

2025 LENT AT HOME WORSHIP GUIDE

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Lent at Home Worship Guide 2025 March 5-April 20, 2025

Written by Talashia Keim Yoder Edited by Michael Danner and Jessica Griggs Illustrated and designed by Erin Ramer

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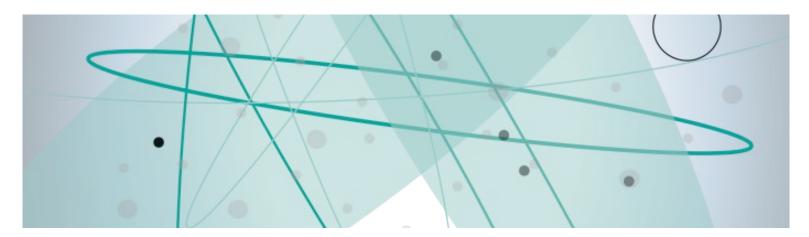
Contact: Michael Danner, Executive Director Mennonite Education Agency:

574-523-3045, MichaelD@MennoniteEducation.org

CHRISTCOLLIDES

Jesus has a way of surprising us, of interrupting what we think we know, and revealing something new. He did this through his parables, taking well-known tropes and turning them on their heads. He did it when he challenged people's expectations of who the Messiah would be. He did it every time he demonstrated the full extent of God's love and hospitality. And ultimately, Jesus surprised, interrupted and revealed when he died and lived again. The writers of this year's Leader resource have named this "Christ Collides."

This season, we will take a look at the way Jesus collides with, or interrupts, our cultural ways of interacting with the world around us. We will practice opening ourselves to feel that — sometimes jarring — collision. We will invite Jesus to come alongside us, to reorient us to the Jesus way, in a world that feels topsy-turvy. These Lent-at-Home materials, which complement the Leader resource, are designed to help Scripture come alongside us, as we walk with Jesus and our communities in each of our contexts.



WHAT IS LENT?

Lent prepares us for Easter, just as Advent prepares us for Christmas. It is a time to:

- Focus on the life and teachings of Jesus.
- Clean out our lives and make room for hearing and responding to Jesus' call to us.
- Think about our response to the call to follow.
- Confess what stands in our way of responding to God's call.
- Practice humility, confessing our human limitations and our need for God.
- $\boldsymbol{\cdot}$ Come into alignment with the call of Jesus.
- Make space for God to lift us up!

Lent is when we walk with Jesus all the way to the cross.

Lent rhythm

- 1. March 5: Begin with the Ash Wednesday ritual. This will help your household step fully into the Lenten journey.
- 2. March 5 April 13: Observe the daily or weekly candle, centerpiece and calendar rituals.
- 3. April 17-18: Observe Maundy Thursday and Good Friday with simple rituals.
- 4. April 20: Celebrate Easter Sunday with a sunrise ritual and other activities you choose.

Prepare ahead

- 1. **Create a centerpiece.** This ritual is inspired by the Leader Magazine worship visual ideas. If you attend a church that follows that resource, you may have some synchronicity between home and worship with this visual.
 - You will add to your centerpiece each week, so it may be helpful to assemble all the "ingredients" in advance. Here is what you'll need:
 - A candle try a large pillar candle.
 - Ash Wednesday: A cross use one you already have, or see below for some ideas for creating your own.
 - Week 1: A scrap of velvet, or something that looks different depending on your angle, symbolizing bias.
 - Week 2: A gavel or rock, symbolizing condemnation.
 - Week 3: Coins, or something that symbolizes things you're tempted to prioritize over following Jesus.
 - Week 4: A small mirror, symbolizing selfishness.
 - Week 5: A cardboard tube, a symbolizing tunnel vision or blinders.
 - Week 6: A crown, symbolizing expectations.
 - Good Friday: Drape a drab cloth over the cross.
 - Easter Sunday: Remove the other symbols, and replace them with flowers, symbolizing life.
 - Alternatively, use these simpler visual idea:
 - Ash Wednesday: A cross.
 - Weeks 1-6: A rock for each week with the week's word written on it: bias, condemnation, priorities, selfishness, blinders and expectations.
 - Good Friday: Drape a drab cloth over the cross.
 - Easter Sunday: Remove cloth and rocks, and replace them with flowers.
- 2. **Print the Lenten calendar** and place it wherever you'll be doing your daily ritual. You may want to print copies for each member of the household and laminate them, then use them as placemats for the season of Lent.
- 3. Take a look at the collision reflection, and consider whether you want to incorporate it.
- 4. Feeling exhausted or hopeless? Take a look at the reorientation exercises, and choose some to try.
- 5. **Look over** the Ash Wednesday, Maundy Thursday, Good Friday, and Easter Sunday rituals and think about which of these you would like to do. Note what you might want to do to prepare ahead of time.

