

Seeds

Watching the growth of flower seeds reminds us of the miracle of hope and transformation that is coming in the promise of Easter. The seeds change; they decay as they transform into a new life—a new life that we can't really imagine when we plant it. Where is there hope in your life? Where is there mystery? What transformation do you hope for during the season of Lent?

Read the Parable of the Mustard Seed (Matthew 13: 31-32 or Luke 13: 18-19) and the Parable of the Leavened Bread (Matthew 13:33 or Luke 13:20-21) and talk about change. What things can you think of that change?



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Lent is a season when many people make a special focus on enhancing their ever-growing and loving relationship with God. Christ's life, ministry and death are remembered during this season. It is 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 good thing!

Here is a suggestion for using the contents of this envelope:

Choose a place near where you listen to our Conference Call Worship. Before Sunday we encourage you to cut out the appropriate picture and read the description and Scripture provided.

Sand Between his baptism and the beginning of his adult ministry, Jesus went into the wilderness 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? What constitutes wilderness in your life? What have you learned there? What might you learn there?

Read the story of Jesus wandering in the desert. (Matthew 4, Mark 1, or Luke 4)

Rock While in the wilderness, Jesus was tempted by the devil 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 it 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.

Read the story of Zacchaeus. (Luke 19) Jesus transforms Zacchaeus. Jesus transforms us and helps us make better choices. Is there a place in your life where you could make better choices, with Jesus' help?

Human Figure Because Jesus was *fully human*, he gets us, understands us from inside our skin and knows from experience that we're each capable of great things. No matter what we do, he keeps on inviting us to join in his work which has become our own. In Lent, we are counting down 40 days until Easter. What can you do to be more like Jesus?

Read John 13, the story of Jesus washing the disciple's feet.

Candle 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? How can you encourage someone to see the good in themselves?

Read Matthew 5: 14-16 and sing the song This little Light of Mine. How do you let your light shine?

Shell Historically, the season of Lent was when new Christians were prepared for baptism. Jesus began his ministry after his baptism. As someone who has been (or will be baptized) what is your ministry? How are you living out the promises made at baptism?

Read the story of Jesus' baptism (Matthew 3, Mark 1 or Luke 3)