

ROOTED
AND
GROUNDED
IN LOVE

A Prayer Guide for Lent

♥ kids' small groups ♥

Restoration Anglican Church, Arlington, Virginia

WHAT IS LENT?

The season of Lent is a time of preparation for the celebration of Easter. It's a time to remember that we need Jesus.

We remember that God loves us SO MUCH.

We remember that he is perfect and we are not.

We remember that we can be honest with God and talk to him.

We remember that God's love is SO BIG he forgives us.

We remember that we can turn to God, trust in Jesus, and receive his loving forgiveness.

We remember that because of his love and kindness, God sends his Holy Spirit to comfort, guide, and help us.

We remember that God is with us and we are never alone.

It is our prayer that during this time of remembering -- of tending and weeding and tilling and planting and waiting and watering -- you will bloom and grow, knowing his love and being filled with everything God has for you. The Father delights in you and loves it when you talk to him.

SOME TOOLS FOR LENT

Use the white ribbon, purple ribbon, and tea light candle to create a “mini altar” at home. This is where you might gather to pray, just like we do in kids’ small groups.

Use the jar, rocks, and flower bulb to watch and see the way things grow. Here’s what you’ll want to do inside your jar:

1. Remove the lid and set it aside. {You won’t need it anymore, unless you want to reuse the jar after Lent.}
2. Place the flat part of your bulb on the rocks in the jar.
3. Move the rocks around to secure the bulb, but do not cover it. {You may want to just squish the bulb down into the rocks a little bit.}
4. Add water to the jar so that it reaches the bottom of the bulb. {Remember to leave the lid off.}
5. Put your jar in a cool, dark spot until roots form.
6. Once you see roots, move the jar to a sunny window.
7. Be sure to check the water supply to make sure that the water is touching the base of the bulb. {You’ll have to add water to the jar from time to time.}
8. Wait and watch for all that happens in the coming weeks!

THE LITURGY USING GARDENING WORDS

TENDING gets us ready. We shift our focus from what we were doing to what we are about to do. It gives us time to settle our minds and hearts.

WEEDING helps us pull out the icky stuff. We light the candle and pray a small prayer of confession together.

TILLING gets the soil ready for the seed. Through prayer, we invite God to turn over the soil of our hearts as we get ready to hear his stories from the Bible.

PLANTING is putting seeds in that good soil that was prepared. By reading God's stories from the Bible, we are planting good words in our hearts.

WATERING gives nourishment to the seeds helping them to grow. As we wonder what God's stories are teaching us about who he is, we are helping those good words grow in us.

WAITING is required when things are growing. We talk to God in our waiting to thank him and trust him with things. He will do the work of growing.

BLOOMING is when we see the good growing that has happened. We grow and bloom as we respond to God's invitations to us. We can share the beauty of what God is doing as we serve, give thanks, and remember together.

A PRAYER FOR SPIRITUAL STRENGTH . . .

¹⁴I bow in prayer to the Father because of my work among you. ¹⁵From the Father every family in heaven and on earth gets its name. ¹⁶I pray that he will use his glorious riches to make you strong. May his Holy Spirit give you his power deep down inside you. ¹⁷Then Christ will live in your hearts because you believe in him. And I pray that your love will have deep roots. I pray that it will have a strong foundation. ¹⁸May you have power together with all the Lord's holy people to understand Christ's love. May you know how wide and long and high and deep it is. ¹⁹And may you know his love, even though it can't be known completely. Then you will be filled with everything God has for you.

²⁰God is able to do far more than we could ever ask for or imagine. He does everything by his power that is working in us. ²¹Give him glory in the church and in Christ Jesus. Give him glory through all time and for ever and ever. Amen.

Ephesians 3:14-21 (NIRV)

ASH WEDNESDAY THROUGH FRIDAY

*From the Father every family in heaven and on earth gets its name.
(Ephesians 3:15)*

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Wednesday

Take turns telling the familiar story of how God created the world and everything in it - Genesis 1 & 2.

Then read the story of the terrible lie - Genesis 3

I wonder what you notice about how the serpent's words twisted God's words?

I wonder if you've ever done something you knew was wrong and tried to cover it up or tried to hide?

I wonder what you notice about how God responds to Adam and Eve when they tried to hide?

I wonder what that tells us about who God is?

Thursday

Read the prophecy of the One to come -- Isaiah 53:1-5

I wonder how you have seen the LORD's saving power?

I wonder how you see Jesus described in these words?

