



FEBRUARY 21
FIRST SUNDAY OF LENT
2021



“Lord,
teach us to
pray...”

LEWINSVILLE PRESBYTERIAN CHURCH - "BRINGING HOME THE MESS"

Prayer Labyrinths

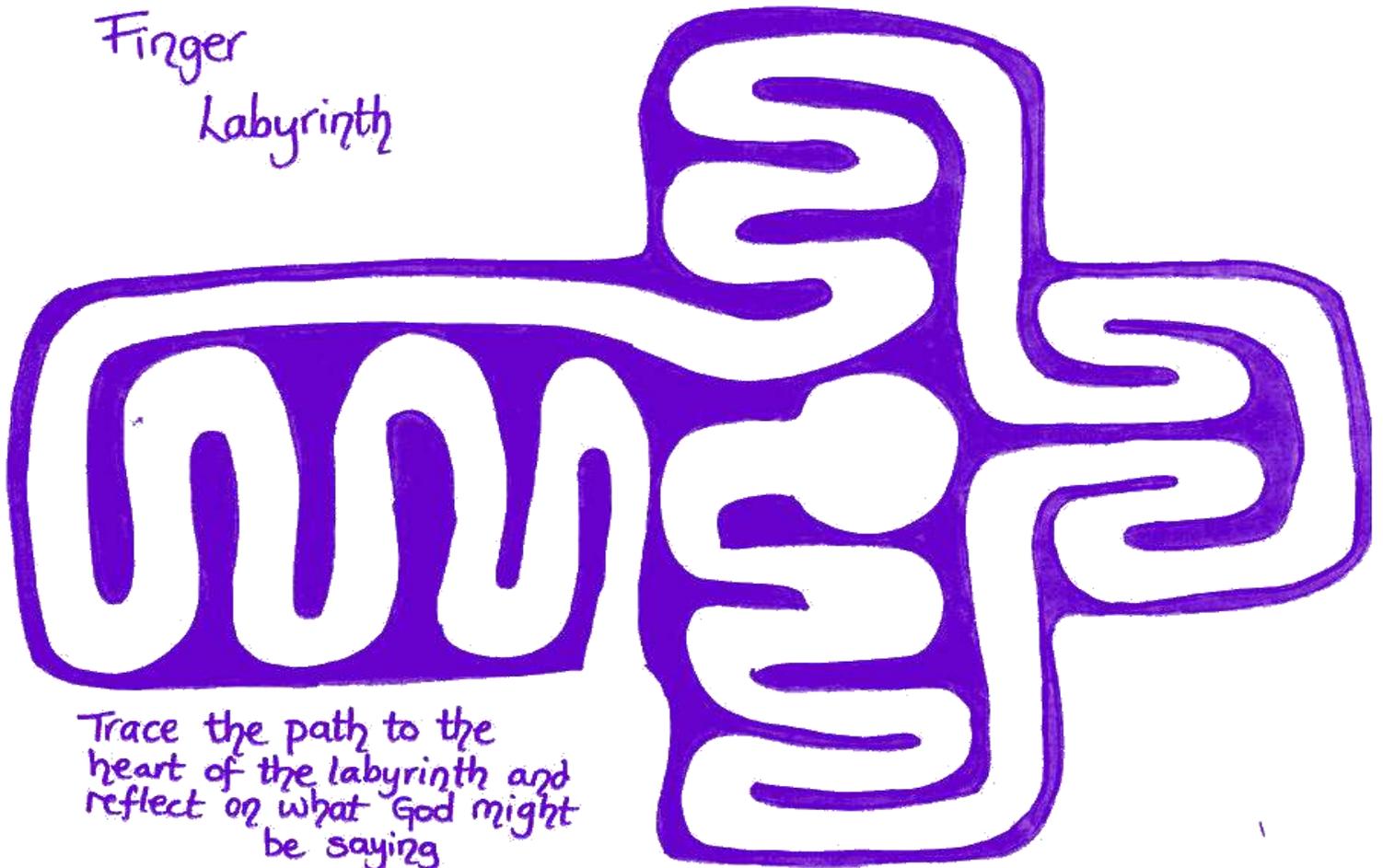
THE LABYRINTH IS AN ANCIENT FORM OF PRAYER PILGRIMAGE. THIS MINI MESS CONTAINS IDEAS FOR DIFFERENT TYPES OF LABYRINTHS.

