

Family time: Lent Reflection 25 March 2020

Creating a space for children and adults to bond and work on their spirituality together. Working in conjunction with the lent reflections.

Theme: An invitation to understanding prayer as deepening our friendship and discerning what our friend wants us to do.

Ice-breaker: What was your first ever prayer?

Questions:

- Why is it important for us to pray?
- How do you think praying can help us to have a friendship with Jesus?

Reflection exercise: Think of one of your very close friends. How did you become friends? How do you know that you are good friends? What activities do you enjoy doing together? How do you contribute to the friendship?

Jesus is also our friend.

- How do we know Jesus is our friend?
- Who was Jesus friends with in the Bible?
- How can we show Jesus that we are His friend?

When we pray to Him we are spending time with Him. When you spend time with someone then you really get to know them more. We can also get to know Jesus more by reading our Bibles and learning about what He did and still does. Did you know that He talks to us through the Holy Spirit? Sometimes it may be difficult to hear from Him because we do all the talking but when we are silent and spend more time with Him then we will be able to hear from Him more. When we become friends with Jesus we will feel His love more but He doesn't just want us to only love Him back but He wants us to love other people the way He loves us.

- How can you be a good friend like Jesus and show love to other people?

Parents/ guardians please share how you show that you are a friend of Jesus and show the love He gives to you to other people.

During this time we are not allowed to see our friends and some of our family members who we would usually see during the holidays. This may make us feel sad and we may also feel like we cannot show them the love that Jesus shows us, but one thing that we are able to do is to pray for them. In this way we are spending time with Jesus and we are showing that we love them with all our hearts.

Memory verse:

'My command is this: Love each other as I have loved you.' John 15:12 (NIV)

Family activity:

Together as a family write down the names of those who you can pray for on the hand below and everyday pray for them with your family. Put it up where everybody will be able to see it every day.

God gives us different jobs to do and we have to use our discernment to understand what it is. Tonight when you pray ask Jesus what He wants you to do for Him.

THE 5 FINGERS OF PRAYER

