

# Parent Power-Up



## A little lesson on Lent Part 2

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

### Why "DO" Lent? How do I start?

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, too many activities or other irrelevant stuff. We run away from life and from God. Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

**FASTING:** Some people have been known to go without food for days. But that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, tv, soft drinks, or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some *activity* like worry or reality tv to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do?

**SERVICE:** Some Christians take something on *for* Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, co-worker or friend everyday of Lent. Serving others is one way we serve God.

**PRAYER:** Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God.

Christians from many different traditions celebrate Lent. How are you using this time to grow closer to God?



Sharing God's Love & Grace,  
*Cheri*

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Loving, teaching, learning, sharing-morning til night, at home & on the go  
Deuteronomy 6: 4-9



March 2015



### First Friday Fun Nights are back!!

Each month, on the first Friday evening, we will host different, fun opportunities for families. The next one will be on:

**Friday March 6<sup>th</sup> from 5:30-9pm and will be a Kids' / Parents' Night Out.**

Kids, ages 6 months-5th grade are invited to come play with some of our youth & adult sponsors. All proceeds will go to the Youth Missions Fund. The cost for Kids' Night Out is \$15 for 1<sup>st</sup> child & \$10 for each additional child up to \$30/ family includes games, activities, movie & snacks. Dinner WILL NOT BE PROVIDED, but it is okay to bring a sack dinner with them.

Register online or contact Ms. Cheri.

**April will be a Family Movie Night!**

### read this:

Q: What falls but never hits the ground?

A: The temperature!

### Giggles & Wiggles

Q: What bow can't be tied?

A: A rainbow



### Have you been to Praise & Play?

Jump into the fun and bring your friends each Sunday morning starting at 9:15am!

This month we will:

- \* learn about the Gospel.
- \* have a special visit from the Flat Wesleys!
- \* make Resurrection eggs.

Congrats to AJ!



AJ will be enjoying a movie at EVO from our February drawing.

### parent spot!



# yes!

i am proud to initial that my child has worked on his/her GPS!



## Daily Change

Morning:

You may have started your Daily Change Lenten Giving calendar last month. It continues all the way thru Easter which is April 5<sup>th</sup>. Focus daily on recognizing the blessings God has given you and how you can give back to God through your prayers, presence, gifts, service, and witness. After Easter, you can use all the coins you collect to make a change in the world for God.



Meal:

## Family Sing-Along

Sing the memory verse in a different music genre (eg. advertising jingle, high school musical, rap, tv theme song, opera, country, rock, etc). Record or video the songs if you can. Use them in the coming weeks to remember the verse and if you can share the recordings with Ms. Chéri electronically.

## Where in the World?



Roadway:

We use maps when we drive or go places. Have you ever looked at a map of the world? Do you know how to find where stories in the Bible took place? Use a world map to find biblical places like Jerusalem and Bethlehem.

## Clear Out Your Clutter

Night:

Dreaming at night is one way God helps us clear out the clutter in our mind and process all that has happened to us throughout the day. Sometimes we have clutter in our lives, rooms, or homes that hinders us, blocks us or weighs us down. Take time this month as a family to clear out the clutter in your closets, playrooms, and bookshelves. Donate the things freely to a local charity or have a garage sale and give the money you make to do something freely and completely for God.

## Stump the Grown-Up!



Ask an adult to help you answer this question:  
**Which 3 disciples did Jesus take and ask specifically to keep watch while he prayed in the garden of Gethsemane?**

### Scripture Starters:

- Mar. 1<sup>st</sup>: The Triumphal Entry  
*Matthew 21:1-11*
- Mar. 8<sup>th</sup>: Where is the Holy Land?
- Mar. 15<sup>th</sup>: The Last Supper  
*Matthew 26: 17-30*
- Mar. 22<sup>nd</sup>: Gethsemane & Judas Betrays Jesus  
*Mark 14: 32-50*
- Mar. 29<sup>th</sup>: The Crucifixion  
*Matthew 27: 1-66*



## MEMORY VERSE:

“LET US KEEP LOOKING TO JESUS. HE IS THE ONE WHO STARTED THIS JOURNEY OF FAITH. AND HE IS THE ONE WHO COMPLETES THE JOURNEY OF FAITH. HE PAID NO ATTENTION TO THE SHAME OF THE CROSS. HE SUFFERED THERE BECAUSE OF THE JOY HE WAS LOOKING FORWARD TO. THEN HE SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD.”

HEBREWS 12:2 *NEW INTERNATIONAL READERS VERSION (NIRV)*