START: TRACE SLOWLY AROUND FROM THE ENTRANCE, PRAYING ABOUT ALL ASPECTS OF WHAT CONCERNS YOU, AS YOU JOURNEY TO THE CENTER.

MIDDLE: IN THE MIDDLE, HAND THIS WORRY OVER TO GOD. KNOW THAT YOU ARE DEEPLY LOVED, AND THAT GOD WANTS TO FREE YOU FROM THE THINGS YOU ARE WORRIED ABOUT.

EXITING: SLOWLY MAKE YOUR WAY OUT OF THE LABYRINTH, KNOWING THAT THIS WORRY HAS BEEN LEFT IN THE MIDDLE, IN GOD'S HANDS.

Finger
Labyrinth



Trace the path to the heart of the labyrinth and reflect on what God might be saying

Simple Sensory Marble Labyrinths



Marble Labyrinth

THE IDEA WITH THIS METHOD IS THAT THERE IS A MARBLE TRAPPED BETWEEN TWO LAYERS OF FELT, WHICH YOU MOVE ALONG THE LABYRINTH PATH WITH YOUR FINGERS.

THERE ARE OBVIOUSLY MUCH MORE ELABORATE LABYRINTH PATTERNS YOU CAN MAKE, BUT KEEP IT AS SIMPLE AS POSSIBLE...