Creating a cross

Creating your own cross for this season could be a good household or individual spiritual practice. You can get creative with materials and methods. Here are a few ideas to get you started:

- Sticks: Find two sticks outside. Wrap twine around the crux to hold them together in the shape of a cross. As you find your sticks and join them, consider how Jesus might have created playthings out of natural materials when he was a child.
- If you're a wood-working family, use this as an opportunity to create something together. As you cut, sand, stain and nail your wooden cross, wonder about how Jesus might have worked on projects with his carpenter father.
- Weave pipe cleaners together to create a cross. As you bend, weave and twist them, think about the times you feel like God's work in you and the world around you is gentle, as well as the times when you feel you're being twisted and bent.
- Use modeling clay to create a cross. As you shape it, ponder how God might be shaping you.

The daily ritual

Choose a time of day that will work well for your household. Supper time and bedtime are common choices. At this time each day, you'll gather around your centerpiece with your calendar.

- 1. Light the candle.
- 2. Follow the prompt on your Lenten calendar.
- 3. Close your time together with a prayer. On your calendar, you'll find a prayer suggestion for each week, or you can pray another way.
- 4. Blow out your candle.

It is absolutely fine to rearrange the week's prompts, such as doing Monday's prompt on Thursday. Some of the prompts are more activity-oriented and may need to be moved to fit your household's schedule.

Weekly option

A daily ritual may not work well for your household. If you'd like to focus your time on one day per week, here's one way to approach a weekly ritual:

- 1. Light the candle.
- 2. Do the Monday prompt from your calendar, which will always consist of adding to the centerpiece. If you choose this, though, you'll want to also do Thursday, March 6, which is when you begin your centerpiece!
- 3. If time allows, look through the other prompts for the week and choose one or two to do in addition to Monday's prompt.
- 4. If you're doing the collision reflection or reorientation options, now would be a good time to do them.
- 5. Pray, using the weekly prayer suggestion or doing it your own way.
- 6. Blow out your candle.

Collision reflection

Use these prompts each week, as a way to be aware of Jesus's presence in the world.

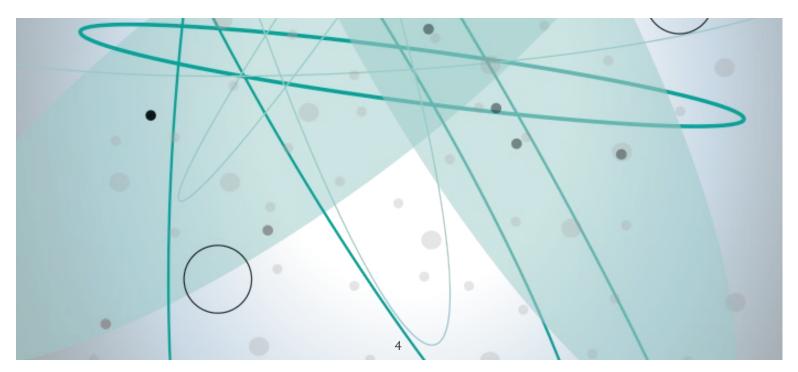
- Where have you seen the Jesus way colliding with the world's way this week?
- How have you seen Jesus interrupting bias, condemnation, priorities, selfishness, blinders or expectations?
- Has Jesus's way collided with you or your desires this week?
- For children:
 - What did you see, hear or feel this week that you don't think lesus would like very much?
 - Were there times this week when you did or said something that you think Jesus probably would have done or said?
 - Great! This is Jesus nudging you and you following Jesus!

Reorientation exercises

Regardless of your political leanings or ideology, this is an intense and polarizing time. We are trying to hold relationships together, act for justice, find scraps of hope, educate ourselves and others, seek out what we can do when so much is beyond our control ... it's exhausting. The word "collide" may not feel very helpful to you right now! In moments like these, it's important to reorient ourselves to the knowledge that Christ is the one doing the colliding. Sometimes we're involved, but God is the source. God is the primary actor. Before human history began, God was. In this current topsy-turvy moment, God is. When all we know ceases to exist, God will be.

Here are some reorientation exercises for Lent. Some are playful; some are reflective. Maybe you'll do a different one each week, maybe you'll find one you love and stick with it, or maybe these will inspire you to come up with your own! Use this list to help you and your household reorient yourselves to the heart of God.

