

"Give Us This Day Our Daily Bread" Take-Home Family Devotions

Use these take-home family devotions to extend the worship/learning into participants' homes. Copy and cut apart the devotions for each week, and distribute them at the end of a children's sermon in worship, or put out copies in the middle of tables as you gather for a mid-week meal, or print in the Sunday bulletin announcements if you're using these materials for worship.

1st Week in Lent



Supplies: Chore list and Pillow

Devotion: Gather a list of chores together that need to be done. Make a copy of the list for each member of the family. Figure out who is going to do what chores. Now put the lists under your pillows and take a nap.

When you wake up, then do chores. Sabbath rest is strange because it calls us to put aside our lists of things to do for a time and then to pick

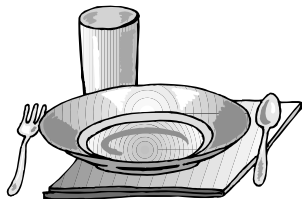
them back up once we are rested. Though it probably felt strange to make a list and then not do it how did it feel to take up the list once you were rested? In all work we do we must recognize our need to be prepared for the task including getting enough rest.

Scripture: Genesis 2:1-3

Song: ELW #561 Joyous Light of Heavenly Glory

Prayer: *Lord Jesus, give us the strength to leave our labors and our plans, and to rest in you, the true source of our sustaining. Amen*

2nd Week in Lent



Supplies: Mealtime jobs list. Small plates and glasses that will need to be filled often.

Devotion: Make a list of all the things that need to be done during a meal—setting the table, filling water glasses, serving food, etc. Take turns being the person designated to do these tasks. For instance, one person in the family will keep everyone's glasses full and another will

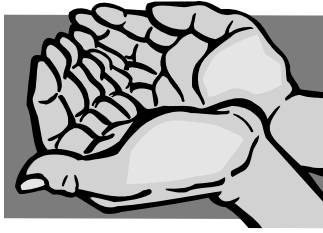
serve food to anyone that needs more. You will literally take turns seeing when people are hungry and when people are thirsty and doing something about that. Opening one's eyes to the needs of one's family is the first step to opening one's eyes to the needs of the world.

Scripture: Matthew 25:35

Song: ELW #659 Will You Let Me be Your Servant

Prayer: *Lord Jesus, help us to see those who are in need in the world and guide us in how to best care for them. Amen*

3rd Week in Lent



Supplies: Seasonal recipes

Devotion: One way we can make a difference in the world every day is by fasting from foods that are not in season. The average piece of food travels 2000 miles before winding up on your plate. By eating food that is not grown halfway around the world this average and the fuel needed for transportation can be lowered. This week try to eat food that is made from ingredients that are currently in season (i.e.

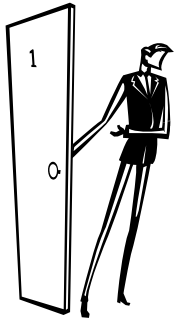
things that would be available to you without modern transportation) In late March, some thoughts for ingredients are: Frozen Vegetables, Onions, Root Vegetables, Cabbage, Ham, Roasts from a local butcher.

Scripture: Psalm 145:15-16

Song: ELW #484 refrain You Satisfy the Hungry Heart

Prayer: *Lord Jesus, you open your hand to provide for our every need. Help us to be satisfied with what you provide. Amen*

4th Week in Lent



Supplies: Colored chalk (or permanent marker, if you are bold). Small Catechism or Bible

Devotion: Write the Ten Commandments on the door frame of your house, inside and out. Recite them individually or as a family every time you leave the house or come home this week.

Scripture: Deuteronomy 6:1-9

Song: ELW #813 Faith of Our Fathers

Prayer: *Lord Jesus, help us to know your law, but most of all, help us to live your law. Amen*

5th Week in Lent



Supplies: Monopoly money

Devotion: At the beginning of the week give everyone an equal amount of Monopoly money. During the week, whenever someone does something nice for you, you must pay them for their services. When someone does something mean to you, they must pay you for your suffering. At the end of the week, count up your money, then distribute it evenly so everyone has the same amount again. Congratulations!

You've just experienced "Jubilee." How did it feel to get money if you had very little? How did it feel to give money back if you had a lot? Did this game help you to see how your behavior affects other people?

Scripture: Leviticus 25:8-17

Song: LBW #487 Let Us Ever Walk With Jesus

Prayer: *Lord Jesus, help us to be generous with all that you have given us so we may help others and be a blessing in their lives. Amen*