Keep an Eye on the Cover!

Right now the cover is simply a cross made out of dirt. It looks a lot like the ground outside: cold, hard, unchanging and kind of boring. However, just like the weather will warm and the ground will spring to life, throughout Lent we will see how our hearts can grow and blossom as we place them in the hands of the master gardener, Jesus!
Dear Parents,

Starting Sunday, February 18, a daily devotional will be provided weekly in these 3 ways:

- A booklet will be handed to children as they leave Sunday school each week
- You can download a PDF version embedded in the Sunday "Read It, Teach It, Live It" emails or
- Find a link on the FPC website on the Children’s Resources page.

These devotions are designed to be used by the parent and the child together. There is a Bible verse, a thought and a prayer for each day.

Our prayer is that this booklet would cause/launch faith conversations to happen between parent and child. We want children to understand not only the importance of what Jesus did on the cross, but how that impacts them today and in the choices they make on life’s path.

Choose a time of day, whether it be breakfast, dinner or before bed, to sit where your eyes can meet and discuss the 40 days we celebrate as Christians....the most important 40 days in the Christian calendar.

As we take this journey together please let us know ways we can support and assist you in discipling your family.

Your Partners in the Journey,

The Children’s Ministry Team
of First Church Tulsa
History of Lent

The season of Lent leads up to the most holy of Christian days, Easter Sunday. The forty days of Lent begin Ash Wednesday and end at dusk the Saturday before Easter, not counting the Sundays in between. The Sundays during Lent, like every Sunday, are considered weekly celebrations of the resurrection. Many denominations encourage disciples to renew and strengthen their faith during Lent. Plans are made for community-wide Lenten preparation through the spiritual disciplines of prayer, Bible study, fasting, and service.

This preparation is a historical model from the early church. New believers were mentored in the Christian faith weeks before Easter, preparing for their baptisms at the Great Easter Vigil. The idea of giving something up for Lent came out of this tradition, when fasting—abstaining from food as an act of discipline in solidarity with others in the community...Fasting or giving up something for Lent can be a good way to explore a deeper expression of faith. [Fasting is not meant to be an outward sign for others or a way to seem more holy. My removing things that are important to us it helps remember how much we should be relying on God]

Presbyterians may find it meaningful to give something up for Lent, but it is not required. Some disciples may find a more valuable spiritual exercise in taking something on during Lent—a more Christ-like attitude toward others, a humble spirit at work, or a feeling of gratitude in the midst of scarcity. Whatever spiritual disciplines and preparations are embraced during Lent, they can help us prepare for or renew our baptisms as part of the resurrection celebration at Easter.
Week 1 of Lent

Resisting Temptation

Choosing to Follow
God’s Path
Instead of Our Own
Sunday

Scripture: “Those who love me, I will deliver: I will protect those who know my name.” Psalm 91:14

Thought: Jesus loves us. We can always call on him and he will come to our rescue.

Prayer: Jesus, thank you for loving me. Help me to always trust you and call on you when I need help. Amen.

Monday

Scripture: “And lead us not into temptation, but deliver us from the evil one.” Matthew 6:13

Thought: It is not a sin to be tempted. Temptation is part of life. Temptation turns into sin when we don’t choose God’s best for our lives. God doesn’t ask us to resist temptation in our strength. He gives us the Holy Spirit to help us!

Prayer: Dear God, thank you for leading me away from temptation and showing me your best for my life. Amen.
Tuesday

**Scripture:** “We have a high priest who can feel it when we are weak and hurting. We have a high priest who has been tempted in every way, just as we are. But he did not sin.” Hebrews 4:15

**Thought:** Jesus experienced temptations in life just like we do. He trusted the Holy Spirit to give him the strength to choose God’s best. When we are struggling to make good choices we can ask the Holy Spirit for help and know Jesus understands how we feel.

**Prayer:** Jesus thank you for coming to earth and experiencing all the joys and struggles of life. Help me to remember that you are a great example and you understand what is going on in my life. Amen.

Wednesday

**Scripture:** “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16

**Thought:** Sometimes after we make a bad choice, we can feel sad or ashamed, and think that God is mad at us. But we have a loving Heavenly Father that always forgives us when we come to him. We don’t have to be scared. We can boldly approach God with what is going on in our lives.