- The mirror game: Darken a room, then place one flashlight or lamp in the middle of the room. Give each person a small mirror, and play with reflecting the light from the mirror into different parts of the room.
 - The flashlight or lamp is the source of light, but the mirrors can reflect that light to shine it into the corners and crevices of the room. In this metaphor, God is the source of light and we are the mirrors, reflecting God's goodness.
- Earth rhythms: Follow the earth's rhythms for a whole day. Wake when the sun comes up, work and play, then, draw your day to a close as the sun goes down.
 - We live in a time-bound world. God has created a world of natural rhythms. Notice what happens when, even one day per week, we become nature-bound.
- Star gazing: If you live in an area where you can see the stars clearly, go outside, and look at the night sky. The stars you see are far, far away, and they live for billions of years. They have seen so much! If you look through a telescope, you will see stars that are billions of miles away, and it's likely that many of them have already died out.
 - God has created a mind-blowingly vast world. We are a pinprick in that story. God was, God is and God will be.
- A soundtrack for troubled times: Create a playlist of music that recenters you on God's love. Your songs do not have to be "Christian" songs, just ones that bring you closer to God's essence. Let these songs begin to form you and work in you.
 - Music is powerful! Sometimes when nothing else can assure us, music can. And it gives us tunes and words that will come back to us in the moments that we need them. God is at work in music!



DAILY RITUAL CALENDAR

Week 1, March 5-15: Christ collides with our bias

Prayer: Jesus, we confess that we aren't always our best human selves. Disrupt our assumptions about other people and the world around us and help us view this world the way you do.

- March 5: Do the Ash Wednesday ritual in this resource or attend a communal Ash Wednesday service.
- March 6: Prepare your centerpiece together. Create or add your cross and a pillar candle.
- March 7: Lent is a time for cleaning out and making space. Choose a drawer or closet in your home to clean out.
- March 8: As humans, we are part of creation. Take a walk or play outside.
- March 9: Worship God in community.
- March 10: Jesus helps us see things in new ways. Add your scrap of velvet or a "bias" rock to your centerpiece.
- March 11: Read Luke 10:25-28. How have you seen or practiced love for God, self and neighbor today?
- March 12: Read Luke 10:29-37.
- March 13: Reflecting on the story of the Samaritan, tell stories of times when you have made assumptions about people and have been surprised.
- March 14: Read Luke 10:38-42. Imagine Jesus taking the things that you're upset and worried about and saying, "It's okay; I've got this."
- March 15: Part of loving God, self and others is practicing hospitality. Invite someone over for today or a future date.

Week 2, March 16-22: Christ collides with our condemnation

Prayer: God, we confess that we are quick to condemn others. Open us up to the stories of others and the ways you are working in the world.

- March 16: Worship God in community.
- March 17: Jesus reminds us that there's always more to the story. Add your gavel or condemnation rock to the centerpiece.
- March 18: Read Luke 13:1-5. Talk about the difference between tragedy and consequence.
- March 19: Read Luke 13:6-9. It's a cliff-hanger! What do you think happened?
- March 20: In the spirit of the parable from Luke 13:6-9, care for a plant you've been neglecting or plant a new plant and challenge yourself to take care of it every day.
- March 21: Read Luke 13:31-35. What people and places do you think God longs to gather under God's wings right now?
- March 22: Get up and watch the sunrise. As sure as the sun always rises, Jesus is here.

Week 3, March 23-29: Christ collides with our priorities

Prayer: God, we confess that we put all kinds of things ahead of following you. Help us tell ourselves the truth and name those things that need to be put in their proper place.

- March 23: Worship God in community.
- March 24: Jesus loves us and seeks us. Add your coins or priorities rock to the centerpiece.
- March 25: Read Luke 15-1:7. Does the shepherd's choice make sense? When have you prioritized something that may have seemed strange to others?
- March 26: Read Luke 15:8-10. Tell stories of times when you have been lost or have lost something.
- March 27: Read Luke 15:11-32.

March 28: Take a look at your household's priorities. Where does your time, money and attention go? Are there ways God might be calling you to reprioritize?

March 29: Try a household fast from screens today.

Week 4, March 30-April 5: Christ collides with our selfishness

Prayer: God, we confess that we are selfish. We often lose perspective of how our personal needs and desires fit into your dream for the community. Help us release the things that we hold too tightly.

March 30: Worship God in community.

March 31: Jesus reminds us that we are part of a whole community, that we are not the center of the world. Add the mirror or selfishness rock to the centerpiece.

April 1: Read Luke 16:19-31.

April 2: Do you identify more with the rich man from Luke 16:19-31, who had everything he needed, with Lazarus, who didn't have enough, or somewhere in between?

April 3: Go through your clothing, books or toys, and decide what you need and what you could give to others.

April 4: Do something kind for someone else.

April 5: Find all of the loose change in the house and count it. Then bring it to church, or a person in need, as alms-giving.

