil."**

**Each person blows out their candle saying,**  
*Jesus the Light of the world died for  
me.*

Leader: **The Lord be with you.**

People: *And also with you.*  
Leader: **Let us pray.**

(Holding hands) Our Father, who art in heaven,  
hallowed be thy Name, thy kingdom come, thy will  
be done, on earth as it is in heaven. Give us this day  
our daily bread. And forgive us our trespasses, as  
we forgive those who trespass against us. And lead  
us not into temptation, but deliver us from evil. For  
thine is the kingdom, and the power, and the glory,  
for ever and ever. Amen.

Leader: **Let us bless the Lord.**  
People: *Thanks be to God.*

# Scripture Readings

*Choose a passage to read together as a family during the Lenten Family Liturgy. All Scripture passages are taken from the New International Version (NIV).*

## JOEL 2:12-14

<sup>12</sup>“Even now,” declares the LORD,  
“return to me with all your heart,  
with fasting and weeping and mourning.”

<sup>13</sup>Rend your heart  
and not your garments.  
Return to the LORD your God,  
for he is gracious and compassionate,  
slow to anger and abounding in love,  
and he relents from sending calamity.

<sup>14</sup>Who knows? He may turn and relent  
and leave behind a blessing—  
grain offerings and drink offerings  
for the LORD your God.

## ISAIAH 58:6-12

<sup>6</sup>“Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?

<sup>7</sup>Is it not to share your food with the hungry  
and to provide the poor wanderer with  
shelter—  
when you see the naked, to clothe them,  
and not to turn away from your own flesh and  
blood?

<sup>8</sup>Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness will go before you,  
and the glory of the LORD will be your rear  
guard.

<sup>9</sup>Then you will call, and the LORD will answer;  
you will cry for help, and he will say: Here am I.

“If you do away with the yoke of oppression,  
with the pointing finger and malicious talk,

<sup>10</sup>and if you spend yourselves in behalf of the  
hungry and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.

<sup>11</sup>The LORD will guide you always;  
he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.

You will be like a well-watered garden,  
like a spring whose waters never fail.

<sup>12</sup>Your people will rebuild the ancient ruins  
and will raise up the age-old foundations;  
you will be called Repairer of Broken Walls,  
Restorer of Streets with Dwellings.

## ISAIAH 53

53 Who has believed our message  
and to whom has the arm of the LORD been  
revealed?

<sup>2</sup>He grew up before him like a tender shoot,  
and like a root out of dry ground.

He had no beauty or majesty to attract us to him,  
nothing in his appearance that we should desire  
him.

<sup>3</sup>He was despised and rejected by mankind,  
a man of suffering, and familiar with pain.  
Like one from whom people hide their faces  
he was despised, and we held him in low  
esteem.

<sup>4</sup>Surely he took up our pain  
and bore our suffering,  
yet we considered him punished by God,  
stricken by him, and afflicted.

<sup>5</sup>But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on  
him,  
and by his wounds we are healed.

<sup>6</sup>We all, like sheep, have gone astray,  
each of us has turned to our own way;  
and the LORD has laid on him  
the iniquity of us all.

<sup>7</sup>He was oppressed and afflicted,  
yet he did not open his mouth;  
he was led like a lamb to the slaughter,  
and as a sheep before its shearers is silent,  
so he did not open his mouth.

<sup>8</sup>By oppression and judgment he was taken away.  
Yet who of his generation protested?  
For he was cut off from the land of the living;  
for the transgression of my people he was  
punished.

<sup>9</sup>He was assigned a grave with the wicked,  
and with the rich in his death,  
though he had done no violence,  
nor was any deceit in his mouth.

<sup>10</sup>Yet it was the LORD's will to crush him and cause  
him to suffer,  
and though the LORD makes his life an offering  
for sin,  
he will see his offspring and prolong his days,

and the will of the LORD will prosper in his hand.

<sup>11</sup>After he has suffered,  
he will see the light of life and be satisfied;  
by his knowledge my righteous servant will  
justify many,  
and he will bear their iniquities.

<sup>12</sup>Therefore I will give him a portion among the  
great,  
and he will divide the spoils with the strong,  
because he poured out his life unto death,  
and was numbered with the transgressors.  
For he bore the sin of many,  
and made intercession for the transgressors.

## JEREMIAH 31:31-34

<sup>31</sup>"The days are coming," declares the LORD,  
"when I will make a new covenant  
with the people of Israel  
and with the people of Judah.

