The Family Board has put together **“Lent in a Bag”** kits, which feature six symbols you might use to start a conversation and lead prayers as we begin the Lent season. A small cross is also included for Easter Sunday. These bags are for everyone with one side of the insert for adults and teens, and the other geared more towards families with children at home.

**Lent** is a season when many of us focus on our relationship with God. It is a journey – through ups and downs just as Jesus experienced during his time on earth. We remember Jesus’ life, ministry and death during this season. It is a time to think about how God is with us all the time. It is also a time to look at our own lives and draw closer to God. We do this through prayer, meditation, reading, exploring nature, fellowship, outreach – anything that connects you to God is a great practice! Lent in a Bag equips you with symbols of the season of Lent to help you have prayer and/or conversation at home. Each week we will give you a devotion that focuses on one of the symbols in the bag.

**Please pick up a bag for your household** to help you focus on Jesus during this season of Lent. If you know of someone that isn’t able to get to the church to pick one up, please grab one and bring it to them. The bags will be available in the Narthex during worship services and during business hours in the church office.

Be watching the St. John Facebook page **each Sunday during Lent** as we talk about the symbol for that week.

Laurie Heidebrink

*Youth & Family Ministries Coordinator*

*St. John Evangelical Lutheran Church*