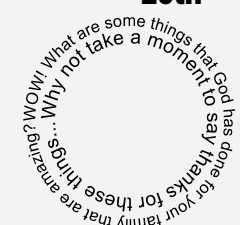

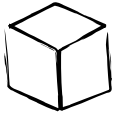
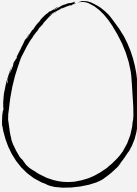

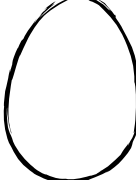



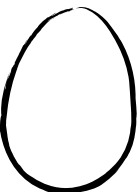



# Fridge Faith for Families during Lent

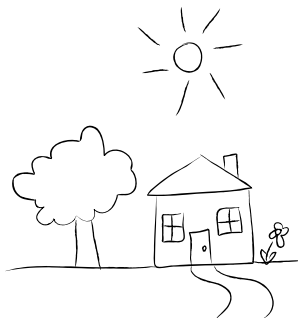
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7th</b> <b>March</b>	<b>8th</b> Today is Pancake Day when we prepare for Lent by using up eggs and milk. Does your church / school / family celebrate Pancake Day? Check out: <a href="http://www.pancakeday.com.au">www.pancakeday.com.au</a>	<b>9th</b> <b>Ash Wednesday</b> On Ash Wednesday Lent begins. People sometimes have a cross made of ash marked on their forehead. This is a way of saying sorry to God and seeking God's forgiveness.	<b>10th</b>	<b>11th</b> <b>FUN</b>	<b>12th</b> <b>KCO Refresh</b>	<b>13th</b>
<b>14th</b> Have you thought about planting a winter garden for Lent. What are some things that you could plant? What would grow at this time in autumn?	<b>15th</b> The word Lent comes from an old English saying: to lengthen. This refers to Spring which is happening now in the northern hemisphere. What words can you think of to describe autumn and winter?	<b>16th</b>	<b>17th</b> The colour that is used in church during Lent is purple. Find a friend, each get a piece of paper and a pen and try to think of as many purple things as you can.	<b>18th</b> People sometimes give up something during Lent... can you think why this might be? Why not ask people at church if they are giving anything up and why. Have you decided to give up something?	<b>19th</b>	<b>20th</b> 
<b>21st</b> 	<b>22nd</b> <b>40 days:</b> 40 is important in the Jewish-Christian Scripture. The 40 day flood (Genesis 7: 4), the Israelites' 40 years in the wilderness (Exodus 16:35), Moses fasted for 40 days before receiving the 10 Commandments (Exodus 24: 18) and Jesus spend 40 days fasting in the wilderness (Luke 4: 1—14). Lent is a time to prepare for Easter and to think about God.	<b>23rd</b>	<b>24th</b>	<b>25th</b> Have you heard of the Grace Cube? Download it from: <a href="http://childrensministry.org.au">childrensministry.org.au</a> 	<b>26th</b> <b>Thank you</b>	<b>27th</b> <b>THANK YOU Prayer</b> Share three things that you are thankful for today?
<b>28th</b>	<b>29th</b> Lent lasts 40 days and started on 9th March but doesn't include Sundays, because that is when we always celebrate God. Can you count the 40 days?	<b>30th</b> 	<b>31st</b> Did you know that in Ethiopia during Lent Christians don't eat or buy any animal products like meat, butter, milk, eggs, etc... Can you find Ethiopia on a Map of the World?	<b>1st</b> <b>April</b>	<b>2nd</b> People give each other eggs at Easter, these symbolise new life and hope. Some people decorate their eggs, what decorations would you put on an egg at Easter?	<b>3rd</b> <b>THANK YOU Prayer</b> Who are two people you would like to thank God for? Take time to thank God for people who make a difference in your life.
<b>4th</b> 	<b>5th</b> Light a candle before you eat and remember Jesus is the light of the world.	<b>6th</b> At Easter we often give chocolate eggs to each other. Eggs and chickens are signs of new life. Christians also associate the egg with the tomb that Jesus was put in once he died, that is why Easter eggs are often empty - this is a sign that Jesus is risen.	<b>7th</b> 	<b>8th</b> 	<b>9th</b> <b>What is something that you could do as a family together this weekend: have a picnic, go out to dinner, visit your Grandparents, etc.</b> <b>Why not have some special family time together to laugh, play and share...</b>	<b>10th</b>
<b>11th</b> <b>SORRY Prayer:</b> God hears us when we are hurt and when we hurt others. Are there things that you did last week that you are sorry about? Or are there things in the world that you are sad about? Talk to God about these and you will find comfort and peace.	<b>12th</b> <b>Sorry</b>	<b>13th</b> 	<b>14th</b> 	<b>15th</b> <b>What is something that you could do to help someone else this week?</b>	<b>16th</b>	<b>17th</b> <b>Palm Sunday</b> On this day we remember how Jesus entered Jerusalem riding on a donkey. It is called Palm Sunday because people lined the streets with palm branches and waved them in the air to celebrate. To read this yourself go to: Luke 19: 28-38
<b>18th</b> 	<b>19th</b> <b>Just for Fun</b> How many words can you make out the words <b>Lent</b> and <b>Easter</b> ? <b>LENT EASTER</b> For example: East, Tea, Tease...	<b>20th</b> 	<b>21st</b> <b>Maundy Thursday</b> This day in the calendar represents the day that Jesus had his last meal with his friends. Before the meal Jesus washed his disciples feet, this demonstrated that it is important to help and serve others. What have you done this week to help someone else?	<b>22nd</b> <b>Good Friday</b>	<b>23rd</b> <b>Easter Saturday</b>	<b>24th</b> <b>celebrate Gods love together</b>

