

# Lent in a Bag for Adults and Teens

## What is “Lent?”

Lent is the season before Easter where we try to “journey” with Jesus. His life, ministry and death are remembered during this season. It’s also a time to look at our own lives and draw closer to God. You may do this through prayer, meditation, reading, outreach or something else. Anything that connects you to God is a great practice.

## What is “Lent in a Bag?”

“Lent in a Bag” equips you with symbols of the season of Lent to help you have prayer or conversation at home. This instruction sheet is two-sided, with one side for older people, one side for younger.

## Instructions for adults and teens

For your own devotion, daily or weekly, choose one of the symbols to reflect on as you make your way through the season of Lent. Invite those around your table or gathering to pick one of the symbols as a starting point for conversation for the whole group.

### Sand

***Hold the bag of sand in your hand. Read and reflect:***

Just between his baptism and the beginning of his adult ministry, Jesus went into the wilderness, crossing the desert and rocky earth for 40 days, “to be tested.” What constitutes wilderness in your life? What have you learned there? How do you know you have left the desert or wilderness for a new life in Christ?

### Rock

***Take the rock out of the bag. Read and reflect:***

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or simple acceptance. Might there be a stony place in you that needs transforming? Some attitude or habit that, with a little attention, might even become a gift for you and others?

### Human Figure


***Find the wooden clothespin figure. Read and reflect:***

Because Jesus was, as we confess, *fully human*, he gets us, understands us from inside our skin, and knows from experience that we’re each capable of great things, Godly things. And no matter what we do, he keeps on inviting us to join in his work, which has become our own work. This Lent, what might you plan to do over these 40 days? When Easter arrives, will you reflect Christ who lives in and through you?

### Candle

***Light the votive candle. Read and reflect:***

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John’s gospel, the “light of the world.” That light, shone bright in the disciples, who chose to follow Jesus. Jesus insists to us that we are the light of the world. So where do you shine? How do you keep your light lit? How can you help “light” others “candles?”



**St. Martin-in-the-Fields Episcopal Church & School**  
223 South Pearson Lane, Keller, TX 76248  
stmartininthefields.org    smartinepiscopalschool.org  
817-431-2396    817-337-4625



The Episcopal Youth Community, a dynamic group of 6th-12th graders, has created & assembled Lent in a Bag for you.

# Lent in a Bag for Families, Children and Teens

## What is “Lent?”

Lent is the season before Easter where we try to walk with Jesus. His life, ministry and death are remembered during this season. It’s also a time to think about how God is with us all the time. You may do this through prayer, reading the Bible, helping others or something else. Anything that connects you to God is a great practice. Even walking the dog, seeing the green grass or hearing chirping birds might be a way to be with God.

## What is “Lent in a Bag?”

“Lent in a Bag” equips you with symbols of the season of Lent to help you have prayer or conversation at home. This instruction sheet is two-sided and age-appropriate with one side for older people, one side for younger.

## Instructions for Families and Groups with Children

Choose one night of the week and invite those to gather at a table. You can ask your brothers, sisters, parents, grandparents, neighbors and friends to join you. Let one person pick one of the symbols to talk about. Have someone read the **reflection (words in purple)** or read it aloud to the group.

### **Sand**

***Hold the bag of sand in your hand. Read and reflect:***

Jesus went into the desert for 40 days to be “tested.” The desert is a dangerous place and Jesus was hungry, cold and tired. He was also tempted and tormented, but he didn’t give up. When things get tough, how do we remember God is there for us?

### **Rock**

***Take the rock out of the bag. Read and reflect:***

While in the wilderness, Jesus was invited to transform stone into bread. He knew he was not called to do this by God. He didn’t change the rock into food. Later, Jesus became known for doing amazing things. He fed the hungry, offered encouragement and healed people. When you are angry or sad, it may feel like your heart has become a rock. How does that feel? How can you help someone who has a “rock” in their heart? How does it feel to help others? Think about a time where you helped someone.

### **Human Figure**

***Find the wooden clothespin figure. Read and reflect:***

Jesus was human and God. This is a hard thing to understand. But, Jesus knew that we could do good things on earth, just like he did. In Lent, we are counting down 40 Days until Easter. What can you do to be more like Jesus at home? At school? Everywhere you go?

### **Candle**

***Light the votive candle with your group. Read and reflect:***

Winter can be cold and dark. Spring is a time where we think of sunshine and flowers blooming. Jesus is called the “light of the world.” Jesus told his disciples to be a light in the world too and make a difference. So where do you shine? What do you think you are good at? What is your talent? How do you shine bright? How can you encourage someone to see the good in themselves?