Week 5, April 6-12: Christ collides with our blinders

Prayer: God, we confess that we sometimes get so focused on certain things that we don't see what you're up to. Open our eyes and ears to your work, and draw our hearts closer to yours.

April 6: Worship God in community.

April 7: Look through the cardboard tube, and notice what tunnel vision looks like. Jesus invites us to see beyond that! Add the cardboard tube or blinders rock to the centerpiece.

April 8: Read Luke 18:31-34. The disciples just couldn't quite see it. Try this "Zoom in game" (https://www.youtube.com/watch?v=FRbMAgOtZl4).

April 9: Read Luke 18:35-43. What do you need or deeply desire? Boldly cry out to Jesus, like the blind man did.

April 10: Read Luke 19:1-10. Is there anything you would like to ask forgiveness for?

April 11: Climb a tree like Zacchaeus did in Luke 19:1-10, or climb a ladder or go to the top floor of a building. How does the world look different when you're up high?

April 12: Make Lent pretzels! https://www.faithward.org/lent-pretzels-recipe-and-pretzel-prayer/

Week 6, April 13-19, Holy Week: Christ collides with our expectations

Prayer: God, we confess that we hold too tightly to our expectations. Help us release those expectations, so we can be ready for your love to guide us.

April 13, Palm Sunday: Worship God in community.

April 14: Jesus surprises us, and Jesus surprised people long ago, by not being the kind of king they expected. Add the crown or expectations rock to the centerpiece.

April 15: Read Luke 19:29-38. Act out the story.

April 16: Read Luke 19:39-44. Tell a story about a time you expected something different from what actually happened.

April 17: Do the Maundy Thursday ritual in this resource, or attend a communal worship service.

April 18: Do the Good Friday ritual in this resource, or attend a communal worship service. Put the cloth over your centerpiece.

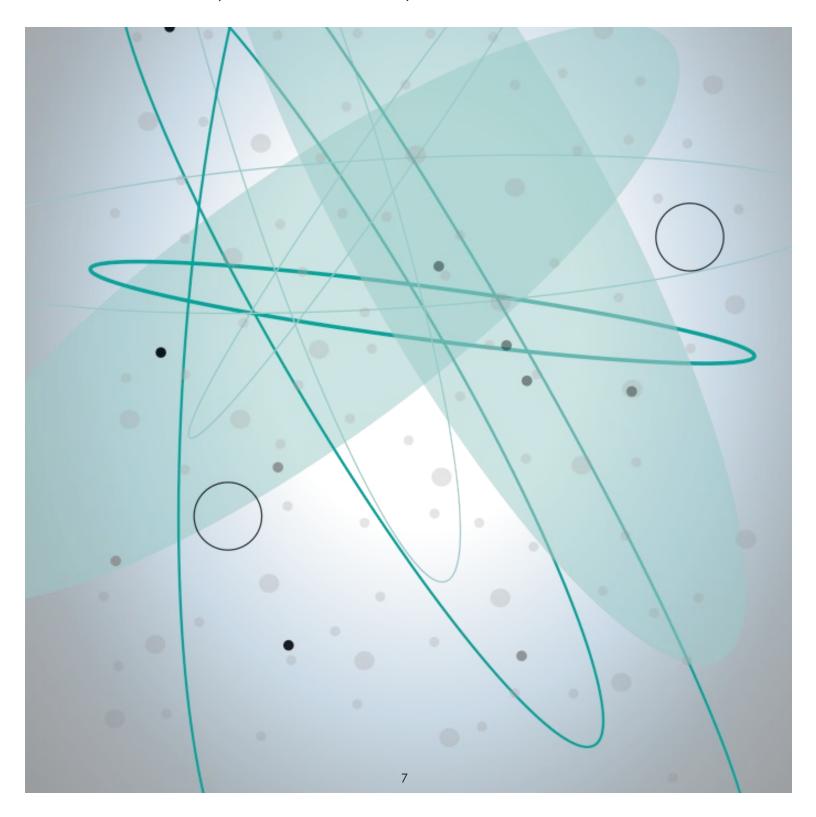
April 19: When Jesus died, the Light of the World went out. Don't turn on any lights today.

Easter, April 20

Happy Resurrection Day!

Clear the rocks or symbols from your cross and replace them with flowers.

 $Choose from the \ Easter \ Day \ activities \ in \ this \ resource, \ as \ you \ celebrate \ the \ resurrection!$



ASH WEDNESDAY RITUAL

This simple ritual can easily be adapted for a corporate setting. It is based on an all-ages Ash Wednesday service at College Mennonite Church in Goshen, Indiana.

What is Ash Wednesday?

