Dear Parents,

Each week an instalment of our Lenten family devotional will be available in 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 Resource page: firstchurchtulsa.org.

These devotions are designed to be used by the parent and child together. There is a Bible verse, a thought and a prayer given 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 helps us 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.

From: www.presbyterianmission.org/ministries/curriculum/lenten-practices-101/
Week 3 of Lent

Watch and Listen

Learning from Jesus
Sunday

**Scripture:** “You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.” Psalm 63:1

**Thought:** Have you ever been extremely thirsty, where the only thing you can think about is getting a drink of water? This is how Jesus wants us to feel about him. He desires for us to want him more than anything else. He promises that if we seek him, we will find him and he will fill us with his living water.

**Prayer:** Jesus thank you for making yourself known to me. Help me to be thirsty to know you more! Amen.

Monday

**Scripture:** “After three days they found [Jesus] in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers.” Luke 2:46-47

**Thought:** This happened when Jesus was just twelve years old. He was already teaching people the truth about who God is. We are never too young to be a teacher and never too old to be a student.

**Prayer:** Jesus, thank you for showing me what it is like to be a good student and teacher. Help me be a good listener and a bold teacher for you! Amen.
Tuesday

Scripture: “But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you... Do to others as you would have them do to you.” Luke 6:27-28,31

Thought: If someone is mean to us we naturally want to be mean back. However, Jesus taught us it is better for us to be kind and loving to everyone, especially those who do not act that way to us. When we do this we show others the kind of love God has for them.

Prayer: Dear God, Thank you for always loving me and teaching me how to love others. Help me remember to love my enemies and treat others the way I want them to treat me. Amen.

Jesus learning and teaching as a boy!
Wednesday

Scripture: “One day Jesus said to his disciples, “Let’s go over to the other side of the lake.” So they got into a boat and left. As they sailed, Jesus fell asleep. A storm came down on the lake. It was so bad that the boat was about to sink. They were in great danger. The disciples went and woke Jesus up. They said, “Master! Master! We’re going to drown!” He got up and ordered the wind and the huge waves to stop. The storm quieted down. It was completely calm. “Where is your faith?” he asked his disciples. They were amazed and full of fear. They asked one another, “Who is this? He commands even the winds and the waves, and they obey him.” Luke 8:22-25

Thought: Jesus didn’t calm the storm to show his friends how cool he was or even just to save them from the waves. Jesus acted 1) because they asked him too and 2) to show us how powerful God is. Even the wind and waves obey him.

Prayer: Dear God, Thank you for sending Jesus to earth so we could better understand how much you love us and how powerful you are. Help us remember to call on you when we are scared. Amen.

Rembrandt, a famous painter, made this picture to illustrate this Bible story.

Write a caption for this picture:
Thursday

Scripture: “Late in the afternoon the Twelve came to him and said, ‘Send the crowd away so they can go to the surrounding villages and countryside and find food and lodging, because we are in a remote place here.’ He replied, ‘You give them something to eat.’ They answered, ‘We have only five loaves of bread and two fish—unless we go and buy food for all this crowd.’ (About five thousand men were there.) But he said to his disciples, ‘Have them sit down in groups of about fifty each.’ The disciples did so, and everyone sat down. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.” Luke 9:12-17

Thought: Sometime we think we know what is best and try to tell God what to do, but he has even bigger plans and ideas. It’s ok to tell God our thoughts, but we should always be listening for God’s ideas and be quick to obey!

Prayer: Dear Jesus, I’m so glad you are not limited by my ideas. Help me listen to your plans and be quick to follow your instructions. Amen.

Draw your own picture of Jesus feeding the 5000:
Friday

Scripture: “The men came to Jesus. They said, “John the Baptist sent us to ask you, ‘Are you the one who is supposed to come? Or should we look for someone else?’ “At that time Jesus healed many people. They had illnesses, sicknesses and evil spirits. He also gave sight to many who were blind.” Luke 7:20-21

Thought: The Israelites had been waiting for the Messiah for hundreds of year. When they started noticing the way Jesus talked and acted some thought maybe this is him, and they were right! Jesus didn’t perform miracles to show off or draw a big crowd. He did these things to show people who he was, the son of God.

Prayer: Jesus you are so powerful and amazing. Thank you for showing us who you are. Help us live in a way that points other to God too. Amen.

Saturday

Scripture: “Which is easier: to say, ‘Your sins are forgiven,’ or to say, ‘Get up and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the paralyzed man, “I tell you, get up, take your mat and go home.” Immediately he stood up in front of them, took what he had been lying on and went home praising God.” Luke 5:23-25

Thought: Jesus cares about our physical needs but he knows that we have spiritual needs that only he can fill. Often Jesus used physically healing to help people understand what he was doing in their hearts.

Prayer: Jesus, thank you for caring about my body and my heart. Thank you for fixing the broken places and making me whole. Amen.
The Gospels are full of more stories about Jesus’ teachings and miracles, but they don’t stop there. Jesus is still teaching and doing miracles today! So remember to keep your eyes and ears open for what God wants to show you!

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

Next week we will learn more about
Activity Idea

Soak it Up!

Supplies:
- 2 dry sponges—new or hard
- A large plate or bowl
- Glass of water

Place an old dried out sponge (or a never used sponge) on a plate and have everyone feel.

Did you notice how hard and stiff it is? Our hearts can be like this dry sponge when we aren't living with Jesus and staying on his path.

Now pour water on the sponge a little at a time. This is like each time we pray, read scriptures or do an act of kindness. Those actions change us. They make us softer and more teachable. They make us more like Jesus.

The sponge didn’t change completely with the first drop of water, but continued to change the more and more water it received. Now feel the sponge. What happens when you press on it?

Did water come out? If not, keep adding little bits of water, until it does. We are like the wet sponge when our heart is full of truth and love from walking with Jesus. When we get pressed by hard things in life the love and mercy we have received from Jesus flows out of us.

Now add even more water until it starts to pool on the plate because the sponge is full. Place the second dry sponge on the plate next to the soaked sponge. Watch what happens to the water on the plate and the dry sponge!

When we are full of Jesus it can’t help but spill out to those around us and change them too!

What do you think the sponge would feel like if we came back to it tomorrow and didn’t add any more water?

It would be hard again. That’s why it is important for us to walk with and learn from Jesus every day! We want to keep our hearts soaked in his word and love so we can give it to others!
1. Soaking up the overflow

2. Pour on the water

3. Feel how it’s changed

4. Pressure makes it leak.

5. It’s completely full.

6. 2nd Dry Sponge

7. Soaking up the overflow

Idea From: yourlifeuncommon.blogspot.com/2012/05/fhe-doing-our-dailies-teaching-effects.html
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.

Spring Festival

SATURDAY
APRIL 13
First Church Courtyard

FREE Egg Hunt for Children up to 8th Grade Starts Promptly at 10:00 a.m.

Easter Story, Craft & Treats

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