

Welcome to our 5th Sunday of Lent.

Well, here we are at home again. We have given up a lot for Lent, huh? But we have also been given the gift of being able to experience in a different way what community means. We have a new appreciation for the people – doctors, nurses, grocery workers, trash collectors, teachers and so so many others – who make up the foundation of our community. THANK YOU to our community servants! These servants are blessings and we should never take them for granted. My Gratitude Journal is getting very full!

- Who are you grateful for during this time?
- What does it mean to serve others?
- How can you be a servant?



When Jesus went to the Garden of Gethsemane to pray, that was part of a very special day during a very special week we call Holy Week. This week before Easter, includes many important events. On that Thursday of Holy Week,

Jesus had a dinner (the last supper) with his closest friends, he showed them what it meant to be a servant to others by washing their feet! He told them of a new commandment to love each other and then he went to the garden to pray and later that night he was arrested. A big day during this important week.

SCRIPTURE:

"I give you a new commandment: Love each other. Just as I have loved you, so you also must love each other." –John 13:22

BIBLE BACKGROUND (John 13-18):

During the Passover meal on the night he was betrayed, Jesus did something very unusual. Knowing that his death was near, Jesus washed his disciples' feet—even the feet of Judas. Jesus set forth an example of love and humility for his disciples to mirror in their own actions towards each other.

After Judas left to betray Jesus, Jesus told his disciples he would prepare a place for them, promised that the Holy Spirit would come to them, warned them about the trials they would face as his followers and encouraged them through prayer. Jesus also prayed for all who would believe the gospel from their testimony. Then Jesus led them to the garden where he was betrayed and arrested.

ACTIVITIES:

Washing Hands: As you wash your hands this week, picture Jesus washing the disciples feet, and think about what Jesus was teaching the disciples. List out loud all of the people who help serve in your community and spell out loud T-H-A-N-K Y-O-U. Then your hands should be clean!

Make a Thank You Rock: If you can, grab a rock from your yard, and some markers and decorate the rock with a thank you. On your next time outside place it where others can see it to let them know you are grateful for what everyone is doing to keep us well.



Draw a Timeline: Can you draw a timeline with these events that happened on that Thursday of Holy Week?:

- Jesus washes feet of disciples
- Jesus and the 12 disciples have dinner
- Jesus teaches a new commandment
- Jesus goes to pray in the garden
- Jesus gets arrested

Cards of Comfort: Keep drawing pictures and making cards for those who are alone at this time. Once we are able to get out and about again, you can drop them off at the church and we will deliver them to those in care centers to share our love.

PRAYER:

Dear God,
Thank you for being with me and my family during easy times and hard times. I know you are with us. I can see your love in the people serving all around me. Help me to be grateful for those who are helpers. Help me to also be your servant. Thank you for the commandment to love one another. I love you. Thank you for loving me. Amen