

## Sunday Club Online 07/03/21

### - Lent 2 -

Hello Sunday-clubbers,

I do hope you've all had a good week. I expect some of you are looking forward to starting school again tomorrow.

Do you remember what lent is from last week? It is a very special time for Christians and lasts for 40 days from Ash Wednesday to Easter Sunday. We are in the middle of Lent just now! It is a time to remember Jesus and what he did for us, by dying on the cross. We also remember how Jesus spend 40 days in the desert, before he died, praying to God and going without food so he could focus on God more. We said last week that many Christians try to do the same as Jesus and fast (or not eat certain things) for 40 days. They usually give up something for lent that they really enjoy so that they can spend more time with God.

But in lent we also start thinking about new beginnings and new growth because after Jesus died he rose again. So some people in lent also try to get fit and healthy for new life. They try to stop eating things that are not very good for them (like cake and biscuits) or watching lots of TV. People also try to 'turn over a new leaf' and be extra kind and generous to others. Many people also try to take up a new sport or do something to get them fitter for life.

Can you think of ways to get healthy this lent? What could you do? Maybe do 10 star jumps every morning or run around your garden before school?

This week I thought we could all take part in a challenge before Easter. You need to follow the instructions in the box to take part!



Have a lovely week everyone. Don't forget to ask your grown up to go with you up the church to collect your Messy Church craft pack from Wednesday onwards because our next Messy Church is Monday 19<sup>th</sup> March 4.30pm online.

Take care and with love,  
Katie x

#### 40 days of Lent Challenge

You will need the following things:

- Print out of the next sheet (40 days of lent)
- Felt tip pens

Instructions:

- 1) Print out the 40 days of Lent challenge sheet
- 2) Decorate the sheet if you'd like to or colour in the pictures.
- 3) Pin the sheet on your bedroom door or on the fridge (basically somewhere where you will notice it everyday)
- 4) Every morning you could chose one or two of the challenges / ideas to do that day.
- 5) Once you have completed the challenge you can colour the box in.
- 6) See if you can complete all the challenges and colour in all the boxes by Easter!
- 7) If you do send me a message and a little surprise will come your way!

# 40 DAYS OF LENT



**Ash  
Wednesday**

Read a devotional every day as a family

Start a giving jar and collect money to donate to missions

Lent is a time that we follow Jesus by tending to the needs of others

**1st Sunday of Lent**



Pray for our world leaders

Tell a friend about Jesus today

**Follow Jesus!**



Pray for those people who don't know who Jesus is - that they may learn about his love!

Make a card for someone you know who is having a hard time

Go outside and look around you. Thank God for his beautiful creations.

**2nd Sunday of Lent**

## God, I'm sorry for...



Tell your teachers **THANK YOU** for all

Jesus gave up his life for you - what can you do for him?

At dinner tonight have everyone share what they are grateful for

Say sorry to God and ask him to forgive you

Donate old clothes and toys that you do not use to a charity

Take a walk with your family



Pray for peace in the world

Invite a friend to church with you

Remember that God is always with you

**Ask Jesus to help you be a good friend**

Pray for the homeless

**3rd Sunday of Lent**

**4th Sunday of Lent**



Read Mark 12: 30-31. How can you do this?

Take the time to share a smile with someone today

Make a card and send it to one of your friends or relatives.

Thank God for the person you made the card for yesterday

Give someone a compliment today. How did they react?

What can you do to become a better Christian?



## Thank you for...

**5th Sunday of Lent**



Color Easter Eggs

What can you do to help feed the hungry?

Tell your parents how special they are

Read Matthew 4: 1-11. Give up something you like doing or eating for 2 days

**God Always Listens!**

Eat a healthy snack today

**Holy Week**

**Palm Sunday**



Easter reminds us that Jesus brought us new life. What signs of new life do you see in nature?

Read John 3:16. Discuss what this means with your family



**Maundy Thursday**

## He is Risen

**Happy Easter**



**Good Friday**

**Holy Saturday**