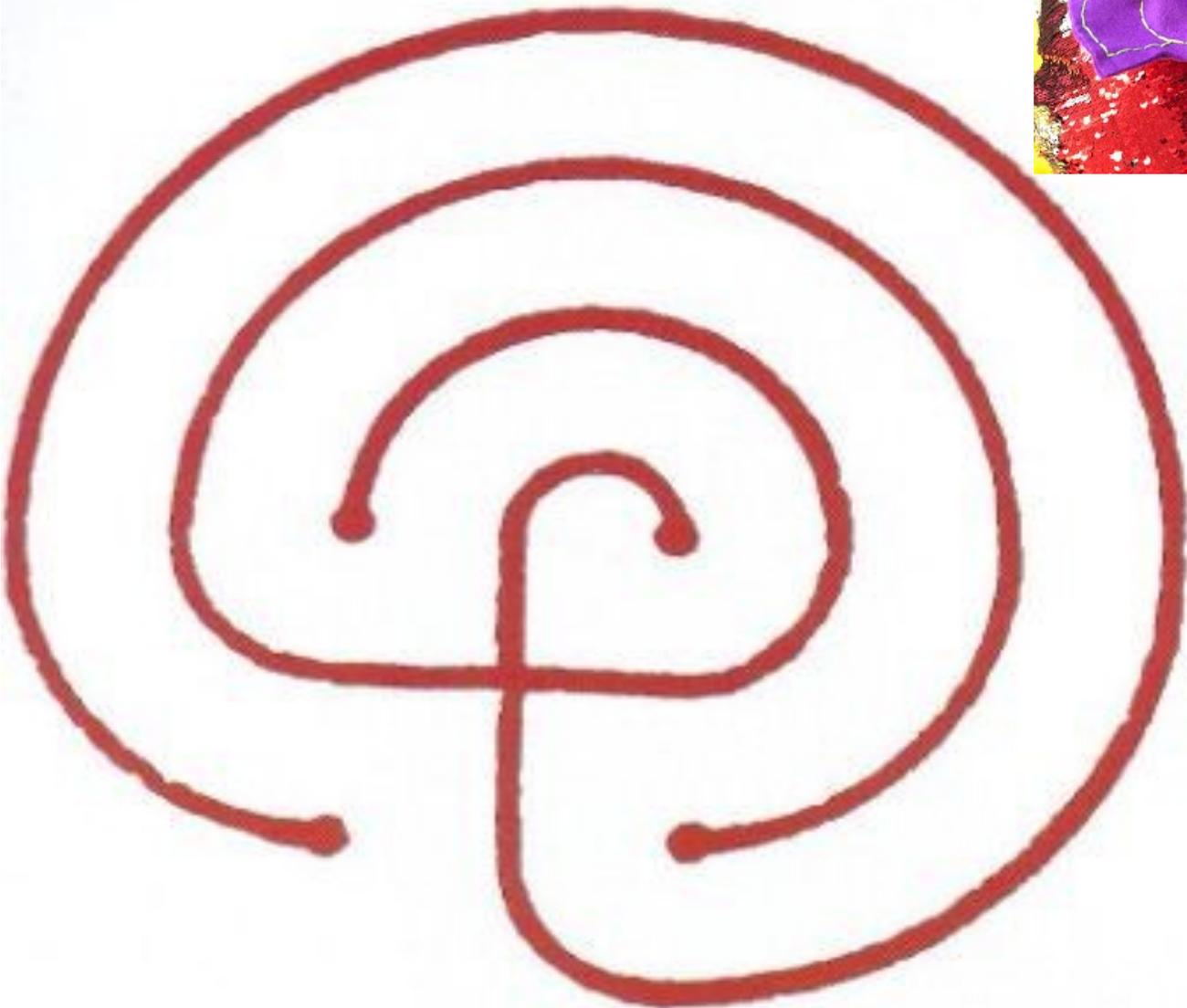
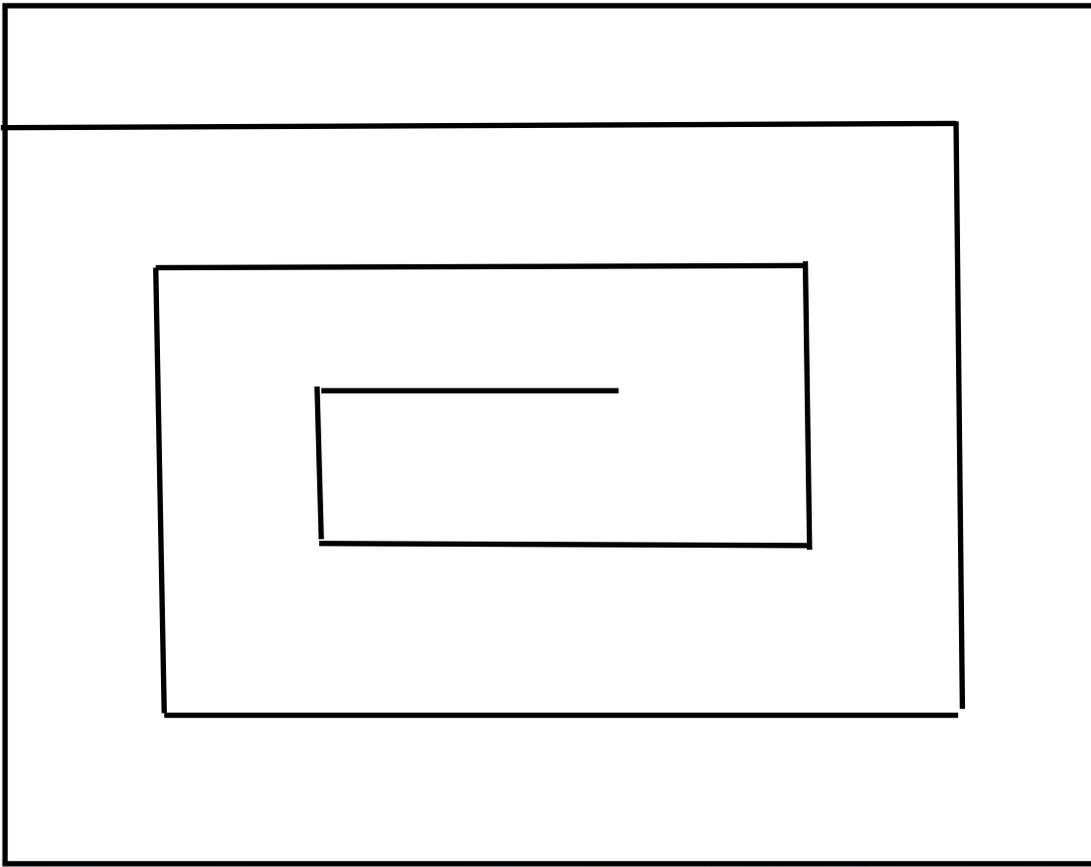
YOU WILL NEED:

- PIECES OF FELT (FOR EACH LABYRINTH SHOWN IN PICTURE ARE 2 RECTANGLES OF 6 X 4 3/4 INCHES),
- EMBROIDERY THREAD,
- NEEDLE,
- SCISSORS,
- MARBLES

DIRECTIONS:

1. LAY ONE RECTANGLE ON TOP OF THE OTHER AND SEW THE EDGES TOGETHER, LEAVING A HOLE OF ABOUT 1 INCH AT THE TOP LEFT HAND CORNER (AS SHOWN). **TWO PATTERNS ARE ON THE FOLLOWING PAGE FOR A RECTANGULAR AND CIRCULAR LABYRINTH.**
2. SLIP A MARBLE THROUGH THE HOLE SO THAT IT SITS BETWEEN THE TWO LAYERS OF FELT.
3. SEW YOUR LABYRINTH LINES SO THAT THE NEEDLE AND THREAD GOES THROUGH BOTH LAYERS OF FELT. LINES WILL BE ROUGHLY 1 INCH APART.
4. YOU SHOULD BE ABLE TO USE YOUR FINGERS TO MOVE THE MARBLE FROM THE OPENING HOLE TO THE MIDDLE OF THE LABYRINTH AND BACK AGAIN. HAVING THE MARBLE INSIDE WHILE YOU SEW, AND PUSHING IT ALONG AS YOU PROGRESS, IS USEFUL BECAUSE IT HELPS YOU TO SEE THAT YOUR LINES ARE AN ADEQUATE DISTANCE APART.
5. WHEN YOUR LINES HAVE BEEN SEWN AND YOU ARE HAPPY, GO BACK AND SEW UP THE OPENING HOLE IN THE TOP LEFT HAND CORNER. NOW YOUR MARBLE WILL NOT ESCAPE!

ENJOY REFLECTING AND JOURNEYING!





CREATE A LABYRINTH IN 3 MINUTES



LABYRINTH HISTORY AND WALK

DIY Foil Finger Labyrinths

THIS IS A VERY TACTILE VERSION OF A FINGER LABYRINTH, VERY EASY TO MAKE, AND ALLOWS CHILDREN THE CHANCE TO MAKE THEIR OWN WANDERING LINE! THE LABYRINTHS WOULD WORK REALLY WELL AS A CRAFT ACTIVITY FOR ANY BIBLE STORY THAT INVOLVES A JOURNEY E.G. THE LENTEN JOURNEY FROM PALM SUNDAY TO THE CROSS/RESURRECTION.

YOU WILL NEED:

- PAPER PLATES, PENCILS, FOIL, GLUE (PVA WORKS BEST)

DIRECTIONS:



GET CHILDREN TO DRAW A SPIRAL ON THE PAPER PLATE- START IN THE MIDDLE AND WORK OUTWARDS BUT TAKE THE LINE ON A WANDER IF YOU WANT TO!

NEXT, CUT PIECES OF TIN FOIL AND ROLL THEM INTO THIN SAUSAGE SHAPES.



