

Flipping for Lent

1. Read Luke 15:11, 20-24
2. Brainstorm how we can live our faith and grow closer to Jesus during lent. What special something can we do for someone else?
3. Cut out the template. Fold in half and in half again
4. Open out, turn over so top is blank and fold each corner into the middle. Turn over and repeat
5. Turn over so you can see the Lent words
6. Slide your thumb and your finger behind 2 of the Lent words and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two Lent words
8. Refer to the list of ideas gathered when brainstorming. Choose eight different ways you want to live and grow in faith during Lent. Write these ideas on the eight inside hidden triangle flips.
9. All the Lent words should now be at the front with centers touching and you are ready to flip. Choose a word and spell it as you move your fingers for each letter.
10. Choose a number and move your fingers that amount.
11. Open the message hidden under that number and follow the Lenten practice.
12. Flip daily and make flips for others!

Some ideas to get you started... add your own too.

Pray

Make the sign of the cross, Read a Bible story, Say a decade of the rosary, Read the Gospel for today, Pray the Our Father, Count your blessings, Pray the Stations of the Cross today, Pray before all meals, Pray for people in the world who don't have enough

Fast

Give up 5 minutes of screen time today, Fast from one of your favorite foods, Give up a toy or treat today, Fast from television today

Give

Do something kind, Do an extra job around the house, Let a brother/sister pick a game/book and play with them, Practice patience today, Take a walk outside today and thank God for creation, Recycle, Be aware of how much electricity you use today, and use less, Eat by candlelight, Spread joy today, Think first of someone else, Be thankful, Make a card for someone to remind them that you love them, do a good deed

Lent is celebrated by Catholics of all ages. Ask your parents and grandparents how they kept Lent, when they were younger.

