

# “Living Our Baptism”

## Five Gifts of Discipleship Lenten Calendar

<p>In the sacrament of Holy Baptism, we are called by the Holy Spirit, claimed by God and given new life in Jesus Christ. In our covenant with God, we promise:</p> <ul style="list-style-type: none"> <li>To live among God's faithful people,</li> <li>To hear the word of God and share in the Lord's supper,</li> <li>To proclaim the good news of God in Christ through word and deed,</li> <li>To serve all people, following the example of Jesus,</li> <li>To strive for justice and peace in all the earth. (ELW, p. 237)</li> </ul> <p>During the 40 Days of Lent, we will explore and engage in these five gifts of discipleship together.</p>		<p><b>1 Create</b> a small “sacred space” somewhere in your home with a candle and a Bible. Each week, add meaningful objects as you complete the activities to represent your Lenten journey.</p>	<p><b>2 Celebrate</b> your baptism today. Splash water on your face, as you get ready for school or work. Make a sign of the cross on each person's forehead with water &amp; bless.</p> 	<p><b>3 List</b> the names of the twelve disciples. Use your bible or other reference material to find out something about each one. What do you notice about this group of people?</p> 	<p><b>4 Ask</b> each person to name a modern day disciple (someone you know). Write or email that person encouraging them to continue in their faithfulness.</p>	
<p><b>To live among God's faithful people</b></p>  <p>Acts 2:42, 44-46</p>	<p><b>5 Lift up</b> the gifts God has given your family members. Take turns telling each other one attribute you admire in each other. Ask God to help you use these gifts to serve others.</p>	<p><b>6 Make</b> a card to send to a Sunday School teacher or other volunteer at the church, thanking them for their dedication.</p> 	<p><b>7 Find</b> another family or several individuals to be prayer partners with during Lent. Commit to checking in with each other every week and praying for each other.</p>	<p><b>8 Ask</b> each person to name one person or situation needing prayer. Offer these in prayer and then post the list on the fridge, adding to it throughout the month.</p>	<p><b>9 Talk</b> about how God wants us to encourage each other to follow Christ. Ask each person to slip a secret note of encouragement under a pillow, in a coat pocket, etc. of someone else.</p>	<p><b>10 Volunteer</b> as a family to serve at church as greeters, ushers, clean-up crew, etc.</p> 
<p><b>To hear the word of God and share in the Lord's supper</b></p>  <p>Matthew 7:24</p>	<p><b>11 Read</b> aloud Psalm 118:24 before everyone leaves for work and school, and say a prayer to start the day joyfully</p> 	<p><b>12 Ask</b> children to set the table for dinner tonight with a centerpiece—a goblet and a plate. Talk about the church family and how it feels to gather for communion around a table.</p>	<p><b>13 Memorize</b> a simple passage such as Psalm 46:10 or a favorite verse like John 3:16.</p> 	<p><b>14 Sing</b> favorite bible songs in the car on your way to school, work, sports practice, running errands, etc. Use a CD or just hum your favorite hymn!</p>	<p><b>15 Use</b> a praise psalm such as Psalm 100 just before dessert is served.</p> 	<p><b>16 Host</b> a play at home, using bible stories. Dress up and act out your favorite Old Testament and New Testament stories. Use a child's storybook or download some off the web!</p>
<p><b>To proclaim the good news of God in Christ through word and deed</b></p>  <p>Matthew 5:14-16</p>	<p><b>17 Give</b> each person sticky notes and a Bible (or work in teams) to find scripture passages that have meaning for your family. Post them around the house where they can be seen.</p>	<p><b>18 Study</b> together the words of Colossians 4:3-4 to help tell others about God. Pray for:</p> <ol style="list-style-type: none"> <li>The opportunity</li> <li>The other person will hear it.</li> <li>That we won't be afraid</li> </ol>	<p><b>19 Invite</b> a friend to come to Wednesday evening Soup Supper and the mid-week Lenten service.</p> 	<p><b>20 Practice</b> sharing your faith by telling one another where you have seen God's presence (God Sightings) in the last week in your life or in the world.</p>	<p><b>21 Draw</b> chalk pictures on your sidewalk and include positive messages and faith thoughts for others to see.</p> 	<p><b>22 Plan</b> a family meal out. Before you say your table blessing, ask your server if there is a special need for which your family could pray.</p> 
<p><b>To serve all people, following the example of Jesus</b></p>  <p>John 13:14-15</p>	<p><b>23 Count</b> some coins! Each person puts coins in a jar for shoe size, age, letters in the first name, be creative! Take turns selecting the amount and the topic. Donate to a favorite charity or go to <a href="http://www.elca.org/hunger">www.elca.org/hunger</a> and find out how you can help.</p> 	<p><b>24 Plan</b> a visit to someone who is homebound or needs encouragement. Make some cards, take some flowers or bring a small candle.</p> 	<p><b>25 Figure</b> out who has the next birthday in your family. Talk about alternative gifts. Tell friends and family you are collecting toys for a children's shelter, scarves for the homeless, money to support a charity to honor the person.</p>	<p><b>26 Model</b> random acts of kindness. Let people go ahead in a checkout line, open the door for someone, put a coin in someone's parking meter.</p> 	<p><b>27 Walk</b> in the neighborhood or park. Wear garden gloves and carry a trash bag to do your part in cleaning up the environment and helping your community.</p>	<p><b>28 Give</b> an hour today by helping a neighbor or a friend.</p> 
<p><b>To strive for justice and peace in all the earth</b></p>  <p>Micah 6:8</p>	<p><b>29 Pick</b> a story from the news (local, national, or global) and pray for the people who are being affected while at your evening meal.</p>	<p><b>30 Read</b> Luke 10:25-27. Discuss these questions: Who is my neighbor? To whom have I been a neighbor?</p> 	<p><b>31 Collect</b> canned and boxed food to give to a food pantry for low income and homeless families. Talk about how helping people stay well is part of striving for peace and justice.</p>	<p><b>32 Share</b> local situations where you see conflict. Discuss different ways in which you could be peacemakers in those areas.</p> 	<p><b>33 Begin</b> a family tradition of ending a meal with your own “dismissal statement” such as Go in Peace . . . Serve the Lord, Go in Peace . . . Strive for Justice.</p>	<p><b>34 Take</b> a ten-minute walk. For the first five minutes walk in silence, watching and listening for God's presence. Then pray for families, creation, and other prompters you encounter on your journey.</p>
<p><b>Holy Week</b></p>  <p><b>Palm Sunday</b></p>	<p><b>35 Read</b> the story of Palm Sunday in Matthew 21: 1-9. If Jesus were to come to your town today, how would you welcome him?</p>	<p><b>36 Sort</b> through your garments, linens and other household goods. Find items that are in good condition but you no longer use. Give them to an agency that helps those in need.</p>	<p><b>37 Gather</b> with your pray partners for a meal together. Talk about what you learned during Lent and what you enjoyed.</p>	<p><b>38 Read</b> the story of the Last Supper found in John 13: 1-17. What do Jesus' actions say about how we should treat others?</p> <p><b>Maundy Thursday</b></p>	<p><b>39 Invite</b> a friend, neighbor, or relative to church on Good Friday.</p>  <p><b>Good Friday</b></p>	<p><b>40 Deliver</b> some Easter goodies to a next door neighbor or friend that might be struggling with illness or losing a loved one or just having a tough time.</p>