I wonder how Jesus' wounds heal us and make us whole again?

I wonder how you have been healed in your heart, mind, or body because of Jesus?

Friday

Read the story of the One who came -- Luke 2:1-21

I wonder what it was like for the shepherds to hear the angels sing and light up the sky?

I wonder if you've ever been in awe of something God said or did?

I wonder what you experience with God as you wonder about the birth of His Son?

I wonder why a Christmas story is part of the Easter story?

WAITING

Almighty God, you hate nothing you have made. You forgive the sins of those who are sorry. Please help us to be sorry for the things we have done that make you sad. Give us hearts that love you most of all. Thank you that you love us. Amen.

BLOOMING

Prepare a special place in your home - a sacred space - where you can go to think and talk and sing to the Lord. Pile up some comfy pillows. Add some blankets. Pray and listen in that space each day of Lent.

Remember together some of the ways in which you saw God's beauty around you. Write them on a big piece of paper taped to the wall or the fridge.

Blow out the candle.

THE 1ST WEEK IN LENT

Beginning Sunday, March 1, 2020

*I pray that he will use his glorious riches to make you strong.
(Ephesians 3:16a)*

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Monday

Read the story of the Good Shepherd – John 10:1-10, 14-15

I wonder how you see Jesus as a Good Shepherd?

I wonder how you know Jesus' voice?

Tuesday

Read about how the Shepherd cares for his sheep – Psalm 23

*I wonder what you notice about how the LORD – the Shepherd --
cares for his sheep?*

I wonder how the LORD has cared for you?

Wednesday

Read the story of the lost sheep – Luke 15:1-7

I wonder how the man knew one sheep was missing?

I wonder if you've ever wandered off and then were found?

Thursday

Read the story of the lost coin – Luke 15:8-10

I wonder why the woman looked everywhere for the coin?

*I wonder if you've ever lost something important to you and then
found it again?*

Friday

Read the story of the two sons and their father – Luke 15:11-32

I wonder what made the younger son come back?

I wonder why the older son was so upset?

I wonder what you think about the father's response to both sons?

WAITING

Gracious Father, you sent your Son, Jesus, to be the Good Shepherd. We ask you to give us more and more love for Jesus every day. Amen.

BLOOMING

Play all sorts of variations of "Hide and Seek". I wonder how many different ways of playing you will create?

Act out the lost and found stories you've read this week.

Remember together times that you tried to hide yourself or something you did but were found out. Talk about what that was like.

Blow out the candle.

THE 2ND WEEK IN LENT

Beginning Sunday, March 8, 2020

May his Holy Spirit give you his power deep down inside you.

(Ephesians 3:16b)

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Monday

Read the story of the little children – Mark 10:13-16

I wonder what you think about Jesus because of this story?

I wonder what you think Jesus thinks about you?

Tuesday

Read the story of the nets and the fish – Luke 5:1-11

I wonder what you think Simon Peter believed about Jesus?

I wonder what you believe about Jesus?

Wednesday

Read the story of Levi – Mark 2:13-17

I wonder why Jesus compared those who are sinners to being those who are 'sick'?

I wonder where your heart might be 'sick' and in need of Jesus' healing?

Thursday

Read the story of the disciples – John 1:43-51; Mark 3:13b-19

I wonder how the disciples changed because they spent time with Jesus?

I wonder how you change when you spend time with Jesus?

Friday

Read the story of a rich young man – Mark 10:17-31

I wonder why it was hard for the rich young man to do what Jesus told him?

I wonder if you can imagine Jesus' face looking at you and loving you?

WAITING

Almighty God, you are the only one who can set all things right. Help us to love what you love. Help us to do all that you tell us to do. Help us to not be distracted by the things in this world that draw us from you. Help us to trust you alone. Amen.

DLOOMING

Play "Follow the Leader" throughout the week so that each person in the family gets a chance to be the leader.

Remember together times you followed Jesus this week and times you did not follow Jesus.

Blow out the candle.

THE 3RD WEEK IN LENT

Beginning Sunday, March 15, 2020

Then Christ will live in your hearts because you believe in him.

(Ephesians 3:17a)

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Monday

Read the story of what happened at a wedding – John 2:1-12

I wonder what the what the servants thought about Jesus when they saw that he had turned the water into wine?

I wonder what you think about Jesus?

Tuesday

Read the story of the paralytic – Mark 2:1-12

I wonder what the man thought when his sins were forgiven?

