

Family Lenten

Devotions



Lectionary

Year B

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Additional information regarding Praying in Color can be found at:

- <http://prayingincolor.com/>
- Or by purchasing *Praying in Color*; *Praying in Color Kids Edition*; or *Praying in Black and White* by Sybil MacBeth

Opening Prayers:

- Lenten Sunday Prayers of the Day – found on ELCA Worship Page. <http://www.elca.org/Our-Work/Congregations-and-Synods/Worship/Lectionary/YearB#Lent>

LENT- WHAT DOES IT MEAN?:

As early as the mid-fourth century, Christians have observed a time of preparation before the Easter celebration. The Lenten season begins on Ash Wednesday and lasts for 40 days. The forty days of Lent recall the 40 day fast of Jesus in the wilderness after his baptism (Matthew 4:2, Luke 4:1-2) and Moses' 40 day fast on Mount Sinai (Exodus 34:28). It is a time of simplicity and preparation.

The Principal Themes of Lent include penitence; baptismal renewal; preparation for baptism at the Easter Vigil; prayer, fasting, and service; confession of sin rooted in the promise of God that comes through the cross of Christ.

Purple is the seasonal color which suggests somberness & solemnity as well as royalty.

(Taken from www.elca.org)

LENT AT HOME:

Life is busy! Work, school, athletic events, extra-curricular activities, travel, church, civic organizations, friends, family, etc. occupy much if not all of our time. We often choose to “give-up” something for Lent that won't really be an inconvenience for us. It rarely brings us closer to God.

This Lent I encourage you all to spend time as a family reflecting, praying, and preparing. This devotional resource is intended to give you tools to have family devotions. It is built around the prayer practices of Lectio Divina & Praying in Color as well as the physical exercise practices of yoga and walking. The weekly lesson is intended to be repeated each night so that you can continue to learn, reflect, and expand. Your prayers will inevitably shift based on your days experiences. There are also lessons for Ash Wednesday and Holy Week.

LECTIO DIVINA:

In Christianity, **Lectio Divina** (Latin for *divine reading*) is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word.^[1] It does not treat Scripture as texts to be studied, but as the Living Word.^[2]

Traditionally Lectio Divina has 4 separate steps: *read, meditate, pray* and *contemplate*. First a passage of Scripture is read, then its meaning is reflected upon. This is followed by prayer and contemplation on the Word of God. For use with children I have simplified the steps down to *read, think, pray, and rest*. See Appendix A for a visual graphic explaining Lectio Divina.

PRAYING IN COLOR:

Praying in Color is a concept developed by Sybil MacBeth for the times when we have no words but want to communicate with God. It is particularly wonderful for children as they often have short attention spans, don't know how or what to pray, view prayer time as a chore, etc. Praying in color incorporates doodling, coloring, & prayer all together. No words are necessary. Think of a person, place, organization, that you would like to pray for. Write down their name and begin to doodle and color on the page while thinking about them. When your picture feels complete, your prayer is also. To incorporate in with Lectio Divina, write down a word or phrase that struck you from the passage you read and then doodle and color the page during the “Pray/Oratio” step.

(For more information get *Praying in Color* or *Praying in Color Kid's Edition* by Sybil MacBeth)

ASH WEDNESDAY

Opening Prayer:

Gracious God, out of your love and mercy you breathed into dust the breath of life, creating us to serve you and our neighbors. Call forth our prayers and acts of kindness, and strengthen us to face our mortality with confidence in the mercy of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

Matthew 6: 1-6; 16-21 **OR** The Widow's Offering (Pg. 342 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... take a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – remember that you are dust and to dust you shall return. May God bless you today and always.

FIRST WEEK IN LENT:

Opening Prayer:

Holy God, heavenly Father, in the waters of the flood you saved the chosen, and in the wilderness of temptation you protected your Son from sin. Renew us in the gift of baptism. May your holy angels be with us, that the wicked foe may have no power over us, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

Mark 1: 9-15 **OR** Jesus' Baptism & Tempted (Pgs. 243 & 248 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... take a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – remember your baptism and that you are called and claimed by God. May God bless you today and always.

SECOND WEEK IN LENT:

Opening Prayer:

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life. Grant us so to glory in the cross of Christ that we may gladly suffer shame and loss for the sake of your Son, Jesus Christ our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

Mark 8: 31-38 **OR** Peter's Faith (Pg. 322 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – trust in God's plan today and always. May God bless you today and always.

THIRD WEEK IN LENT:

Opening Prayer:

Holy God, through your Son you have called us to live faithfully and act courageously. Keep us steadfast in your covenant of grace, and teach us the wisdom that comes only through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 2: 13-22 **OR** Be Ready (Pg. 347 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Do not be afraid of things that change. God is at work. May God bless you today and always.

