

Good Morning Sunday School Students,

I am excited that you have joined me today in our Spirit and Truth Zoom Classroom. Our lesson today will be on Learning About Lent

Our scripture for today is“ Be kind to one another, tenderhearted, forgiving one another, as God In Christ forgave you. Ephesians 4:32

Pick A Job

1. Prayer Leader

2. Teacher Assistant

3. Bible Verse Leader

4. Meditation Leader

Schedule for Today

Prayer

Meditation

Greeting

Group Dance

Lesson - Learning About Lent

Song

Do You Know What

Prayer For Today

Dear God,

Help me to learn what it means to live peacefully with other people, animals, plants and the environment. God's presence brings peace to my mind and that peace like a quiet-flowing river will clean away everything negative or bad. Amen

Meditation is quieting your spirit so you can hear God speaking to you. I'll read the meditation exercise first, then you will repeat it after me.

Breathing in, I relax

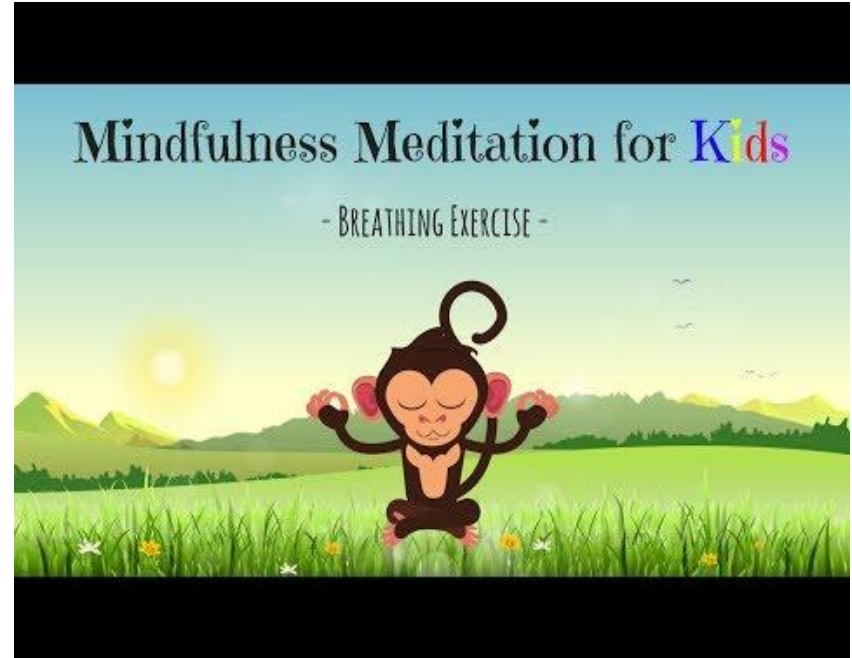
Breathing out, I smile

Breathing in, I feel calm

Breathing out I feel good

Breathing in, no more anger

Breathing out, peace and quiet



Adapted from Thich Nhat Hanh

Greeting

One, Two, Three, Four, come on _____ hit the floor.

We're so glad you're here today.

Hurray, hurray, hurray!

All Together Now



Peace Like A River

Learning More About Lent

Vocabulary

God- Everything that is good is representative of God

Behavior-The way a person acts especially toward other people

Knowing God- To know God we have to study the words in the Bible and other spiritual books and try as hard as we can to do the things we learn in the bible.

Holy Spirit- A synonym for God

Lent--A time when people who follow the teaching of Jesus who are called Christians fast or don't eat certain foods and think about how they can change somethings they may be doing wrong or sinning

What Do You Remember We Learned About Lent Last Week

JK-Ash Wednesday Is in Lent

MJ-Sometimes during Lent people may choose to fast, which means not eating something or not eating at a particular time.

What Is Lent

Lent is For Loving Coloring Sheet

Let's talk About What You Can Do During Lent

What luxuries do you have in your life?

What could you do to help the poor?



**Be
Mindful**

Match Our Hearts To God's Game

RED: Dear children, let us not love with words or speech but with actions and in truth. 1 John 3:18

PINK: This is how we know what love is: Jesus Christ laid down His life for us. 1 John 3:16a

GREEN: We know that we have passed from death to life because we love each other. 1 John 3:14a

LIGHT BLUE: Love the Lord your God with all your heart and will all your soul and with all your mind. Matthew 22:37

PURPLE: If you love me, keep my commands. John 14:15

LIGHT GREEN: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1 Corinthians 13:4

DARK BLUE: Love does not delight in evil but rejoices with the truth. 1 Corinthians 13:6

ORANGE: And now these three remain: faith, hope, and love. But the greatest of these is love. 1 Corinthians 13:13

YELLOW: Love your neighbor as yourself. Matthew 22:39b

Do You Know What

Parent Prayer-God, I am building a future leader who will plan an active role in advancing Your kingdom. Help me take this task seriously and give me the grace and mercy I need to do it well.

References- Kids Sunday School Incorporated, The Holy Bible of Inclusion- DEPaulk, Best Day Ever- Joyce Meyer , Amplified Bible, Morning Meeting Book-Roxanne Kriete,[https:// ministry-to-children.com](https://ministry-to-children.com)