- Ash Wednesday marks the beginning of Lent.
- We confess our humanity. We are humans, not gods.
- We miss the mark. We hurt others. We break relationships.
- Being human means that we are created by God, in the image of God. It means God sticks with us.
- Being human means we are an integral part of creation, created to live in community with God, ourselves, others and all of creation.
- To be human means to be deeply connected with God's sustaining creation, with the water that cleanses and renews us, the fire that refines and comforts us, the wind that moves us, and the earth from which we come and sustains us.

On Ash Wednesday, we dig deep and start to discover what it is that keeps us from being our best human selves.

Prepare for the household ritual Ashes

- Traditionally, we burn the palm branches from the previous Palm Sunday, but you can burn any organic material to make your ashes.
- Mix them with a bit of oil olive oil is great to help them stick together.

Stations

- Earth: Fill a container with some soil preferably good, rich soil! and place it near a towel to wipe hands off.
- Fire: Gather a pillar candle and enough other candles, with candle holders, for every member of your household.
- Water: Prepare a pitcher of water and some small cups.
- Air: Find a bottle of bubbles and bubble wands.
- Print out the Scripture passages, as well as the reflection and action instructions for each station, if you want the stations to be self-guided. Otherwise, you can just read the passages and instructions for each station.

Do the Ritual Together

Introduction: Introduce the ritual by explaining the meaning of Ash Wednesday. You could read through all of "What is Ash Wednesday," or choose points from it that are most helpful for your household. You may want to play this Ash Wednesday playlist (https://spoti.fi/37kVXbv) softly in the background a free Spotify account required to play the playlist.

Imposition of Ashes: Anoint one another's foreheads, or your own forehead, with ashes in the shape of a cross. Speak the words, "From dust we come, and to dust we will return" (based on Genesis 3:19).

Explore Your Humanity: You may want to do each station as a household or let everyone explore at their own pace. Very young children will probably need to partner with a adult. There is an option for a very simplified reflection for young children.

Earth

- Scripture:
 - Genesis 2:7, 9
 - Genesis 2:19
- Reflection and action:
 - We come from good soil that has been shaped and brought to life by God. And we will return to the soil.
 - Put your hands in the soil. Touch it. Smell it. Look at it closely. God has taken great care to create you from good soil. God has taken great care in creating all living things from good soil. And God takes great care as soil receives death and decay. What remains is good soil, ready for God to use, again and again.
 - For young children: "Just like things grow in this good soil, the love of Jesus grows in me." Explore the soil.

Air

- Scripture: Joel 2:28-29
- Reflection and action:
 - The Holy Spirit can be a gentle breeze that lightly lifts a fallen leaf or a rushing wind that rearranges the world. The Spirit moves around us and through us, connecting us in our very human form to our Creator.
 - Blow some bubbles, and as you do, notice the way your breath helps to create them. Observe the different kinds of bubbles that form when you blow with a gentle breath or with a stronger breath.
 - Imagine the Holy Spirit creating in you the way that your breath creates the bubbles. What dreams and visions might the Holy Spirit be stirring in you?
 - For young children, say, "Jesus gives me life and makes me move." Blow bubbles.

Fire

- Scripture: Psalm 51:15-17
- Reflection and action:
 - · Light a small candle.
 - Reflect on the ways that the light of Christ provides direction, comfort and challenge in your life. What are the things that block the light of Christ in your life? What are the "burnt offerings" you're tempted to offer in place of walking in the light of Christ?
 - Sit, or stand, with the light, inviting an awareness of God's presence with you.
 - Pray for courage to face whatever lies before you and to walk in the ways revealed to you by the Light of the World, Jesus Christ. As a sign of hope and courage, leave your lit candle in the candle holder until you blow it out at the end of this Ash Wednesday ritual.
 - For young children, say, "Jesus, show me your way." Light a candle.

Water

- Scripture: Isaiah 58:11
- Reflection and action:
 - Pour yourself a glass of water. Watch as the clear, clean water fills your cup.
 - Drink the water, paying attention to how it feels, as it washes through your mouth, down your throat, through your chest and to your stomach.
 - Imagine it making your bones strong, washing through you to renew and refresh you.
 - Say a prayer of thanks for God's provision and renewal.
 - For young children, say, "Jesus gives me what I need." Drink some water.