FOURTH WEEK IN LENT:

Opening Prayer:

O God, rich in mercy, by the humiliation of your Son you lifted up this fallen world and rescued us from the hopelessness of death. Lead us into your light, that all our deeds may reflect your love, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 3: 14-21 **OR** The Light of the World (Pg. 416 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... NOT THE MESSAGE!

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Let your light shine so that others may see God reflected in you. May God bless you today and always.

FIFTH WEEK IN LENT:

Opening Prayer:

O God, with steadfast love you draw us to yourself, and in mercy you receive our prayers. Strengthen us to bring forth the fruits of the Spirit, that through life and death we may live in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 12: 20-33 **OR** Serve and Follow (Pg. 446 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Help and care for others. You called to be a servant of God. May God bless you today and always.

PALM SUNDAY:

Opening Prayer:

Everlasting God, in your endless love for the human race you sent our Lord Jesus Christ to take on our nature and to suffer death on the cross. In your mercy enable us to share in his obedience to your will and in the glorious victory of his resurrection, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

Mark 11: 1-11 **OR** Palm Sunday (Pg. 454 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Proclaim Christ as King! Hosanna in the Highest! May God bless you today and always.

MAUNDY THURSDAY:

Opening Prayer:

Eternal God, in the sharing of a meal your Son established a new covenant for all people, and in the washing of feet he showed us the dignity of service. Grant that by the power of your Holy Spirit these signs of our life in faith may speak again to our hearts, feed our spirits, and refresh our bodies, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 13: 1-17, 31b-35 **OR** The Last Supper (Pg. 362 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – You are the Body of Christ in the world. Share God's message with others. May God bless you today and always.

GOOD FRIDAY:

Opening Prayer:

Merciful God, your Son was lifted up on the cross to draw all people to himself. Grant that we who have been born out of his wounded side may at all times find mercy in him, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 18:1 – 19:41 **OR** Jesus is Betrayed & The Day Jesus Died
(Pg. 468 & 476 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Walk alongside those who dwell in darkness. Help them see the light. May God bless you today and always.

EASTER VIGIL:

Opening Prayer:

Eternal giver of life and light, this holy night shines with the radiance of the risen Christ. Renew your church with the Spirit given us in baptism, that we may worship you in sincerity and truth and may shine as a light in the world, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

Mark 16: 1-8 **OR** The Empty Tomb (Pg. 482 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God - Remember that Jesus overcame sin and death that you might live. May God bless you today and always.

EASTER SUNDAY:

Opening Prayer:

God of mercy, we no longer look for Jesus among the dead, for he is alive and has become the Lord of life. Increase in our minds and hearts the risen life we share with Christ, and help us to grow as your people toward the fullness of eternal life with you, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Alleluia! **Amen.**

High's & Low's:

Share the best and worst parts of your day.

Yoga or Calming Breaths:

Consider lighting a scented candle to help with calming & relaxation. If your family needs to burn off a little energy to focus before beginning, consider performing the yoga stretches in Appendix B. If your family is relatively focused, then sit for a minute or so and breathe deeply and quietly.

Read (Lectio):

John 20: 1-18 **OR** The Empty Tomb (Pg. 482 Spark Story Bible)

Think (Meditatio):

Think about what you just heard... talk a silent walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words... **NOT THE MESSAGE!**

Pray (Oratio):

Pray in Color – Write down a word or phrase that struck you. Doodle & Color on the page until you feel it is complete. A template to help get you started is available in Appendix C.

Rest (Contemplatio):

Again, take a walk, sit quietly, or choose one of the relaxation yoga poses and reflect on the words and your prayer.

