



# God Across Cultures: Christian Lent Traditions

[DATE] [TIME] [GROUP NAME] [ZOOM online and phone only numbers]



Jesus went into the desert to fast and pray for 40 days. It is a custom of Christians to have 40 days of spiritual preparation before Easter.

## Welcome

Pastor: This is the Day

All: This is the Day

Pastor: That the Lord has Made

All: That the Lord has Made

Pastor: Let us Rejoice

All: Let us Rejoice

Pastor And Be Glad in It

All: And Be Glad in it

All: This is the day that the Lord has made

Let us rejoice and be glad in it. REPEAT

## Greeting - Hello or Peace

Hallo | German or wave \_\_\_\_\_

Ni hao “nee haow” | Chinese \_\_\_\_\_

CIAO “chow” | Italian \_\_\_\_\_

Kamusta Filipino Tagalong \_\_\_\_\_

Hello | English \_\_\_\_\_

Shalom! | Hebrew \_\_\_\_\_

Xin Cháo “zin chow” | Vietnamese \_\_\_\_\_

American Sign Language \_\_\_\_\_

(H)ola | Spanish \_\_\_\_\_

Salvete! “sal vet a” | Latin \_\_\_\_\_

Bon jour | French \_\_\_\_\_

Sanibononi “san ee bo no nee”

Swahili \_\_\_\_\_



## Explore

Chuck Knows Church #14 Lent <https://chuckknowschurch.com/archive/14lent>

## Mark 1:1-3



Jesus was full of the Holy Spirit. He left the Jordan. He was led by the Spirit into the wilderness. For forty days he was tempted by the devil. He ate nothing during those days. At the end, he was hungry.



## Respond

**After Ash Wednesday, Christians observe a holy Lent.**

- What ways are New Years Day, Vietnamese New Year, Valentine’s Day and Ash Wednesday the same? (preparation and on the day)

- Jesus was tempted and he fasted for 40 days. What tempts you? How long can you fast from it (a food, a bad habit, phone or ...)?
- We repent. We look at our mistakes and we are sorry.
- We pray and try to do good. What good thing will you work on?
- We read God's Holy Word, the Bible.

## **United Methodist Hymn #585 – This little light of mine**



(Someone sign: light, I'm gonna let it shine, blow, Satan, Jesus)

**This little light of mine, I'm gonna let it shine.  
 This little light of mine, I'm gonna let it shine  
 This little light of mine, I'm gonna let it shine  
 Let it shine, let it shine, let it shine.**

**Don't let Satan blow it out . . . I'm gonna let it shine.  
 Don't let Satan blow it out . . . I'm gonna let it shine  
 Don't let Satan blow it out . . . I'm gonna let it shine  
 Let it shine, let it shine, let it shine.**

**Let it shine til Jesus comes . . . I'm gonna let it shine.  
 Let it shine til Jesus comes . . . I'm gonna let it shine.  
 Let it shine til Jesus comes . . . I'm gonna let it shine.  
 Let it shine, let it shine, let it shine.**



## **Pray – the Skittles prayer**

Take a Skittle from your bag. A leader starts prayer. They will call on you to pray. If your color is

Red – pray for something you are sorry for

Orange – say a prayer of thanks

Yellow – pray for anything you would like

Green – pray for the world

Purple – pray for someone who is sick

And we all say **Amen.**

## Saying our Good-byes

See Yah or wave \_\_\_\_\_

Auf wiedersehen | German \_\_\_\_\_

Arriverderci | Italian (a ree vah dayr chee) \_\_\_\_\_

Paalam | Filipino (pah lim) \_\_\_\_\_

Kwaheri | Swahili (kwa hair ee) \_\_\_\_\_

Tạm Biệt | Vietnamese \_\_\_\_\_

American Sign Language \_\_\_\_\_

Adiós | Spanish (ah dee ohs) \_\_\_\_\_

Au revoir | French (oh reh vwahr) \_\_\_\_\_

Zài jiàn | Chinese (zi jon) \_\_\_\_\_

Leitraot | Hebrew (leh he tra oht) \_\_\_\_\_

Vale | (Latin) (vah lay) \_\_\_\_\_

**Until Next Time** ..Here are ideas from Centennial UMC Pastor Jen Anderson

### **Feb 22 - PRAY WITH A SKITTLE**

Say a color prayer that matches with the Skittle you saved from class.

**FAST** – will you fast from complaints, meat, or ??? one day a week during Lent?

**Feb 28 – PRAY WITH DI(C)E - Roll the die. Pray the number you get.**

1. Give thanks
2. Family, friends, roommates
3. Community- sick people or those who are home less
4. School, church, nation, world
5. Creation
6. Wild card, pray for whatever pops into your heart first.

### **MARCH – Food Shelf Month**

**Use a giving jar or container.** - Ask people in the house to put change in it. Use the money to buy food for a food shelf or donate to a church food shelf.

**March 7<sup>th</sup> – PRAYER WALL** – Draw prayers of joy and concern on sticky notes. Put them on your fridge or bedroom wall.

### **March 14<sup>th</sup> - PRESS PAUSE**

Press pause 30 minutes when you watch TV, stream or use your phone. For 30 minutes, pray, read Mark 1: 1-3 or look for signs of God outside your window.

### **March 21 – ZOOM & MUSIC DAY**

Listen to your CD. Spend the day singing.

### **HOLY WEEK - PRETZEL PRAYER**

A monk invented pretzels to teach people how to pray with arms folded like a pretzel. Hug yourself and say: *Thank you Jesus for loving me. Thank you for hearing my prayers. Amen*

Make the recipe or color this pretzel.