GLUE THE FOIL SAUSAGES TO THE SPIRAL ON THE PLATE. IF USING PVA YOU WILL NEED TO WAIT A WHILE FOR THE GLUE TO DRY!

CHILDREN CAN NOW USE THE LABYRINTHS AS PRAYER TOOLS, EITHER AS A WAY OF USING SOMETHING TACTILE AS THEY REFLECT OR, MORE SPECIFICALLY TO THINK AND PRAY ABOUT LIFE JOURNEYS

TALK ABOUT:

- HOW DOES IT FEEL TO GO ON A JOURNEY? WHAT DO YOU NEED?
- HOW CAN LIFE BE LIKE A JOURNEY?
- WHO JOURNEYS WITH YOU? WHO DO YOU JOURNEY WITH?
- + DOES GOD JOURNEY WITH YOU? HOW?

PRAY:

GIVE CHILDREN THE CHANCE TO SPEND TIME IN SILENCE, THINKING ABOUT THEIR LIFE JOURNEY OR THE LIFE JOURNEYS OF PEOPLE THEY KNOW. AS THEY FOLLOW THE FOIL LINE WITH THEIR FINGER, ENCOURAGE THEM TO TALK TO GOD ABOUT THEIR LIVES AND HOW HE MIGHT BE WITH THEM ON THE JOURNEY.

Faith at Home: Prayer Walk Scavenger Hunt

THIS IS A REALLY PRACTICAL WAY TO GET CHILDREN INVOLVED IN A PRAYER WALK AROUND THE LOCAL AREA AND TO HELP THEM THINK ABOUT PRAYING FOR THE PEOPLE AROUND THEM.

YOU WILL NEED:

- PAPER CUT INTO HEART SHAPES,
- PENS OR PENCILS.
- SCAVENGER HUNT SHEET,
- PHONES OR DIGITAL CAMERAS.

WALK AROUND THE STREETS OF YOUR NEIGHBOURHOOD AS A FAMILY. GIVE EACH CHILD A SCAVENGER HUNT SHEET. WHEN YOU GET TO A STREET SIGN, WRITE DOWN THE NAME OF THE STREET ON A PAPER HEART. LOOK OUT FOR THINGS ON THE SCAVENGER HUNT SHEET AND TAKE PHOTOS OF INTERESTING THINGS ON PHONES OR DIGITAL CAMERAS:

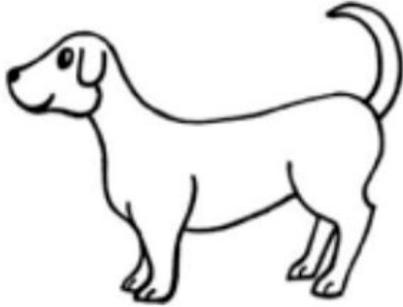


WHEN YOU GET HOME, CHOOSE A PAPER HEART AND PRAY FOR GOD TO BLESS THE PEOPLE ON THAT STREET. WHAT ELSE COULD YOU PRAY ABOUT, BASED ON THE SCAVENGER HUNT? EG. PEOPLE STAYING SAFE ON THE ROAD, THANK GOD FOR PETS, PRAY FOR FRIENDS AT SCHOOL....



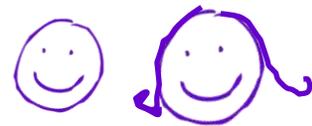
EACH DAY PRAY FOR A DIFFERENT STREET AND ASK GOD TO BLESS THE PEOPLE WHO LIVE THERE.

Scavenger Hunt





Prayer in Lent



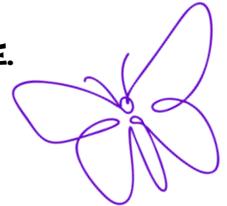
THE FIRST PILLAR OF LENT IS PRAYER. THIS PRACTICE INVITES FAMILIES TO DEVOTE 40 COMPLETE DAYS TO PRAYER BY FOCUSING ON A DIFFERENT WORD EACH DAY (EXCLUDING SUNDAYS).

