

A LENTEN JOURNEY

Prayer practices, rituals and activities for faith formation, wherever you may be



For additional resources and playlists to engage in these prayer practices, visit the Michigan UMC Conference website: michiganumc.org/resources/childrens-ministry-toolbox/faith-family-playlists/2021-lent-at-home-playlists/

DIY ASHES RITUAL

Set the tone by playing soft and meaningful music. Invite participants to write down things that make them feel sad, broken, or hopeless on strips of paper. Spend the necessary amount of time to do this. Place the strips of paper in the large fireproof container outside in a well-ventilated area.

Pray: God, we give to you all that makes us feel broken, afraid, sad, and hopeless. You are God, we are not, and we remember that today.

Set the paper on fire, and watch the paper burn into ash. As the ashes cool, mix in a few drops of olive oil and mix with a fork.

Pray: God, we thank you for these ashes. May they remind us that from dust we came, and to dust we will return.

Impose ashes upon foreheads or hands.

Say together: *In Jesus' name, we are forgiven. Amen.*

YOU WILL NEED:

- Strips of paper
- Pen
- Large fireproof container
- Lighter or match
- Olive oil



WEEK ONE

5 Finger Prayer

Using the handout as a guide, pray for different groups of people as you touch each finger.

- Thumb: pray for those closest to you, your family and friends.
- Index finger: pray for people who give direction like teachers, coaches, health care workers, therapists, first responders, etc.
- Middle finger: pray for leaders in governments, businesses, the church, etc.
- Ring finger: pray for those who are sick, vulnerable, and most in need
- Pinky finger: pray for yourself and your own needs

Finger Labyrinth

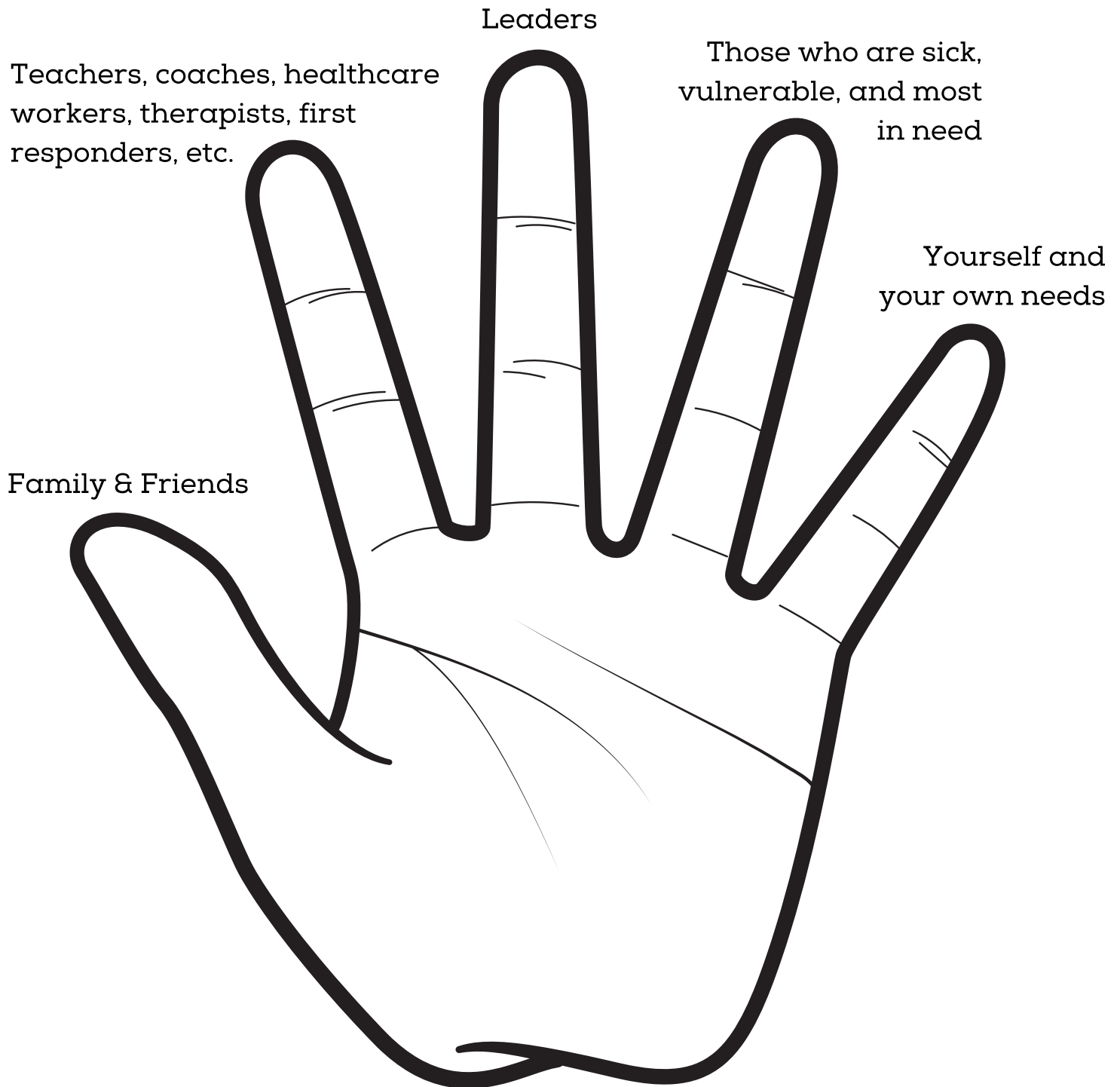
Using the handout as a guide, print the finger labyrinth. If you want to make it more tactile, print it on heavy paper or cardstock. Glue yarn or string or use puffy paint and allow it to dry. Use your finger to trace the path slowly and pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.

YOU WILL NEED:

- *5 Finger Prayer Handout*
- *Finger Labyrinth Handout*
- *Optional: crayons, cardstock, glue, yarn, puffy paint*



5 Finger Prayer



Hold out your hand, and follow the prompts to pray using each finger.

Finger Labyrinth



image from buildfaith.org

Use your finger to trace the path slowly. Pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.