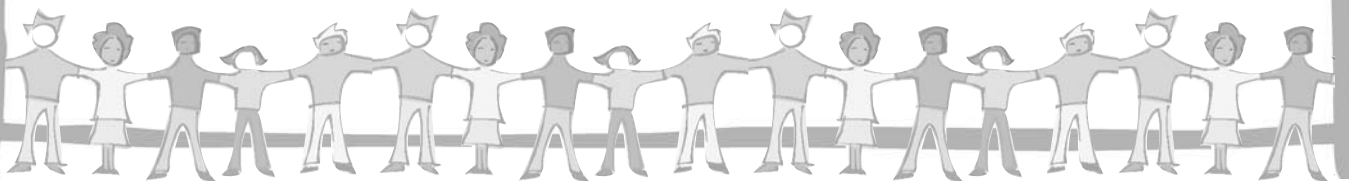


When you think that you and all these children are created in the image of God, what comes to your mind?

Write a letter to God.



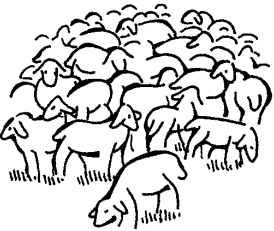
*God created you.
You belong to God.*

Draw a picture of yourself.



Write a description of yourself—what do you like about yourself, and what don't you like?



Sit in silence and feel God loving you.

The Lost Sheep

There were 99  and 1  was lost.

The  leaves the 99  to find the 1 

that is lost. When the  finds the 1 ,

the  is very .

Write your thoughts about these questions on this page.

How do you know the shepherd loves the sheep?

How is Jesus your shepherd?

Name _____

Feeling Lost

Think of a time when you were lost or felt separated and all by yourself.
Write about that time on this page.

How did you feel?

Who found you or came to care for you?

What did that person do?

How did you feel about that?

Write or draw anything that you feel.

Look at the pictures.

List ways we can care for others, or draw a picture of how you can help others.

Think about Jesus guiding you and caring for you.

What would you want to say to Jesus?

What would you want Jesus to do for you?

Write anything you are thinking and feeling today.



*To live the life of prayer means to emerge from my drowse,
to awaken to the communing, guiding, healing, clarifying,
and transforming current of God's Holy Spirit in which
I am immersed.*

—Douglas V. Steere, *Dimensions of Prayer*



Dear Parents,

Today we began a module on prayer in *The Way of the Child*. Although prayer is a part of all our times together, the sessions in this module will help children develop skills and tools for a life of prayer. They will practice six forms of prayer:

- silence and listening to God
- breath prayer—a very short prayer to be repeated often
- examen—a way of looking back over the day with God
- intercession—praying for others
- reading scriptures prayerfully
- prayers of thankfulness

These forms of prayer will be used in other modules of *The Way of the Child*.

We encourage the children to practice their prayers at home. On several occasions we will send guidelines home with them. We hope that during the sessions you will support your children in their prayer life by

- encouraging them to talk with you about their experiences in the sessions.
- helping them remember their prayers.
- praying with them and for them.

If you have any questions, please don't hesitate to call us. We consider it a privilege to share this journey with the children.

Sincerely,

Name

Phone #

Were you aware of God's presence?

In what way?

What did you like about being silent with God?

Or draw a picture of what it is like to sit with God.

Think of some other times when you can be silent with God.

Write them on this page.

When you have finished, put your paper in your folder.

Think about people you love and who love you. Write their names.

How do they show their love for you?

How do you show your love for them?

Write a letter to God about the people you love.



What do you want God or Jesus to do for you?

Look at the list of names for God. Write the name that has meaning for you, or write another one in the blank space.

Write your breath prayer.



Think about God being with you all the time.

How do you feel about God being near you?

Does that thought cause you to feel glad or fearful?

In the dark of the night, do you think of God being with you?

How does that cause you to feel? Write your thoughts on this journal page.

Think of someone in your life who needs help. It could be someone at your school who is having difficulty, someone you know who is sick or lonely, or someone in trouble. Write that person's name in the center of this page.

Sit for a few minutes in silence and think about this person, what is wrong, how you feel about it, how he or she may feel, and why you care.

Use colored pencils to draw all around the name of the person as you think about him or her. When you have finished, sit in silence for a moment looking at your drawing. This is your prayer. Write *Amen* on the bottom of your page.



As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another, and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

—Colossians 3:12-14



Loving God, help me hear your word for me.



As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another, and if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

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—Colossians 3:12-14



Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Write one word or phrase that is important to you in this passage.

