

# Growing New Life during the Lenten Season



The Lenten season in our church has begun! Lent lasts for 40 days, which leads right into Holy Week and Easter. Lent and Easter always happen during springtime, the time of the year that represents new life. Springtime is when people love to plant seeds and watch them grow into something beautiful. Spring, like Easter, represents new life, such as flowers blooming, chicks hatching from eggs, and the Resurrection of Jesus Christ!

An old tradition is for children to grow new life from grains, such as lentils or wheat. Let's try "planting" lentils and watch them grow in time for Easter. Perhaps once they are grown, we can write a prayer on them and present them to our church altar!

## Materials needed:

- Plastic plates
- Lentils
- Paper towels - cut to cover top of plate

## Directions:

1. Spread out lentils so that there is a thin layer to cover bottom of plate.
2. Place paper towel over lentils. If needed, cut paper towel so that it doesn't hang over edges of plate.
3. Water the paper towel like you're watering a plant. Do this each day as needed.
4. As plants begin to grow, remove paper towel and watch your greenery grow!
5. Once grown, encourage students to attach a small notecard with a prayer written on it or the Easter greeting:

**Crisdos hariav e merelots.**

*(Christ is risen from the dead.)*

**Ornyal eh haroutioonun Crisdosee!**

*(Blessed is the Resurrection of Christ!)*

6. Children may either take lentils home or present their plants to the church altar.