MATERIALS: VARIED

TIME INVESTMENT: 10 MINUTES OR LESS PER DAY

HOW TO:

1. AT THE BEGINNING OF LENT, MAKE A LIST OF 40 WORDS THAT YOUR FAMILY WILL USE TO ANCHOR YOUR PRAYER PRACTICE. USE THE 40 WORDS LISTED IN THIS MINI MESS OR THINK OF YOUR OWN.
2. AT THE START OF EACH DAY (EXCEPT SUNDAYS DURING LENT), TAKE A LOOK AT THE DAY'S WORD. MAKE SURE EVERYONE KNOWS WHAT THE WORD IS AND COMMITS TO TRYING TO THINK ABOUT THE WORD THROUGHOUT THE DAY.
3. AT THE END OF THE DAY, GATHER FOR PRAYER TIME AS A FAMILY. REVIEW THE WORD AND DISCUSS IT IN ONE OF THE FOLLOWING WAYS:
 - + DRAW A PICTURE THAT REPRESENTS THE WORD.
 - + SHARE A PHOTO YOU TOOK OF SOMETHING THAT REPRESENTS THE WORD.
 - + SHARE WHAT THE WORD MEANS TO YOU, OR HOW IT AFFECTED YOU THROUGHOUT THE DAY.
 - + SHARE HOW THE WORD MIGHT BE CONNECTED TO THE LENTEN JOURNEY.
4. CLOSE BY THANKING GOD FOR THE WORD AND LOOKING FORWARD TO THE NEXT DAY'S CHALLENGE.
5. IF YOU MISS A DAY, JUST PICK UP AGAIN WHERE YOU LEFT OFF.