# *Living Our Baptism . . . Five Gifts of Discipleship Lenten Calendar for Families*

## How to Use This Calendar

This Lenten calendar is designed for families of all sizes and configurations. It begins on Ash Wednesday and concludes on the Saturday before Easter.

It is meant to offer a range of activities that can engage disciples of all ages in the Five Gifts of Discipleship AND easily be included in a busy family's daily routines. However, it is important to make it a priority to gather as a family for even a few minutes each day.

As we travel through the season of Lent, the calendar spends a week on each of the Five Gifts of Discipleship leading up to the last week of Holy Week with the first few days centered on general topics.

Here are a few ways you might use this calendar:

- Scan the activities together on Sunday and decide how you might want to do the activities and if you need any supplies.
- Do the activities in the order and manner given OR modify the ideas to suit your family and your situation.
- Take turns in leading the family in activities.
- Keep a Bible handy appropriate to the age level of the youngest member of the family along with a study bible to use as a reference.
- Use the regular schedule of your family life to gather the family together (like mealtime, car time, bedtime) or take advantage when a spontaneous opportunity opens up.
- Use Sunday to read the key verse listed. This is related to the week's Gift of Discipleship. Discuss what the gift means and how the verse is related. If needed, use a Storybook Bible to help younger children understand the passage.



This calendar is modeled on the ELCA Family Discipleship Calendar. Adapted for "Living Our Baptism" by the Christian Education Network of the ELCA. Water cross used by permission of the Evangelical Lutheran Church in America.