Meditate: Write all the things that come to your mind when you think of this word or phrase.

In silence read over this list and think about it.

Pray: Talk with God and listen.

Rest: Take a deep breath and rest for a moment.



Write a letter to God about what you are hearing.
Ask God any questions on your mind.



List as many things as possible (people, things, places) that you are thankful for.
Sit with your list in prayer.

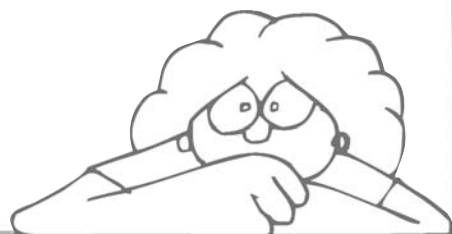
Do Not Be Afraid

Sometimes things happen in our world and in our lives that make us afraid.

What makes you afraid?

Read Psalm 27:1: “The Lord is my light and my salvation; whom shall I fear?”

As you think about your fear, think about God being with you. Write your prayer.



Many of our prayers ask God for something—help, guidance, care, healing.

When Zechariah and Elizabeth took John to the temple to be dedicated, their hearts were filled with joy and thanksgiving. They worshiped God, and Zechariah praised God, calling God “Most High.”

Complete these sentences:

God, I praise you because you . . .

I give you thanks because you . . .

Jesus showed us how to love God and others.

In each column, list as many ways to love as you can.

Review your lists and write your prayer on the bottom of the page.

Ways to Love God

Ways to Love Others

Review these words that express glory and praise:

cheers

bravo

hallelujah

bles

adore

shine

Write your prayer of praise to God.

Hold the doll wrapped in swaddling cloths.
Imagine you are holding baby Jesus as Simeon did.
What do you say to the people about Jesus?
Write on this page what you would say.

*Take away from me the noise of your songs;
I will not listen to the melody of your harps.
But let justice roll down like waters,
And righteousness like an ever-flowing stream.*

—Amos 5:23-24



~

Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.
Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.
Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



I came that they may have life, and have it abundantly.

— John 10:10



lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.

Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.

Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



*The Spirit of the Lord is upon me,
because he has anointed me to
bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free.*

—Luke 4:18-19

~
Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.

Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.

Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



If a man enters your church wearing an expensive suit, and a street person wearing rags comes in right after him, and you say to the man in the suit, "Sit here, sir; this is the best seat in the house!" and either ignore the street person or say, "Better sit here in the back row," haven't you segregated God's children and proved that you are judges who can't be trusted?

—James 2:2-4 (*The Message*)

~
Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.

Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.

Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



*Speak out for those who cannot speak,
for the rights of all the destitute.
Speak out, judge righteously,
defend the rights of the poor and needy.*

—Proverbs 31:8-9



lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.

Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.

Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love? It disappears. And you made it disappear.

—1 John 3:17 (*The Message*)

~
Lectio Divina

Pray: Loving God, help me hear your word for me. Amen.

Listen: Read the scripture.

Write one word or phrase that is important to you in this passage.

Meditate: Write all the ideas that come to mind when you think of the word or phrase.

In silence, read over your list. Think about it.

Pray: Talk with God and listen.

Write anything you wish.

Rest: Take a deep breath and rest for a few moments.



Dear Parent,

Today in *The Way of the Child*, we began a series of sessions that focus on Lent, including Ash Wednesday. We discussed Ash Wednesday and the meaning of making the sign of the cross on the forehead with ashes. Attending a worship service on Ash Wednesday can be meaningful for your child and you. See information at the end of this letter, and please consider attending an Ash Wednesday service with your child.

We explained Lent, the forty-day period from Ash Wednesday to Easter, as a time to remember Jesus, reflect on what Jesus means in our lives, and repent (express sorrow and change our ways) for not living as Jesus taught. For the remainder of Lent, we will focus on Jesus' time in the wilderness, including his fasting, praying, and being tempted. We will also center on the forgiveness God offers when we do wrong and truly say we are sorry.

During this season, the leaders and children will make a Lenten promise to do something loving, or to give up something we really like, in order to help us remember Jesus. We encourage you to talk and pray with your child about taking on this spiritual practice for Lent.

We have asked each child to write down his or her Lenten promise and bring it to our next session. Keeping a promise to do something for forty days is a big commitment. In each session, we will support your child in keeping his or her Lenten promise. Family support also helps. You can offer your support by joining your child in his or her promise, helping your child identify acts of mercy or charity, and by asking and talking about the promise on a regular basis.