<sup>32</sup>It will not be like the covenant  
I made with their ancestors  
when I took them by the hand  
to lead them out of Egypt,  
because they broke my covenant,  
though I was a husband to them,"  
declares the LORD.

<sup>33</sup>"This is the covenant I will make with the people  
of Israel  
after that time," declares the LORD.

"I will put my law in their minds  
and write it on their hearts.

I will be their God,  
and they will be my people.

<sup>34</sup>No longer will they teach their neighbor,  
or say to one another, 'Know the LORD,'  
because they will all know me,  
from the least of them to the greatest,"  
declares the LORD.

"For I will forgive their wickedness  
and will remember their sins no more."



## LUKE 15:11-32

<sup>11</sup> Jesus continued: "There was a man who had two sons. <sup>12</sup> The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

<sup>13</sup> "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. <sup>14</sup> After he had spent everything, there was a severe famine in that whole country, and he began to be in need. <sup>15</sup> So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. <sup>16</sup> He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

<sup>17</sup> "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! <sup>18</sup> I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. <sup>19</sup> I am no longer worthy to be called your son; make me like one of your hired servants.' <sup>20</sup> So he got up and went to his father.

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

<sup>21</sup> "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

<sup>22</sup> "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup> Bring the fattened calf and kill it. Let's have a feast and celebrate. <sup>24</sup> For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

<sup>25</sup> "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. <sup>26</sup> So he called one of the servants and asked him what was going on. <sup>27</sup> 'Your brother has come,' he replied, 'and your father has killed the

fattened calf because he has him back safe and sound.'

<sup>28</sup> "The older brother became angry and refused to go in. So his father went out and pleaded with him. <sup>29</sup> But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. <sup>30</sup> But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!'

<sup>31</sup> "'My son,' the father said, 'you are always with me, and everything I have is yours. <sup>32</sup> But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'"

## PSALM 103:8-14

<sup>8</sup> The LORD is compassionate and gracious,  
slow to anger, abounding in love.

<sup>9</sup> He will not always accuse,  
nor will he harbor his anger forever;

<sup>10</sup> he does not treat us as our sins deserve  
or repay us according to our iniquities.

<sup>11</sup> For as high as the heavens are above the earth,  
so great is his love for those who fear him;

<sup>12</sup> as far as the east is from the west,  
so far has he removed our transgressions from us. <sup>13</sup> As a father has compassion on his children,  
so the LORD has compassion on those who fear him;

<sup>14</sup> for he knows how we are formed,  
he remembers that we are dust.

## LUKE 9:28-36

<sup>28</sup>About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. <sup>29</sup>As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. <sup>30</sup>Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. <sup>31</sup>They spoke about his departure, which he was about to bring to fulfillment at Jerusalem. <sup>32</sup>Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. <sup>33</sup>As the men were leaving Jesus, Peter said to him, "Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." (He did not know what he was saying.)

<sup>34</sup>While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. <sup>35</sup>A voice came from the cloud, saying, "This is my Son, whom I have chosen; listen to him." <sup>36</sup>When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.

## JOHN 3:14-18

<sup>14</sup>Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, <sup>15</sup>that everyone who believes may have eternal life in him."

<sup>16</sup>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. <sup>17</sup>For God did not send his Son into the world to condemn the world, but to save the world through him. <sup>18</sup>Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

## MATTHEW 6:1-6, 16-21

<sup>6</sup>"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

<sup>2</sup>"So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. <sup>3</sup>But when you give to the needy, do not let your left hand know what your right hand is doing, <sup>4</sup>so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

<sup>5</sup>"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup>But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

<sup>16</sup>"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup>But when you fast, put oil on your head and wash your face, <sup>18</sup>so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

<sup>19</sup>"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. <sup>20</sup>But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there your heart will be also.

## JOHN 10:11-16

<sup>11</sup>“I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup>The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. <sup>13</sup>The man runs away because he is a hired hand and cares nothing for the sheep.

<sup>14</sup>“I am the good shepherd; I know my sheep and my sheep know me— <sup>15</sup>just as the Father knows me and I know the Father—and I lay down my life for the sheep. <sup>16</sup>I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd.