Closing:

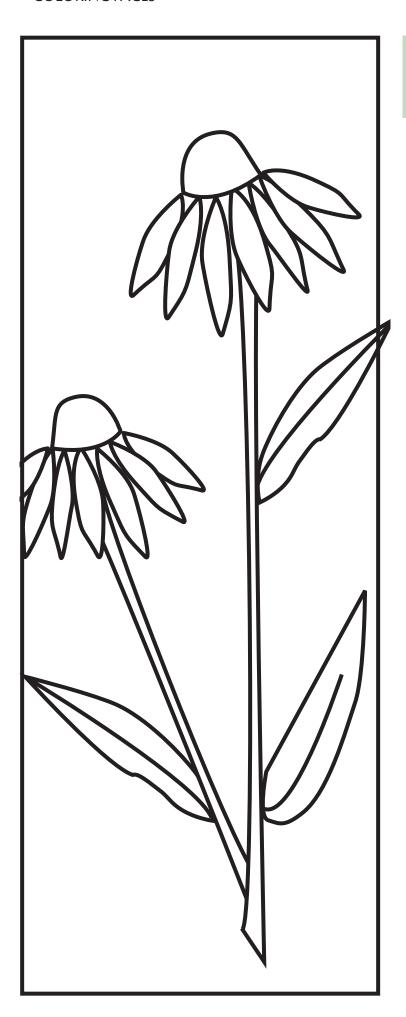
From the "adamah" which is the Hebrew word for soil, of the earth, God shaped us and breathed life into us. Nothing separates us from the love of God. One day, we will all return to the earth from which we've been made, fed, nurtured and sustained, and out of which new life comes. What a glorious circle of life!

Ashes to ashes.

Dust to dust.

Life to life.

Love to love.



EARTH

THEN THE
LORD GOD
FORMED
MAN FROM
THE DUST OF
THE GROUND, &

BREATHED

INTO HIS NOSTRILS
THE BREATH
OF LIFE; & THE
MAN BECAME
A LIVING
BFING

Genesis 2:7, NRSV

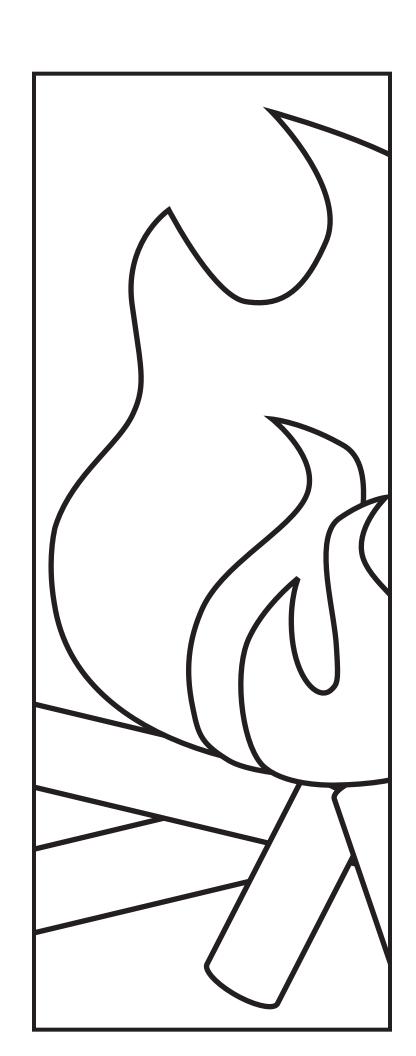
FIRE

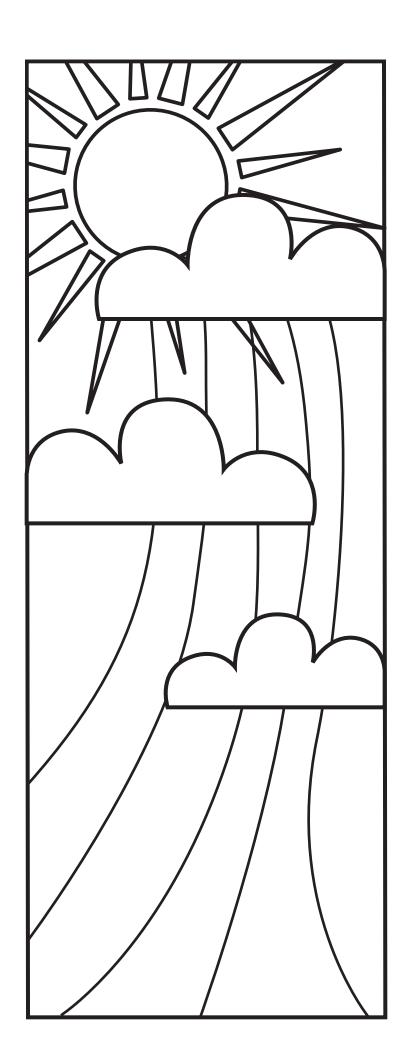
O LORD, open my lips, & my mouth will DECLARE YOUR PRAISE.

For you have NO DELIGHT IN SACRIFICE; if I were to give a burnt offering, you would not be pleased.