40 WORDS YOU CAN USE:

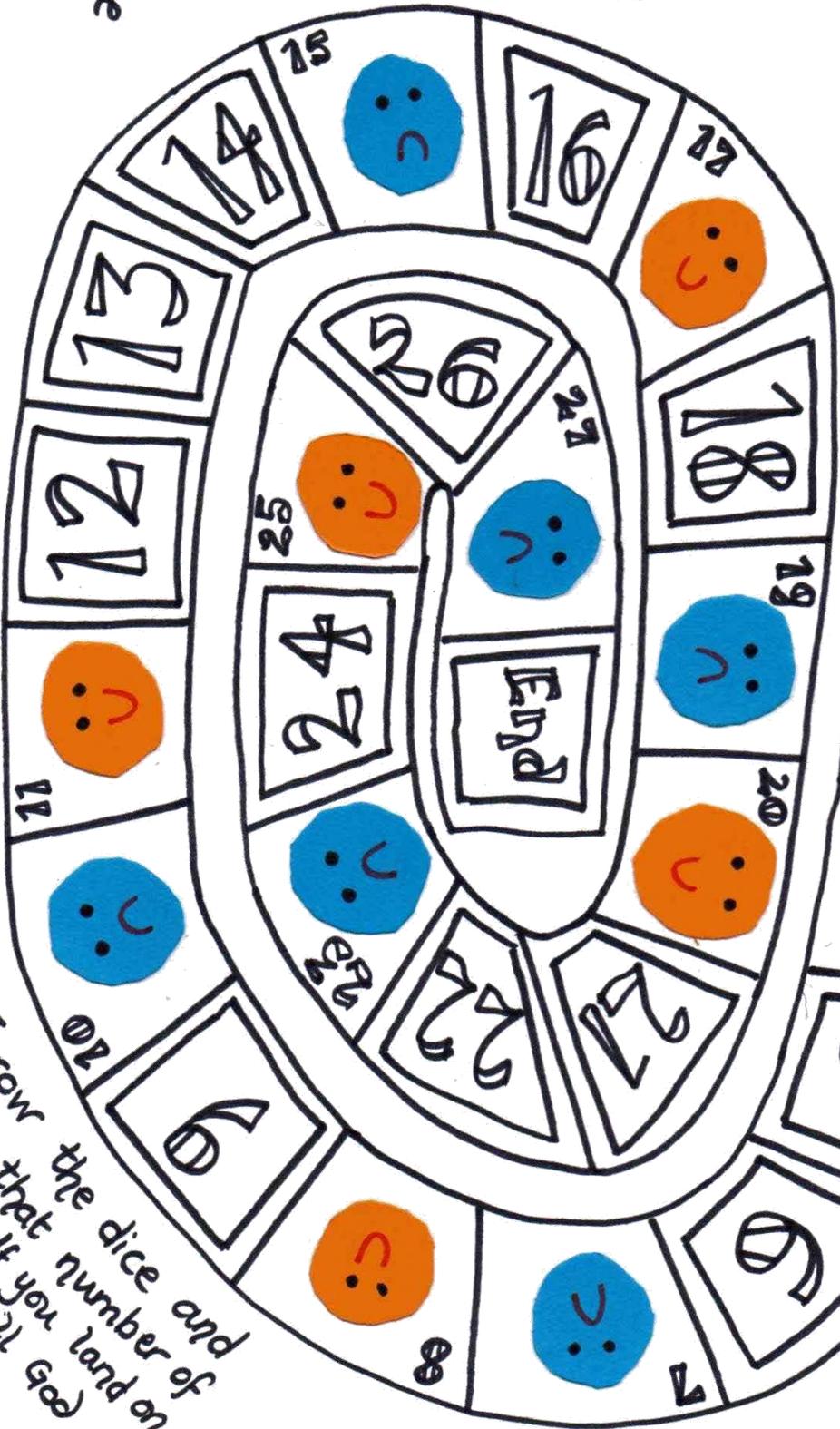
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|---------------|------------------|
| 1. HOPE | 21. DESPAIR |
| 2. STRENGTH | 22. WEAKNESS |
| 3. LIGHT | 23. FIRE |
| 4. FEAR | 24. WALK |
| 5. LOVE | 25. CRAWL |
| 6. FREEDOM | 26. RUN |
| 7. PEACE | 27. PURPLE |
| 8. QUIET | 28. CROSS |
| 9. DARK | 29. GRACE |
| 10. COLD | 30. GIFT |
| 11. WATER | 31. REFLECTION |
| 12. PEACE | 32. REMEMBER |
| 13. WITNESS | 33. EAT |
| 14. NOISE | 34. SHADOW |
| 15. DESERT | 35. WANT |
| 16. KINDNESS | 36. MERCY |
| 17. FRIENDS | 37. JUSTICE |
| 18. STRANGERS | 38. LONELY |
| 19. HEAVEN | 39. SILENCE |
| 20. WAIT | 40. RESURRECTION |

VARIATIONS:

- INSTEAD OF GATHERING AS A FAMILY TO DISCUSS EACH WORD, GATHER ONCE EACH WEEK OR ONCE AT THE END OF LENT TO DISCUSS HOW THIS WENT. THIS OPTION MIGHT BE PARTICULARLY APPEALING FOR OLDER CHILDREN WHO ARE INTERESTED IN JOURNALING AND MIGHT NOT WISH TO SHARE EACH DAY'S PHOTO, DRAWING OR THOUGHTS.
- DECIDE ON THE WORDS TOGETHER AS A FAMILY BEFORE BEGINNING.

Feelings Prayers

- SPACES
- 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7
 - 8
 - 9
 - 10
 - 11
 - 12
 - 13
 - 14
 - 15
 - 16
 - 17
 - 18
 - 19
 - 20
 - 21
 - 22
 - 23
 - 24
 - 25



I feel happy
When...
Thankyou
God!

I feel sad
When...
Please help me
kard.

Throw the dice and
move that number of
spaces. If you land on
a face, tell God
what you
feel!