I wonder what the man thought when he could walk?

Wednesday

Read the story of a blind beggar – Luke 18:35-43

I wonder why the man ignored the people telling him to be quiet?

I wonder how Jesus healing the man's blindness helps you to see who Jesus is?

Thursday

Read the story of the man at the pool – John 5:1-15

I wonder why Jesus first asked the man if he wanted to get well?

I wonder what the man thought when it was Jesus who healed him instead of just being the first to get into the water?

Friday

Read the story of the ten men – Luke 17:11-19

I wonder why Jesus had the men go before they were healed?

I wonder if you have ever done something by faith?

WAITING

Almighty God, come quickly! Help us! You know where we are weak. Save us! Keep us from loving things more than we love you. Amen.

BLOOMING

Create a cheering up card for someone you don't know who might need some cheering up. Then gather together a bottle of water, some granola bars or other snacks and put the card, water, and snacks in a bag. Keep the bag in the car and look for just the right person for you and a grown up to give it to.

Remember together some of the ways in which you've seen God make what was unwell well again.

Blow out the candle.

THE 4TH WEEK IN LENT

Beginning Sunday, March 22, 2020

*And I pray that your love will have deep roots.
I pray that it will have a strong foundation.
(Ephesians 3:17b)*

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Monday

Read the story of Jesus feeding 5, 000 people - Mark 6:30-44

I wonder what surprises you most in this story?

I wonder what you think about Jesus because of what happened in this story?

Tuesday

Read the story of Jesus walking on water - Matthew 14:22-33

I wonder what Peter found most surprising?

I wonder what you think about Jesus because of what happened in this story?

Wednesday

Read the story of Jesus stopping the storm - Matthew 8:23-27

I wonder what the disciples believed about Jesus before the storm?

I wonder what the disciples believed about Jesus after he calmed the storm?

I wonder if you have ever been afraid and someone calmed you?

Thursday

Read the story of the dead girl and the sick woman - Matthew 9:18-26

I wonder what surprises you about this story?

I wonder what you think about Jesus because of what happened in this story?

Friday

Read the story of Lazarus - John 11:1-43

I wonder how you see God's glory in this story?

I wonder where you see God's glory in the world around you?

WAITING

Thank you, Lord, that you are always with us and that we never need to be afraid. Help us to be still as we listen for you and trust you in the work you are doing by your mighty power. We love you, Jesus! Amen.

BLOOMING

Offer to help someone do a chore like making the bed or taking out the trash or loading or unloading the dishwasher or folding the laundry. Just as Jesus used his power to help people, how might you help others?

Remember together some of the ways you have seen Jesus' kindness and generosity.

Blow out the candle.

THE 5TH WEEK IN LENT

Beginning Sunday, March 29, 2020

*May you have power together with all the Lord's
holy people to understand Christ's love.*

(Ephesians 3:18a)

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Create in me a clean heart, O God.*

everyone responds: ***And renew a right spirit within me.***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Consider having a different person read each day from their favorite Bible.

Monday

Read the story of the gift of the Holy Spirit – Acts 1:4-8 and Acts 2:1-4

I wonder what Jesus' friends imagined the promised gift to be?

I wonder what it was like to receive the gift?

Tuesday

Read the story of the lame beggar who was healed – Acts 3:1-10

I wonder what it was like for this man who had been unable to walk his whole life to "all at once" become strong and walk?

I wonder what amazes you about this story?

Wednesday

Read the story of what Peter said when he explained the power of God to those who witnessed it – Acts 3:1-23

I wonder the people understood about who God is?

I wonder how people responded to the invitation to turn away from their sins and turn toward God so their sins could be forgiven?

I wonder how you respond to that invitation?

Thursday

Read the story of Saul's encounter with Christ – Acts 9:1-20

I wonder what you find surprising in this story?

Friday

Read the story of Peter's rescue from prison – Acts 12:1-17

I wonder what amazes you most about seeing God's power in this story?

WAITING

Almighty God, only you have the power to work in us. Protect our body and our mind and our heart. Help us to do things and think things that help us step closer and closer to you. Amen.

BLOOMING

Choose one of the stories you've read so far and draw a picture of it. Show your picture to someone who may not be familiar with the story and tell them about it.

Remember together the times you've seen the Holy Spirit do amazing things - both big and little!

Blow out the candle.

