

Finding Hope, an activity for Lent

SBR 2020

Materials Needed: any shallow container with edges near 2 inches high, dirt, small rocks or sand, large spoon, black plastic cup, popsicle sticks, glue, grass seed, spray bottle of water

- Glue the popsicle sticks together to form of a cross. Set aside to dry.
- Using a large spoon, layer the container with rocks and/or sand.
- Lay cup on its side somewhere inside the container.
- Use the spoon to cover top and sides of cup with dirt, but don't cover the opening of the cup. This should look like a hill over the top of the cup.
- Sprinkle grass seed on the dirt.
- Use spray bottle to moisten the dirt/seeds.
- Add cross inside the container.
- Spray seeds with water each morning.

Commentary during the activity– use with each step above.

1. During Lent we remember all the rocky and gritty times in our lives. (rocks/sand)
2. Sometimes we even feel as if we have a dark hole inside our hearts. (cup)
3. Sometimes we are covered with sin and guilt. (dirt)
4. But there is hope. (seeds)
5. And hope starts with our baptism. (water) Through baptism we become part of God's family. And God saves His people through His Son Jesus.
6. Jesus died on the cross and rose from the grave so our sins will be forgiven. Jesus died on the cross and rose from the grave so we may live in heaven with Him someday. (cross)
7. Every morning we will water the seeds of hope and watch the new life, the grass, grow. It will remind us of our new life in Jesus. It will also bring us HOPE: hope of forgiveness, hope of heaven, and hope in knowing God is always with us, even in times of sadness and fear.

Prayer: Dear God, thank You for HOPE. Thank You for never leaving us, especially when we are feeling sad and afraid. Help us know we can always turn to You, no matter what is happening around us. Bring us peace. Forgive us our sins. Amen.

