

Lent box:

17.02.2021

until

3.04.2021

What is a lent box?

A lent box is a box that includes several different items (list can be found below) for discussion and reflection during Lent. The items need to be linked to Jesus such as sand as Jesus spent 40 days and 40 nights in a desert. You can come up with your own items or use the ideas below.

Along side this you can write a reflection of your day and place it inside the box for each day of Lent so that at the end of Lent you can stop and look back.

Contents:

Sand

Between his baptism and the beginning of his adult ministry, Jesus went into the wilderness for 40 days, to be tested. Read the story of Jesus in the desert. (Luke 4:1-13) What constitutes wilderness in your life? What have you learned there? What might you learn there?

Seed

Watching a bulb grow reminds us of the miracle of hope and transformation that is the promise of Easter. The bulb changes, decaying as it transforms into a new life that we can't even really imagine when we plant it. Read the Parable of the Mustard Seed and the Parable of the Leavened Bread. (Matthew 13:31-32, 33) Where is hope in your life? Where is mystery? What transformation do you hope for during the season of Lent? Talk about change. What things can you think of that change?

Rock

While in the wilderness, Jesus was invited to transform stone into bread. Though he resisted the temptation there and then, he became justly renowned for feeding people who were hungry for food, or for love, or for a word of encouragement, or for simple acceptance. Read the story of Zacchaeus. (Luke 19:1-10) Might there be a stony place in you that needs transforming?

Shell

Historically, the season of Lent provided a time in which converts to the faith were prepared for the sacrament of Holy Baptism. Jesus began his ministry after his baptism. As someone who has been or will be baptized, what is your ministry? How are you living out the promises made in the Baptismal Covenant? Read the story of Jesus' baptism. (Luke 3:21-22) Share memories of your child's or your own baptism.

Human Figure

Because Jesus was, as we confess, fully human, he gets us, understands us from inside our skin, and knows from experience that we're each capable of great things, Godly things. And

no matter what we do, he keeps on inviting us to join us in his work which has become our own. Read the story of Jesus washing the disciple's feet. (John 13:1-17) What might you plan to do over these 40 days so that come Easter you will more closely reflect Christ?

Candle

Lent begins in the dimness of late winter and ends with the burst of bright spring. Jesus is, according to John's gospel, 'The Light of the World' and that Light insists: 'You are the light of the world. Don't be hiding under some bushel basket.' Read the simile of light. (Matthew 5:14-16) How do you let your light shine? How do you keep your light lit?

Suggestions for using these contents:

- Choose one night of the week and invite those around your table to pick one of the symbols as a starting point for whole table conversation, including children.
- For individual devotion (daily or weekly), choose one of the symbols for reflection as you make your way through the season of Lent. How does your interpretation of the symbol change over time?
- Use each symbol as a conversation starter during weekly Lenten suppers or small group gatherings.