## COLOSSIANS 1:15-20

<sup>15</sup>The Son is the image of the invisible God, the firstborn over all creation. <sup>16</sup>For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. <sup>17</sup>He is before all things, and in him all things hold together. <sup>18</sup>And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. <sup>19</sup>For God was pleased to have all his fullness dwell in him, <sup>20</sup>and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

## ROMANS 5:6-11

<sup>6</sup>You see, at just the right time, when we were still powerless, Christ died for the ungodly. <sup>7</sup>Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. <sup>8</sup>But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

<sup>9</sup>Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! <sup>10</sup>For if, while we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! <sup>11</sup>Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

# Lenten Activities

## Burying the Alleluias

During Lent, we do not say Alleluia because it's not a season of celebration. We are in mourning as we prepare ourselves for Good Friday. At the beginning of Lent make beautiful banners or signs that say "Alleluia." Hide these banners around the house (or bury them outside) and leave them hidden throughout Lent. On Easter day, find them again and have an Alleluia parade around your home. Each family member can wave a banner and shout "Alleluia, Christ is risen indeed."

## Resurrection Rolls

Make the roll recipe below or grab your favorite pre-packaged, crescent rolls and a bag of marshmallows. Before you are ready to bake your rolls have each child put a marshmallow inside each roll's dough. Then seal it with butter and some cinnamon sugar. After baking the rolls, break open a roll: Where did the marshmallow go? Just as Jesus was laid in the tomb and was no longer to be found on Easter morning, the marshmallow, too, cannot be found. Enjoy eating these delicious tomb-like rolls!

### **Recipe (Adapted from King Arthur Flour)**

Makes: 24 rolls

Hands-on time: 30 minutes

Rise time: 40 minutes (two 20 minute rises)

Bake Time: 20-25 minutes

### **Ingredients:**

- 1/2 cup lukewarm water
- 2 cups warm milk ( 100 - 110°F)
- 3 tablespoons butter
- 2 tablespoons sugar
- 1 tablespoon salt
- 2 1/2 tablespoons yeast, instant preferred
- 6 to 7 cups all purpose flour
- Bag of large marshmallows
- Cinnamon sugar

### **Directions:**

- 1) Combine the water, milk, butter, sugar, salt and yeast in a large bowl. Stir well and let sit for 6 to 8 minutes, or until you see the yeast begin to foam.
- 2) Add flour, 1/2 cup at a time and blend with the dough hook of a stand mixer or by hand until a smooth ball begins to form. Knead by machine for 4 to 5 minutes or by hand for about 10 minutes until a soft, smooth ball of dough is formed. The dough should feel elastic and slightly tacky to the touch.
- 3) Lightly spray your work bowl with cooking spray and place the dough in the bowl. Spritz the top of the dough with spray as well and cover lightly with plastic wrap. Let rise for 20 minutes at room temperature or until the dough is full and puffy.
- 5) Gently deflate the dough and pat out to a rough rectangle about 8 inches by 12 inches. Cut the dough into 4 long strips, and then cut each strip into 6 portions for a total of 24 dough balls. Shape into round balls, using your cupped hands to roll the dough. Have a child place a marshmallow inside each piece of rolled dough.
- 6) Place the rolls into any of the following pans, well greased or lined with parchment paper: One half-sheet baking pan or 2 quarter-sheet pans. Two 13" x 9" x 2" pans. Four 8" or 9" round baking pans.
- 7) After the rolls are in the pans, sprinkle with cinnamon sugar, and cover again with your plastic wrap and let rise at room temperature for 20 to 25 minutes, or until well rounded and full looking.
- 8) Bake the rolls for 20 to 25 minutes at 350°F or until golden brown and an internal thermometer reads 190°F. Serve warm.

## Good Friday Gift Jar

Since almsgiving is one of the focuses of Lent, have a jar where every family member can place money into it. At different times, go on a coin hunt, where the family searches the couch cushions or the car for any coins and put them in the jar. On Good Friday, your family can bring all the money collected and give it to our Good Friday Gift.

## Devotional Basket

Have each family member write on paper slips different ways they can serve Christ and others in Lent. This could range from praying for friends to opening the doors for others, to doing extra chores without being asked. Each week let one child choose a piece of paper from the basket. The entire family can work together to complete this devotional activity during the week.

## Pretzels for Lent

Did you know that Pretzels were an accident that was made for Lent? In the 600's a monk was making bread during Lent. He only used flour, water, and salt because of his rules for fasting. To remind his fellow monks, he decided to shape the dough like someone crossing their arms to pray.

