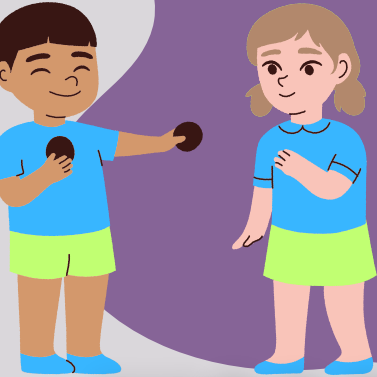


WORDS INTO ACTION

As a family spend a few minutes brainstorming some random acts of kindness and record a few on small pieces of paper. Some ideas might include: *Give a compliment, open a door for someone, say hello to a neighbour, etc.*



Once you have a few pieces of paper with ideas, have your family members draw one to put into action the next day. At the end of your day, during dinner time, talk about your day and what happened when you shared your kindness.

Pray with each other that God will bless your kind words and actions and ask Him to present you with more opportunities to practice family kindness and sharing throughout the coming year!

WORD & light

Week Four: 3rd Wednesday in Lent

SOWING SEEDS OF FAITH

Plant a seed or seeds as a visual representation of the Easter story. A seed seems dead, but when planted in spring, it comes to life!

"I planted the seed in your hearts... but it was God who made it grow."

1 Corinthians 3:5

Choose any seed that your child would enjoy growing. Sunflower seeds are fun! Gather some planting supplies - potting soil, egg carton or small containers and water. Fill each container and plant the seeds as you talk about how Jesus had to die on the cross for our new life to come.