The sacrifice acceptable to God is a broken spirit; a broken & contrite heart, O GOD, YOU WILL NOT DESPISE.

Psalm 51:15-17, NRSV





AIR

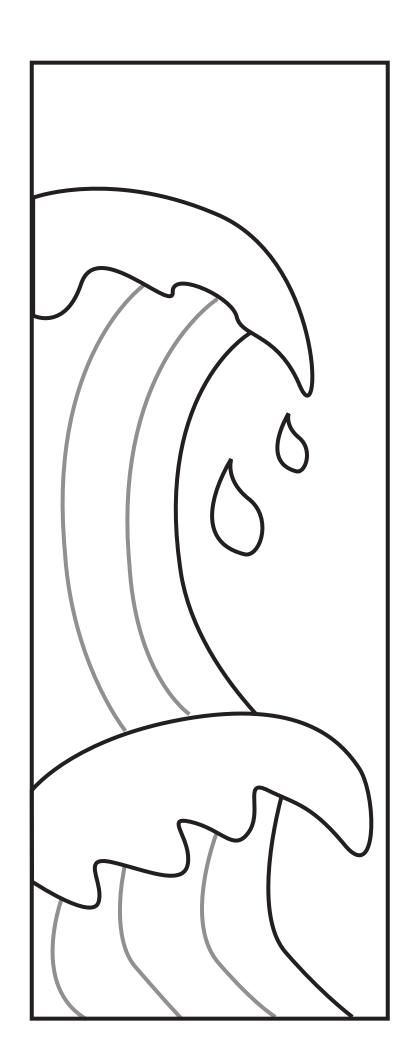
THEN AFTERWARD I WILL POUR OUT MY SPIRIT ON ALL FLESH; YOUR SONS & YOUR DAUGHTERS SHALL PROPHESY, YOUR OLD MEN SHALL DREAM DREAMS, & YOUR YOUNG MEN SHALL SEE VISIONS. EVEN ON THE MALE &

EVEN ON THE MALE & FEMALE SLAVES, IN THOSE DAYS, I WILL POUR OUT MY SPIRIT. Joel 2:28-29, NRSV

WATER

THE LORD WILL GUIDE YOU CONTINUALLY, & SATISFY YOUR NEEDS IN PARCHED PLACES, & MAKE YOUR BONES STRONG; & YOU SHALL BE LIKE A WATERED GARDEN, LIKE A SPRING OF WATER, WHOSE **WATERS** NEVER FAIL.

Isaiah 58:11, NRSV



MAUNDY THURSDAY RITUALS

You will need:

Towels.

Large bowl or tub filled with warm water for foot washing.

A Bible, The Peace Table: A Storybook Bible, or Shine On: A Story Bible (optional).

A simple meal, perhaps soup and bread.

Prepare:

- 1. Set the table for the meal and have everything ready to go before you begin the ritual.
 - 1. If you have been using the Lenten centerpiece, place that in the middle of your table and light the candle.
 - 2. Consider making this feel like a special meal. Maybe in your household this means it's candlelit or maybe you'll use special dishes.
- 2. If your household enjoys background music, turn on some soft music, or use this Maundy Thursday Meal playlist: https://open.spotify.com/playlist/2ZEcPhEY9wf8lm4WFHbOOL

Foot washing

Before the meal with his disciples, Jesus washed their feet. He told them that they should also serve each other in this way, so we do it together to remember Jesus' example.

- 1. Set the scene: Back in Jesus' time, people wore sandals. Roads were made of dirt, not paved like they are now. So imagine: If you were wearing sandals and walking on dirt roads all day, what would your feet look and feel like at the end of the day? They'd be pretty dirty and gross! So usually, a servant of the house would have the job of washing everyone's feet. Imagine the disciples' surprise when Jesus washed their feet instead.
- 2. Read John 13:3-17 use Shine On, pg 260, or The Peace Table, pg 270, for young children.
- 3. Your turn! Wash the feet of others in your household. If you are alone in your house, consider doing a different act of service of your choosing.
 - 1. There's no science to washing feet, so do this however it works for you, but it is certainly easier to do if the person whose feet are being washed is seated. Take turns washing one another's feet. Young children may want to do it over and over again. Let them lead the way.
 - 2. If the moment feels right, spend some time noticing how you feel. What was it like to have someone else wash your feet or to wash someone else's feet? Were you uncomfortable? Was it gross? Was it interesting? Did it tickle? Wonder: Did the disciples and Jesus feel any of the things you're feeling?

Meal

After Jesus surprised the disciples and showed them this way of service, they all ate a meal together.