Make some pretzels as a family or eat them often during Lent to remind us to have a prayerful spirit.

### Soft Pretzel Recipe

- 1 package yeast
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 tablespoon salt
- 4 cups flour
- 1 egg

Mix together yeast, water, sugar, and salt in a large bowl. Stir in the flour, and knead until the dough is smooth. Shape into the pretzel shape of arms being crossed in front of you. Brush the dough with a beaten egg to give it a shiny finish. Sprinkle the top with salt, and bake in an oven preheated to 425 degrees for 15 minutes.

## An Evening Unplugged

"Turn off" one day or evening a week. Everything distracting from family time is turned off: phones, computers, tv, unplug the landline if you still have one. This time is meant for each person to be 100% fully present with each other. Play a game together or cook dinner. Maybe there's another activity from

this resource that you may want to do. Do your family devotions and have a prayer time. Whatever you choose to do, try to have all distractions removed from your time together.

## Stations of the Cross Eggs

Prepare your family for the Stations of the Cross on Good Friday by making a set of plastic eggs that have symbols for each station. On Good Friday hide the eggs around your home. Once you've gathered all of the eggs, go through them in order and explain what each symbol means. You could even keep an 18-egg crate and put the eggs in their own Stations of the Cross crate.

**Station 1:** *Jesus is condemned to death.* Piece of string for binding Jesus' hands.

**Station 2:** *Jesus carries his cross.* A cross. Try cutting popsicle sticks and gluing two pieces together to form a cross.

**Station 3:** *Jesus falls the first time.* A band-aid.

**Station 4:** *Jesus meets his mother.* A small heart with a Mary sticker on it or a small blue cloth.

**Station 5:** *Simon helps Jesus carry his cross.* A hand-shaped piece of paper for Simon's helping hands.

**Station 6:** *Veronica wipes Jesus' face.* Scrap of fabric with Jesus' face sketched on it.

**Station 7:** *Jesus falls the second time.* A band-aid.

**Station 8:** *Jesus meets the women of Jerusalem.* A tissue to dry their tears.

**Station 9:** *Jesus falls the third time.* A band-aid.

**Station 10:** *Jesus is stripped of his garments.* A small garment cut from felt with a piece of string tied around it.

**Station 11:** *Jesus is nailed to the cross.* A nail.

**Station 12:** *Jesus dies on the cross.* A small plastic crucifix.

**Station 13:** *Jesus is taken down from the cross.* A picture of Michelangelo's Pieta.

**Station 14:** *Jesus is laid in the tomb.* A rock for sealing the tomb.

# FAMILY LIFE IN THE CHURCH

## Living Liturgically

*Church of the Resurrection cherishes the traditions, symbols and rituals the Church has practiced for centuries. These traditions greatly enrich our faith and help us live within the common life of the Church. Although children notice these traditions, they can be confusing if not clearly explained. By explaining colors and calendars, rituals and rites we are acknowledging children's place within the Great Tradition.*

## Fasting for Lent: Preparing for Our Favorite Food

When was the last time you were really hungry? Maybe you lost your appetite from being sick and then realized how hungry your stomach was when you got better. Or maybe it was just one of those days that when dinner time came, your stomach was yelling, "Let's eat!" We all know what it feels like to have an achy, hungry, growling stomach. It doesn't feel very good, does it?

If you are thinking about the last time you were really hungry, then there is probably another thing that you remember. You probably recall how the hungry feeling got you ready to enjoy eating some food. Do you remember how satisfied you were when you got to fill your growling stomach with one of your favorite foods? You probably enjoyed it even more than usual because you were so hungry. Did you know that during the season of Lent, the Church teaches us to learn about another kind of hunger that we all have?

***Fasting Teaches Us that We are Hungry for God***  
On Ash Wednesday, the very first day of Lent, the priest says to us,

*I invite you in the name of the Church, to the observance of a holy Lent, by self examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.*

Why does the Church invite us to fast? There are many reasons, but one of the main ones is that God wants us to get ready to celebrate the best food ever! Every single one of us is hungry. We are not just hungry for something to put in our stomachs. There is an even stronger hungriness in us. This hunger comes from our hearts. **We are all hungry for God. When we fast, we are letting our hungry stomachs teach our hungry hearts to ask God to fill us with his love.** As Lent continues, and our hungry stomachs keep reminding us of our hungry hearts, something amazing will happen. Easter will come! And our hungry hearts can feast on the new, resurrection life of Jesus! The resurrection life of Jesus is eternal food for us! You will enjoy Easter all the more when you let the discipline of fasting teach you how hungry you are for him.

