



SOUL CITY FAMILIES

ASH WEDNESDAY EXPERIENCE RESOURCE FOR FAMILIES

Dear Soul City Families,

At **Soul City Church**, we value your family and the time you are taking with your kids to walk through *Ash Wednesday* and the *season of Lent* leading up to **Easter**.

We know kids will have a lot of question about what is going on in this season. Let's be honest, you probably have some of the same questions too!

This is an interactive resource you can talk through with your family to highlight the importance of this **MOMENT** that we are marking and how it carries us to the **MOVEMENT** of the celebration of **Easter**!

This will be sectioned off into things you can **SAY** to your kids as you **REFLECT** and **ACTIVITIES** they can do to mark the moment!

We love being a part of your family's lives and hope this time you spend together will help you grow in your transforming relationship with Jesus.

The Soul City Families Ministry Team

REFLECT

SAY: You might be wondering what Ash Wednesday is and why we are marking this moment at Soul City Church. Ash Wednesday begins a time of 40 Days called Lent. I know Lent sounds like something that comes out of a dryer, but it is actually a time where we reflect on our friendship with Jesus and what he means to us. This helps prepare our hearts for the celebration of Easter and Jesus' life here on earth!

ACTIVITY: PRAYER MAZE

Now as a family, take a moment to pause and pray for four different areas using this Prayer Maze. Kids can put their finger in the middle mark, and trace along one of the lines while praying either out loud or silently. Together, pray these lines based on the verses listed. You can repeat the words over and over until your finger is done tracing the section of maze.

1. **Psalm 23:** I will not be afraid for you are with me.
2. **2 Corinthians 12:9:** Your grace is enough for me.
3. **Psalm 46:1:** You are our refuge and our strength.
4. **Romans 8: 38-39:** Nothing can separate me from God's love.

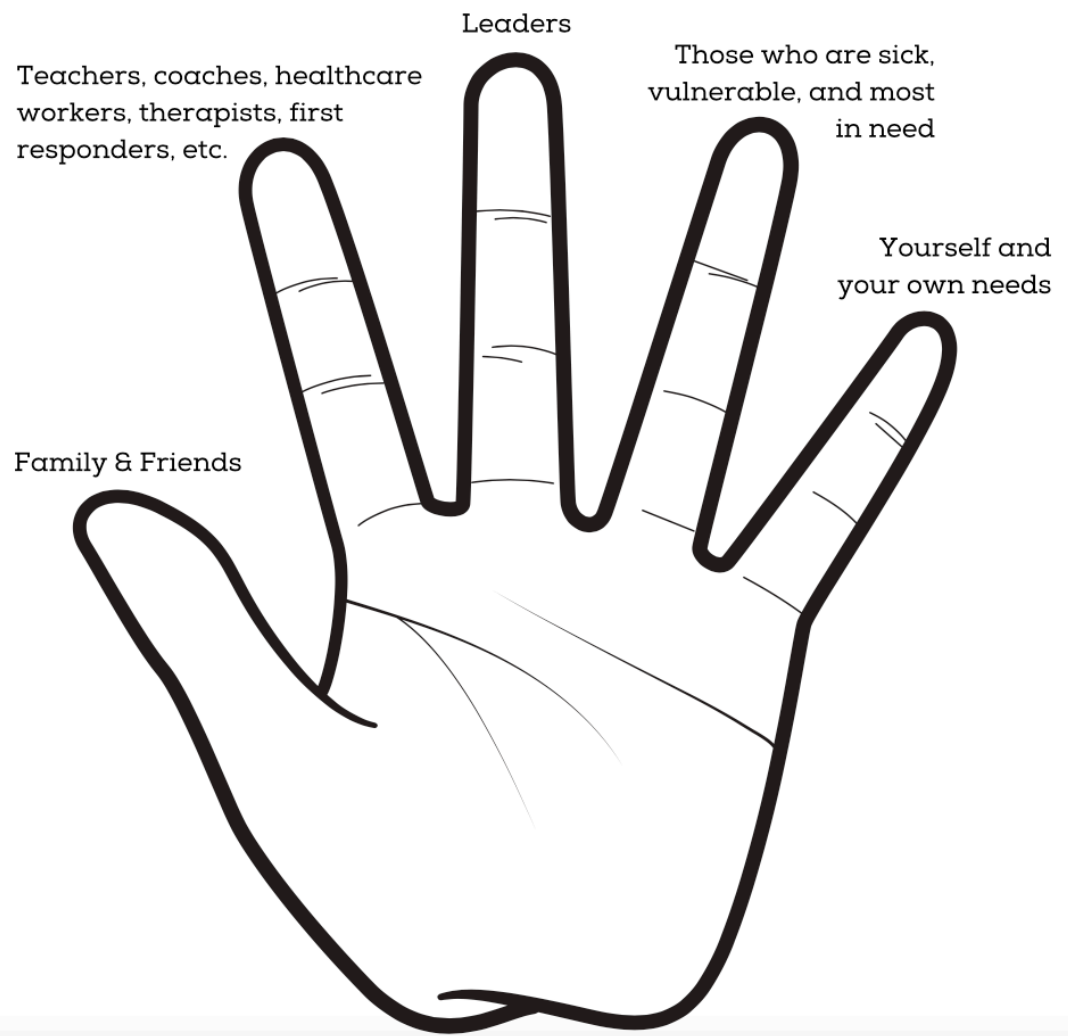


REFLECT

SAY: Think of Lent as a sport season, like football, baseball or basketball. **Ash Wednesday** is the opening day, the six Sundays leading up to Easter are like regular games, and Easter Sunday is the Super Bowl or Championship Game where we celebrate Jesus!

ACTIVITY: FIVE FINGERS PRAYER

One way we can celebrate Jesus is to pray for others and ourselves. When we pray, we show the trust we put into God and know that we can talk to him. Hold out your hand and follow the guide to pray using each finger.



REFLECT

SAY: On Ash Wednesday, you might see people getting ashes marked on their forehead by someone at church. This is a reminder to us that God created us like in the Bible Story of Adam and Eve when he created human out of dust.

(FOR OLDER KIDS) This reminds us that we are human and that our time on earth will have a beginning and an end. It inspires us to make the most of our lives as we follow Jesus.

Here are some Bible Verses that can help:

Genesis 2:7

“Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.”

Ecclesiastes 3:20

“All go to the same place; all come from dust, and to dust all return.”

ACTIVITY: GALLERY GUIDE

If you are at Soul City Church, you can walk the gallery as a family. Allow you kids to look at the images and consider what they mean. If they ask, refer to the guide to share the reflection and scripture for each station.

If you are at home, visit scconlineexperience.com (or use QR code at bottom of page) and click on each image of the gallery. It will share the Scripture and meditations for each painting.

PRAY WITH YOUR FAMILY: “God, we give to you all that makes us feel broken, afraid, sad and hopeless because we know we can trust you. You are God and we remember that today. Amen.”