## Fridge Faith for Families

The fridge door is the message bank of most kitchens, where the whole family communicate about their lives. Therefore, a Lent Calendar 'countdown' to Easter seems a good way for families to remember that Lent is more than giving up some food or activity, it is a time of reflection and repentance, a time to study God's word, live simply and explore Lent traditions that have helped Christians in the past come closer to God.

### Simply Families

During Lent many families choose to give up something and contribute the money that would have been spent to a charity so that others may be blessed. They choose to live simply so that others may simply live. Talk with your family about this action/reflection idea. See [www.lentevent.com](http://www.lentevent.com) for more information.



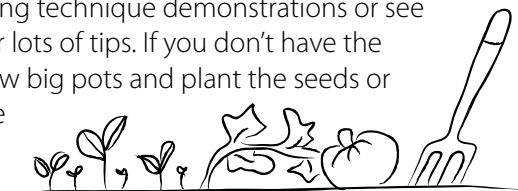
### Stories for Families

A bedtime story is an important ritual for many children. Make time every night to read a story with your children, and during Lent find some stories that you can talk about with your children on the Easter themes of hope, love, friendship, loss, trust etc...



### Gardening Families

Even though it is autumn many plants continue to grow. Plant some seeds and grow a winter vegetable or herb garden. It is the time to plant onions, leeks, carrots, broccoli, cabbages and peas. Do this as a family and show children how to prepare the soil and plant and water seeds. Many local councils have permaculture and other gardening technique demonstrations or see [www.abc.net.au/gardening/](http://www.abc.net.au/gardening/) for lots of tips. If you don't have the right spot in the garden, get a few big pots and plant the seeds or seedlings in pots which have the advantage that they can be moved to follow the sun.



If you have a children's Bible read the story of Jesus entering Jerusalem on a donkey, the Last Supper and Jesus' betrayal by his friends, his death and resurrection. C.S. Lewis's book 'The Lion, The Witch and The Wardrobe' is an excellent book to read to primary age children during Lent, or watch the movie together.

### Living Water Prayer for Families

At the beginning of Lent, take a large water bottle (or use the one that is already in the fridge) and stick this prayer onto the side. Every time someone in the family has a drink of water they can say the prayer. This becomes a time for reflection and reminds us of the simple blessings of life.

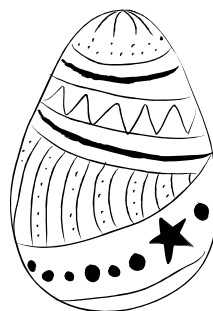
Thank you God for the daily blessing of clean cold water to drink. Help me to remember the many people in the world without clean water. May our family be creative in finding new ways to share our resources to bless others. Amen

### Creative Families

As a family you could make a huge paper mache Easter egg. Take a balloon, blow it up and tie it off, then using glue and newspaper strips cover the balloon. Let this dry and then add another layer or two – until it is strong. When the glue is dry insert a pin to pop the balloon within the paper mache.

As a family you can then paint your egg any way you choose, or stick photos and pictures on it of meaningful things to your family. Then get an adult to either cut your egg in half or make a bigish slit in the top.

Over the weeks as we move towards Easter, you and your family can pop into the egg – notes, letters to each other, prayers, chocolate, treats, money for others in the world - whatever you choose.



And then crack open your egg on Easter Day for a treat!

### Blessings for Families

Many families find it difficult to sit together and eat a meal due to work, sport and homework commitments. Why not try and sit down together at least one night a week during Lent and before or after eating take time to talk together about your week: things you are thankful for and things that concern you. Light a candle and pray together as a family or say a simple grace like

Thank you God for our family, this time together and our food. Amen

For further ideas for graces or a six week Lenten guide for family devotions, see the website:

[www.childrensministry.org.au](http://www.childrensministry.org.au)