## Some Tips for Fasting in Lent

- ❖ Talk to your mom and/or dad about how you might be able fast. Maybe you could stop eating your favorite snack or dessert. Maybe you could decide not to watch TV during Lent (there are many types of things to fast from).
- ❖ Ask your mom or dad how your whole family might be able to fast together.
- ❖ Read John 6 with your family. Jesus says that he is our food that comes down from heaven. What does this make you think of? (Hint: we do this every Sunday.)
- ❖ Ask God to help you know how hungry you are for him.
- ❖ When you feel hunger in your stomach, ask God help you pray for others. When Jesus came, he fasted for us (Matt. 4:@). In a mysterious way, Jesus invites us to have a hungry stomach with him as we pray for our neighbors, friends, and family.

When Easter comes, be glad and say ALLELUIA as loud as you can!!!

# Holy Week Services

*The special Holy Week services are a time when children can encounter the Lord in powerful ways, either through a deep sense of conviction of sin on Good Friday, or through the joy of worshipping the Risen Christ on Easter Vigil and Easter Sunday. We have listed all of the services below. There are descriptions by the services that we think are especially appropriate for families. The asterisks designate services where childcare (5 & under) is provided for the first 90 minutes.*

## Sunday, March 24

### ❖ 9 & 11 am – Palm Sunday Service

(Church of the Resurrection Sanctuary)

Palm Sunday kicks off Holy Week with a celebratory procession that mirrors Jesus' entry into Jerusalem. It is an exciting service but it also foreshadows Jesus' coming death. Children can join the fun by walking in the procession. Children especially enjoy waving their palm branches to celebrate and honor the King Jesus. After the professional, children enjoy normal RezKids ministry for all ages.

## Wednesday, March 27

### ❖ 7pm - Tenebrae Service

(Church of the Resurrection Sanctuary)

## Thursday, March 28

### ❖ 12pm – Blessing of Oil & Water

(Church of the Resurrection All Saints Chapel)

### ❖ 7pm – Maundy Thursday Service\*

(Church of the Resurrection Sanctuary)

The Maundy (meaning 'washing of the feet') Thursday service is based on Jesus' last night with his disciples. During the service, we participate in Jesus' last acts with his disciples by washing each other's feet and celebrating Communion. Remember to wear shoes that you can easily take on and off for the foot washing! Prep your children about the time of foot washing, and how it shows Jesus' humility and how he came to serve us, and how we should follow after his example.

## Friday, March 29

### ❖ 10:30am & 1pm – Confessions

(Church of the Resurrection Offices)

Confessions are available both for adults and children (using Rite of Confession for Children).

### ❖ 12pm & 3pm – Stations of the Cross

(Outside of Church Building)

This devotional service journeys with Jesus during his suffering, death and burial. This service is held outside, so please come dressed for the weather.

### ❖ 7pm – Good Friday Service\*

(Church of the Resurrection Sanctuary)

In this somber and contemplative service we remember Christ's death and realize the cost of our sin. It is called "Good Friday," because in the most tragic event in history God brought about our greatest good, the forgiveness of our sins. We have a tradition of confessing sins and praying at the foot of the cross. Families are encouraged to come up together to the cross. We also have a tradition of giving money towards the Good Friday Gift.

## Saturday, March 30

### ❖ 12pm – Holy Saturday NoonDay Prayer

(Church of the Resurrection, All Saints Chapel)

### ❖ 6:00pm – Easter Vigil\*

(Edman Chapel, Wheaton College)

This is a four part liturgical service, moving from mourning Jesus' death, to remembering God's promises through dramatized Old Testament Readings, to baptisms and welcoming of new members of the church, and finally culminating in the Great Alleluia, celebrating Jesus' resurrection. This is a service of celebration and joy unlike any other, and the joy children experience during this service can mark them for a lifetime. Remember to bring your bells for the Holy Noise!

## Sunday, March 31

### ❖ 9 & 11am – Easter Sunday Services

(Church of the Resurrection Sanctuary)

This service continues the celebration of the Easter Vigil. We celebrate the Risen Christ through our Sunday morning liturgy. There will be a special RezKids event during the service.