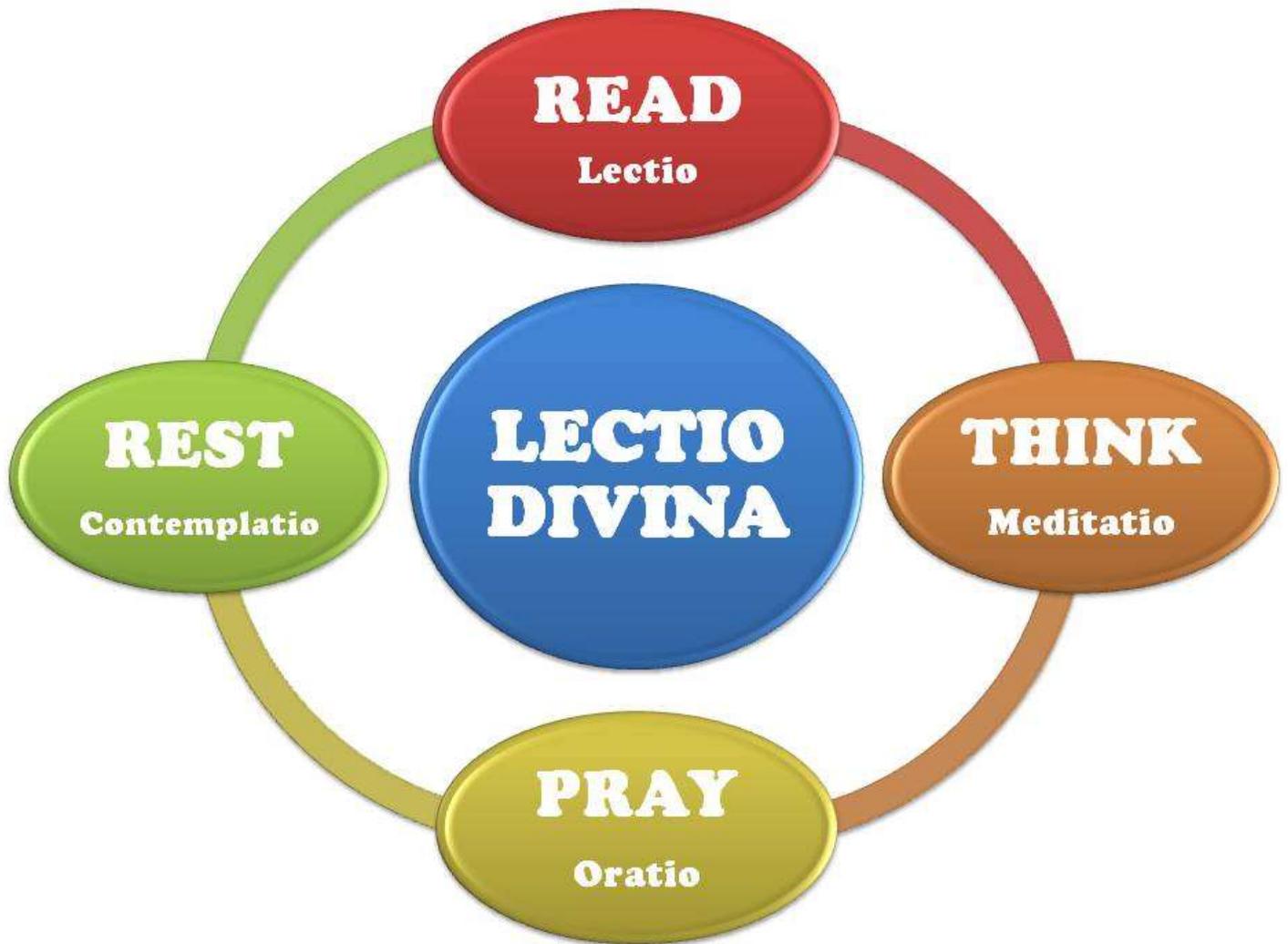
Share:

As a family, share your pictures and what words struck you.

Bless:

Child of God – Christ is Risen! He is risen indeed, Alleluia! Share the Good News with all the world! May God bless you today and always.

APPENDIX A:
LECTIO DIVINA



APPENDIX B: **YOGA POSES**

Poses to Help Work Out Excess Energy:



Sun Pose – Stand with your feet shoulder width apart and reach toward the sky.



Earth Pose – Stand with your feet shoulder width apart and reach toward the ground.



Friend Pose – Reach out your arms like you are reaching out to hug a friend.



Warrior 1 – Back leg straight, front leg bend, hands together extended above your head.

APPENDIX B CONTINUED: **YOGA POSES**

Poses to Help Work Out Excess Energy:

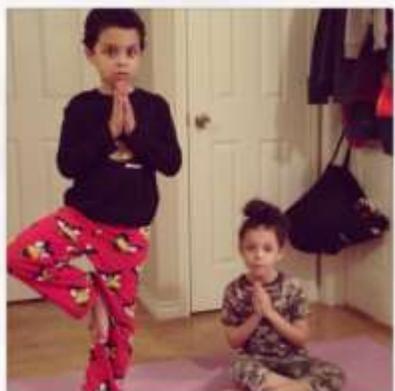


Warrior 2 – Back leg straight, front leg slightly bend, arms held out in front and back of you.



Mountain Pose – Legs shoulder width apart, arms held over your head, hands pressed together.

Prayer Poses (Can be used while listening to the reading):



Standing Prayer Pose – Balanced on one leg, the other is bent and foot is placed beside your knee. Hands placed together against your chest.

Seated Prayer Pose – Legs crossed, hands placed together against your chest.

APPENDIX C:
PRAYING IN COLOR TEMPLATE