Here are some ideas for Lenten promises:

1. Save money made from doing chores to give to an agency that helps the poor.
2. Each week do an act of mercy or charity for someone in need.
3. Give up a favorite food or beverage, such as candy, ice cream, pizza, or soda. Whenever you crave that food, you will be reminded to think about what Jesus means in your life.
4. Give up a favorite TV show and use that time to read, reflect, and pray.
5. Begin some discipline that helps you grow closer to Jesus, like reading a portion of scripture and praying each day.

We hope your child will take on the spiritual practice of making and keeping a promise during this season. Lent can be an important time for your child. If you have any questions, please call us.

May this season of the Christian year be a meaningful time for you and your family. Grace and peace to you as we all seek to live as Jesus taught.

Sincerely,

Leaders' names and phone numbers:

_____	_____
_____	_____

Time and place for Lenten service:

Spend time in silence thinking about Jesus. How does Jesus show God's love to you?
Write your thoughts on this journal page.

Instructions for Lenten Calendar Kit

- Each day glue an appropriate square for that day on your calendar to remind you to keep your Lenten promise and your prayers.
- Use the purple squares for the days of the week and the yellow squares for Sundays.
- Use the special squares for the special days of Ash Wednesday, Palm Sunday, and Easter.

A voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased."

—Matthew 3:17



This is _____ (write in your name) my beloved, with whom I am well pleased.



What does it mean to you to be God's beloved?

Think about what you do or can do to please God.
Write your thoughts on this page.

Write your Lenten promise.

How can knowing that you belong to God help you keep this promise?

Write a prayer asking God to help you keep your promise.



*Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is discord, union;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.*

—Saint Francis of Assisi (1182–1226)



Read the prayer above.

How can you be an instrument of peace for God?

Write your thoughts on this journal page.

You may wish to write a prayer asking God to forgive you for the wrong things you do.

“Forgive each other; just as [God] has forgiven you.”

—Colossians 3:13



Write God a letter about a time when you were forgiven or when you forgave someone.



Sit in silence and write the prayer forming in your heart.



About Our Mission Project

What did you see and learn?

How did you feel about what we did?

What did you learn about yourself?

Where did you sense God's presence?

How is our action related to what Jesus taught?

What else do you think you should do?

Jesus said, "Remember me."

Write down the ways you remember Jesus.



*Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is discord, union;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.*

—Saint Francis of Assisi (1182–1226)



What about our world makes you sad?

Where can you bring peace?

Where can you sow love?

Where can you bring hope?

How can you share joy?

When you finish, put your journal page in your folder and go to another station.

Read Luke 19:41-42.

“As he [Jesus] came near and saw the city, he wept over it, saying, ‘If you, even you, had only recognized on this day the things that make for peace! But now they are hidden from your eyes.’”

What words describe what Jesus is feeling?

Write your thoughts or draw a picture.

Create a path or road in the sand. With your fingers, slowly walk down that road.
Imagine Jesus walking with you.

How do you feel about him walking with you?

What do you talk about? What does Jesus say to you?
Write your conversation on this page.



Sit quietly and imagine that you and Jesus are somewhere together.

Where are you? Describe what it is like.

Jesus says to you, "I have some important things to tell you that I want you to remember."

What does he tell you?

What do you say back to Jesus?

What do you and Jesus do together?

How do you feel having Jesus with you?



Imagine God looking at these pictures with you. Select one picture.
How do you think God feels about this picture?

What do you think God would do about this situation?

What can you do?

Write your prayer.



*I wonder if God has a big lap to curl up in,
just like my Mom's, and strong arms, just like Dad's,
to lift me up and catch me when I fall.*

*I wonder if God has strong hands
to hold me tight, just like Mom's, or big shoulders,
just like Dad's, to carry me when I am tired.*



What makes you feel safe and warm and loved?

Gaze into the mirror. Pretend it is a mirror that helps you see deep within yourself.

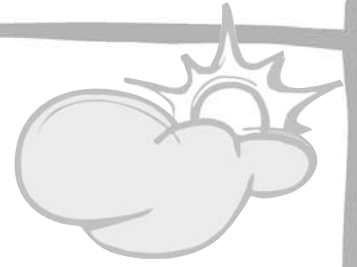
What are some things you know about yourself that other people do not know or see?



What are some things deep inside you that you don't often show to others?

Write a letter to God about what is deep inside you.

God sows seeds in you. Think about these seeds being watered with God’s rain and warmed with God’s sunshine.



Now read the passage.



What seeds do you think God wants to grow in you?

What can you do to make good soil to help these seeds grow?