PALM SUNDAY AND HOLY WEEK

Beginning Sunday, April 5, 2020

May you know how wide and long and high and deep [the love of Christ] is. And may you know his love, even though it can't be known completely. Then you will be filled with everything God has for you.
(Ephesians 18:a-19)

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Blessed is he who comes in the name of the Lord!*

everyone responds: ***Hosanna in the highest!***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

*Consider having a different person read each day from their favorite Bible.
I wonder what you wonder about? Can you write your own wondering questions this week?*

Sunday

Read the story of Jesus' triumphal entry - Matthew 21:1-11

Monday

Read the story of Jesus at the temple - Matthew 21:12-17

Tuesday

Read the story of Jesus anointed at Bethany - Matthew 26:6-13

Wednesday

Read the story of when Judas agrees to betray Jesus - Matthew 26:14-16

Thursday

Read the story of when Jesus washes his disciples' feet - John 13:1-17

Friday

Read the story of Jesus' death - John 19:17-37

WAITING

Pray together.

Almighty God, you love us so much that you sent your Son Jesus to die for us - "to get rid of the sin and the dark and the sadness"¹ - to make all things new. Help us to understand how you suffered for us all because you love us. Thank you, Jesus! We love you! Amen.

BLOOMING

Read the story of the Resurrection three times. During the first reading, choose a color that shows what you are feeling. Cover your page that color. During the second reading, write on your paper a word or words that God is whispering to you. During the third reading, add more doodles with colored pencils or paint or pens to show more about what you are experiencing with God.

Practice making the sign of the cross: first touch your forehead, then your heart, then your left shoulder, then your right shoulder. I wonder what you imagine was the hardest part of this week for Jesus?

Give thanks for all the ways in which Jesus has loved you.

Blow out the candle.

¹Lloyd-Jones, Sally. The Jesus Storybook Bible. Illus. Jago. Grand Rapids: Zondervan, 2007.

EASTER!

Sunday, April 12, 2020

TENDING

Settle in, take a deep breath, and welcome the Lord.

As you breathe in say, ***I love you, LORD.***

As you breathe out say, ***You give me strength.***

WEEDING

Light the candle.

child leader: *Alleluia! The Lord is risen!*

everyone responds: ***He is risen indeed! Alleluia!***

TILLING

Pray together.

Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen.

PLANTING & WATERING

Read the story of the Resurrection – John 20:1-18

I wonder which words or parts of the story make your heart flutter?

I wonder what you hear the Spirit teaching you about who God is?

About who Jesus is?

WAITING

Heavenly Father, we thank you! You are generous and loving and so powerful! We ask that you continue to help us see our sin and to remember that you are the one to save us. Thank you for living and dying and rising all because you love us. Amen.

BLOOMING

Read the story of the Resurrection three times and create a drawing about what you have read.

During the first reading, choose a color that shows what you are feeling. Cover your page with that color.

During the second reading, write on your paper a word or words that God is whispering to you.

During the third reading, add more doodles with colored pencils or paint or pens to show more about what you are experiencing with God.

Remember together the ways you see death and resurrection in everyday life. How does God keep telling his story through everyday things?

Blow out the candle.

THE DAILY EXAMEN FOR CHILDREN

From "Pray As You Go".

At the end of your day, find a comfortable place, and remind yourself that God is there with you.

Now look back over your day. Were you at home? Were you at school? Were you somewhere else?

What made you happy today? Did somebody say or do something that made you feel good? Someone in your family, a friend, a teacher or someone else? Did you say or do anything that made you feel good? Was there something that you really enjoyed? Whatever made you feel happy today, thank God for those things now.

Did anything make you sad today? Maybe something that happened, or that someone said or did? Did you do something that made you feel unhappy? Maybe there is something you want to say sorry for? Whatever made you feel sad or unhappy today, remember that you are precious to God and that nothing ever changes that.

Now think about your day tomorrow. Is there anything you would like to ask God to help you with, or anything you are worried about, or anything that you need? Talk to God about it now and ask God to be with you through your day.

Together let's say: ***Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen.***

THE LORD'S PRAYER

Our Father, who art in heaven
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as
we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

THE NICENE CREED

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,
the only-begotten Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.
For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary, and was
made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one Baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

GOD KNOWS YOU!

(Psalm 139:1-8)

HE'S CRAZY ABOUT YOU!

(John 3:16)

HE GOES WITH YOU
EVERYWHERE!

(Matthew 28:20)



Use this booklet to follow along with our **Pray and Ponder** podcast.



You can find **Pray and Ponder** on Apple Podcasts.