

My Lenten Prayer Box (or Bag)

During the special 40-day period of Lent (“Medz Bahk”), we remember the wrongs we have done in the past year so that we can ask for forgiveness, knowing the God has unconditional love for all His children and that He will forgive all who ask.

We also reflect on all God’s gifts, like our talents and abilities, and how we might use them for the benefit of others. At Lent and always, we should make an effort to do good deeds and improve ourselves.



One of the easiest ways to do this is by sharing with others the “Gifts of the Holy Spirit:”

Love, Peace, Joy, Patience, Faithfulness, Gentleness, Kindness, Goodness, and Self Control

SAY TO STUDENTS: These prayer boxes are designed so that for each of the remaining days of Lent (20), you will pick 1 “prayer card” out of your box and share the “gift” written on that card with someone you encounter that day. *(You may want to demonstrate by reading 1 of the cards and providing an example of what they would do.)*

Supplies:

- Small boxes - we used “cupcake boxes” pictured above from: <https://www.brpbboxshop.com/2299.html> (or use paper bags!)
- Inspirational Stickers (a set for each child)
- Copy paper
- Prayer card Template (to follow)
- **Optional:** Colored marker, scissors

Preparation:

- Make copies of the Prayer Card Template (1 for each student)
- If you are working with younger students, you may want to cut out Prayer Cards in advance

Instructions:

1. Give each student a prayer box to assembly (if applicable) - younger children may require assistance
2. Allow students to decorate their boxes/bags with inspirational stickers or by writing inspirational words and phrases that represent the “Fruits of the Holy Spirit:”
Love, Patience, Peace, Joy, Goodness, Self Control, Faithfulness, Gentleness, Kindness
3. Instruct students to cut out all 20 of their Prayer Cards, fold, and place in box.
4. Close box/bag top.