What might be God’s “rain” and God’s “sunshine” that will help seeds in you to grow?

Write a prayer expressing your thoughts to God.





The Fruit of the Spirit

Love ~ Joy ~ Peace

Patience ~ Kindness ~ Generosity

Faithfulness ~ Gentleness ~ Self-control

Choose one fruit of the Spirit that is important to you, and write it in this space.

Spend one minute sitting quietly and repeating that word over and over (centering).

Write a letter to God about why this fruit is important to you.

1. Tell God why you want that fruit to grow in you.
2. Tell God how the Holy Spirit may help you.
3. In what ways will you show those around you that this fruit is growing in you?

What keeps you from “staying on the vine”?

Think of things that make it hard for you to stay connected to Jesus.
Write them in this space.

Share your thoughts with God and ask God to help you.
You may wish to write your prayer here.



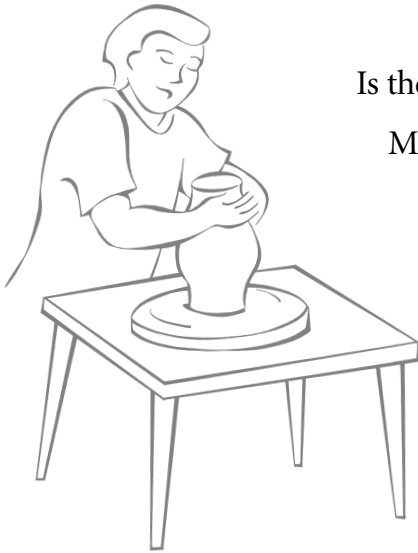


How do you long for God to reshape our world?

(no more wars? people getting along? no one without food? clean water and air?)

How can you help God in this reshaping?

Write a prayer asking God to reshape the part of our world where you see things are wrong.



Is there something in your life that you feel needs reshaping?

Maybe it's a relationship with a friend or a brother or sister or a parent.

Or maybe someone you love is sick and needs healing.

Write a letter to God about what you want to be reshaped.



Prayer for the World

God, this is your world,

You made us, you love us;

Teach us how to live in the world that you have made.



Prayer for Forgiveness

Our Father in heaven:

Please forgive me for the wrongs I have done:

for being greedy and wanting the best for myself;

for making other people unhappy:

Forgive me, heavenly Father.



Prayer for Forgiveness

*Lord Jesus, we remember how you forgave the people
who hurt you.*

Help us to forgive those who hurt us.

May we never try to pay them back.



Prayer for Ordinary Days

*Lord, through this day,
in work and play,
please bless each thing I do.
May I be honest, loving, kind,
obedient unto you.*



Day by Day

*Day by day, dear Lord, of thee
three things I pray:*

*to see thee more clearly,
love thee more dearly,
follow thee more nearly,
day by day.*

—Richard of Chichester, 1197–1253



Prayer for When You're Feeling Down

*Lord Jesus, you know that I am sad today.
Help me to cheer up, because you love me always
And are close to me all the time.*



Prayer of Thanks

*When I wake up in the morning,
Thank you, God, for being there.
When I come to school each day,
Thank you, God, for being there.
When I am playing with my friends,
Thank you, God, for being there.
And when I go to bed at night,
Thank you, God, for being there.*



Prayer of Thanks

*Thank you for each happy day,
for fun, for friends,
and work and play;
Thank you for your loving care,
here at home and everywhere.*



Prayer for Times of Fear

*Lord Jesus, I'm scared. Help me.
I needn't be afraid, because you are with me.
You are stronger than anything. You love me.
You will take care of me. Thank you.*



Prayer for Opening Oneself

*O Lord, open my eyes
to see what is beautiful;
my mind, to know what is true;
my heart, to love what is good;
for Jesus' sake.*



Reminder Prayer

*When I pray I speak to God,
When I listen God speaks to me.
I am now in God's presence.
God is very near to me.*



The Prayer of Saint Francis

*Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.*

—Francis of Assisi, 1182–1226



Lord of the Loving Heart

*Lord of the loving heart, may mine be loving too,
Lord of the gentle hands, may mine be gentle too.
Lord of the willing feet, may mine be willing too,
So may I grow more like you
In all I say and do.*



Many Names for God

Holy Spirit

Jesus

Teacher

Lord

Creator

Shepherd

Eternal One

Awesome God

Ever-loving God

Faithful God

Gracious God

Merciful God

Mighty God

Great God, Our Hope

Redeemer

Ruler

Rock of All Creation

Source of Life

Maker of Peace

Healer

Holy One

Father God/Mother God

... and there are more.