**Prayer:** Dear God, thank you for always loving me and forgiving me. Help me remember I can always talk to you. Amen.
Thursday

**Scripture:** “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” 1 Corinthians 10:13

**Thought:** When we are being tempted to make bad choices we can feel very alone. This verse reminds us that what we are feeling is common to people throughout the world, but we don’t have to be controlled by it. We have a faithful God that is bigger than anything we’re going through. We just need to look to him and he will show us the right way to go.

**Prayer:** Jesus, thank you for always providing a way out of temptation. Help me remember to always look to you! Amen.

Friday

**Scripture:** “Out of my distress I called on the Lord; the Lord answered me and set me free.” Psalm 118:5

**Thought:** We usually think of freedom as getting to do whatever we want, but sometimes the things we think we want can really be what is holding us back from the freedom God wants to give us. God’s rules and guidelines are not to keep us from having fun, they are there to protect us and give us freedom.

**Prayer:** Dear God, thank you for teaching me how to live in a way that is good for me and pleasing to you. Thank you for being patient with me and forgiving me when I make bad choices. Help me to follow you! Amen.
Saturday

**Scripture:** “But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, ‘Great is the Lord!’” Psalm 40:16

**Thought:** As God’s children we have so much to be thankful for. Our hearts should be bursting with joy at the mercy and grace we have received! This joy should flow out of us and into others so we tell them about how GREAT our God is!

**Prayer:** Jesus, thank you for coming to save me and filling my life with your freedom and joy! Help me to share this good news with others, because you want them to be part of your family too! Amen.

Jesus conquers temptation & through him we can too!

See if you can find this window in the sanctuary on Sunday!
Activity Idea

Lent Activity Cross

Supplies:

• 40 small pieces of white paper
• Purple paper to form a cross
• Pens or markers
• Tape

Instructions:

During the season of Lent, we take time to think about our need for Jesus’ sacrifice. Three ways we can do this is through fasting, praying and serving. As a family, brainstorm different ways you can participate in these activities throughout Lent.

Divide your pieces of white paper into 3 categories (13 in each, with 1 extra you can add to any pile). Depending on which category you are working on, write on each piece of paper either one thing you can fast from as a family for the day, something you can pray for as a family that day, or one way you can serve others as a family.

Make a large cross with your purple paper and hang it somewhere that is visible and easily accessible.

Each morning, pick out one slip of paper and as a family participate in that activity for the day. You can either shuffle all your papers together or you can keep the 3 categories separate and rotate through them every three days.

At dinner or bedtime talk about your experience with fasting, praying or serving that day.

• What was difficult about it?
• What was rewarding?
• What did you learn?
• How did this remind you of Jesus and his heart for us?
Then tape your white pieces of paper with the days activity to the purple cross. As we work our way through the season of Lent, point out how the cross is transitioning from more purple to more white.

Purple is the liturgical color for Lent: repentance and contemplation. White is the liturgical color for Easter: purity, holiness, and restoration. Use this visual as a way to demonstrate how Jesus cleanses our hearts and brings us into relationship with him as we surrender and put him first in our life.

Make this a fun experience for your family. Do not get caught up in perfection or legalism, but in being intentional. Do what works best for your family. If mornings are too hectic, do it at night for the next day. Choose the size of your cross and white paper based on your space and what works best for you. Help your family choose activities that stretch them, but are also doable.

**Activity Examples:**

**Fasting:** Don’t watch TV today, don’t listen to the radio today, don’t complain today, don’t drink anything, but water today, do not eat any sweets today.

**Praying:** Pray for our teachers, pray for those with cancer, pray for our neighbors, pray for our pastors, pray for those who have hurt you.

**Serving:** Do an extra chore without being asked, be extra patient today, keep your eyes open for ways you can help others all day long, do your chores joyfully, be kind to those who annoy or upset you, help a younger sibling with their chores, donate clothes to those that need them more than you do, sign up to greet as a family at church.

These are just a few ideas! We would love to hear what your family comes up with!

*Be stretched, be intentional and have fun!*

The Children’s Ministry of First Presbyterian Church, Tulsa...

Where our mission is to encourage children and their families to trust and know Jesus Christ as their Lord and Savior and grow in faith; connect with others in FPC’s Christ-centered community; learn to serve Christ at home, school and the neighborhood.

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