- 1. Read Matthew 26:17-30 use Shine On, pg 264, or The Peace Table, pg 274, for young children. This wasn't just a happy meal together. There was some betrayal creeping its way in. Notice that discomfort, and let it be on your mind, as you eat together, even if it's not part of the conversation. Even when Jesus knew betrayal and death were coming, he still served and fed his friends. Notice that hope, and remind yourself of it, as you eat together.
- 2. Eat your meal together, knowing that there are going to be some difficult times before the joy of Easter morning.



Closing Words

If you want to wrap up your time together, these words may be helpful: "We have remembered the meal Jesus shared with his disciples and his service to them, as he prepared for what he knew was to come. We now continue in Holy Week, moving toward Jesus' death, which we will remember on Good Friday, tomorrow. And on Sunday, we will emerge from the depths into new life."

Prayer

God, we cried to you, "Hosanna, save us!" You answered in ways we did not expect. Walk with us in this journey of your passion. Lead us to live out your new covenant in all that we do. In Jesus' name, Amen. OR, Pray the Lord's Prayer together from Matthew 6:9-13.

GOOD FRIDAY RITUAL

This ritual is designed to take you through the story of Jesus' death. If you have young children, you may want to use the modified ritual.

This ritual follows the rhythms and candle-extinguishing of the Tenebrae service that is observed in many different Christian traditions on Good Friday. It is a way of telling the story and seeing the Light of the World grow dimmer and dimmer — a visual reminder of the grief of Jesus's death.

Materials: Your Lenten centerpiece, including the pillar candle, six extra candles, a Bible.

Begin by gathering around your Lenten centerpiece and lighting all seven candles.

Read Luke 22: 39-53.

Extinguish one candle.

Read Luke 22:54-62.

Extinguish the second candle.

Read Luke 22:63-71.

Extinguish the third candle.

Read Luke 23: 1-25.

Extinguish the fourth candle.

Read Luke 23: 32-43.

Extinguish the fifth candle.

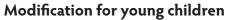
Read Luke 23: 44-49.

Extinguish the sixth candle.

Read Luke 23:50-56.

Extinguish the final candle, and place the drab cloth on your centerpiece.

This is an account of the death of Jesus, the Messiah, the son of God.



Begin by gathering around your Lenten centerpiece and lighting all seven candles.

Read Shine On pg 267, The Peace Table pg 277, or the account of Jesus' arrest and trial from another story Bible. **Extinguish** four candles.

Read Shine On pg 269, The Peace Table pg 279, or an account of Jesus' death from another story Bible.

Extinguish the remaining three candles, and place the drab cloth on your centerpiece.

When Jesus died, the whole earth was broken and sad.



EASTER SUNDAY RITUAL IDEAS

Alleluia! It's Resurrection Day!

Gather with fellow people of God to celebrate!

Sunrise ritual

- Wake up just before dawn. Check to see what time sunrise is in your area, and get your household up 10-15 minutes before sunrise.
- Grab your Bible, bundle up and go outside. If you aren't able to go outside where you live, go to an east-facing window.
- Turn on the Easter morning playlist (https://spoti.fi/3adic4Q) and watch for the sunrise.
- Read Luke 24:1-12 as the sun comes up. Read it a couple of times, maybe taking turns reading it or acting out the story. This story is on page 270 of Shine On and page 280 of The Peace Table, but it would be good to read it at least once from the book of Luke!
- Celebrate! Shout, "Alleluia!" Make some noise, sing a song, dance or run laps around your yard or block. Get silly and joyful in whatever way works for you!
- If you followed yesterday's prompt and didn't turn on any lights, it's time to break your light fast.

Other celebration ideas

- Symbolic egg hunt: If you have children celebrating with you today, it could be fun to fill eggs with the symbols of Easter listed below, and let each child find one egg with each symbol. Come back together to see if you can all figure out what the meaning of each symbol is. We find it's helpful to have three different colors of eggs, one for each symbol, so that each child can find one of each color.
 - Symbol 1: Seeds, to be planted in the spring. We bury the seed in the ground, and we don't see signs of it for a while. Then, it sprouts and bears good things. This can remind us of how Jesus died and was buried but, then, rose to new life.
 - Symbol 2: A rock. This reminds us of the stone placed in front of Jesus' tomb that was rolled away. If you want some extra fun, paint your rocks today.
 - Symbol 3: An empty egg. When Jesus' friends came to care for his body, the tomb was empty!
- Resurrection rolls: As you make these, tell the story of Jesus' body being prepared for burial, then placed in a tomb. When they come out of the oven, marvel at the "empty tomb". Here is a recipe (https://lilluna.com/resurrection-rolls/) using store-bought dough, but you can also make them with simple homemade bread dough.
- New life treasure hunt: Go exploring in your yard or a nearby park or trail. Take pictures or field notes, or draw the signs of new life you see.

