Dear Parents,

Starting Sunday, March 5, 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.

From: www.presbyterianmission.org/ministries/curriculum/lenten-practices-101/
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 Prayer Chain

Supplies:

- 40 strips of paper (purple is a traditional Lenten color, but any color will work)
- Pens or markers
- Tape or stapler

There are two ways to do this activity. You can either count up or count down to Easter.

If you want to count down:

As a family, write down 1 thing you want to pray for on each slip of paper. Think about those in your extended family, teachers, coaches, neighbors, friends and others facing challenges in our city, state and around the world. The newspaper is a good source of ideas if you find you’re running low. You can also write down the same thing multiple times if needed.

Then link the slips of paper together securing the ends with either tape, or staples.

Place the chain somewhere you’ll see it each day. Choose a good time when the family is together maybe at breakfast, dinner or before bed. Start at one end and every day remove the slip from the chain and pray for this person or conflict.

As the chain gets shorter and shorter it is a great visual reminder we are getting closer to Easter!!!
If you want to count up:

Place all your strips of paper, pens and tape or stapler in a basket and put it in a place you can easily access everyday. Instead of writing something on all the strips of paper right now, you can start with one and pray for it. Each day you’ll write on another slip, pray for it and add it to the chain. As the chain gets longer and the stack of slips gets smaller, it’s a good visual reminder of some of the reasons why Jesus came, died and rose again!!!

Keep an Eye on the Cover!

Right now the cover is just three purple lines. Lent is a time set aside in the church calendar for simplifying our lives so we can reflect on our need for Jesus and what he is doing in us. Each week you will see a little more added to the picture, reflecting how we are growing and learning.

Pick up your copy of next week’s devotion in Sunday School, at the book table in the Atrium or download a copy online at the Children’s Resources page of the church website: firstchurchtulsa.org
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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