



TURNING TOWARD LIFE IN A WOUNDED WORLD

A FAMILY SUPPLEMENT FOR THE LENT STUDY AT ST PAUL ANGLICAN CHURCH IN NANAIMO

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TURNING TOWARD LIFE IN A WOUNDED WORLD

This resource is offered as a companion to the parish Lent Study at St Paul's this year. Together, both versions follow the same Lenten journey, inviting us to turn toward life in a wounded world and to notice more deeply the ways God is present, calling, healing, and renewing us through Christ. While the parish study is designed for adult discussion groups, this booklet offers an alternative way of participating that is shaped especially for families with children, or for anyone who would benefit from a shorter and more accessible format.

Lent is not meant to be an added burden, but an invitation — a season to slow down, to listen again, and to allow God to meet us in the ordinary rhythms of life. This family version keeps that same invitation, offering simple readings, questions, prayers, and activities that can be used at home, around the table, or at another moment that works for your household. Some families may choose to use it on its own; others may join the parish gatherings during the week and use these pages to continue the journey together at home.

At St Paul's, the Lent Study can be joined in several ways: online on Tuesday evenings, in person on Wednesday afternoons after the Eucharist, in small self-organised groups, or individually at home. This family resource is simply another doorway into that shared journey, helping households participate in a way that includes children and honours the realities of family life.

However you use it, the purpose is not to complete every section, but to make space — even briefly — to notice God, to listen to one another, and to grow in faith and love as we walk toward Easter together.

Reverend Vernon Foster

St Paul Anglican Church – Nanaimo

WHAT IS LENT?

Lent is a season when we slow down and turn our hearts back towards Jesus. It takes place over six weeks on the calendar, beginning on Ash Wednesday and leading up to Easter. It echoes the forty days Jesus spent in the wilderness where he prayed, faced temptation, and stayed close to God. In Lent, we walk that path with him.

During Lent, we practice returning. We make space for prayer and listening. We notice what pulls us away from love, truth, and peace. We try, in small and real ways, to live more like Jesus: choosing humility, making peace, telling the truth, showing mercy, and caring for others.

Lent is not a test, and it is not about doing everything perfectly.

It is a shared walk, and we begin again whenever we need to.

As Lent reaches its final week, we enter Holy Week and follow Jesus through his story, day by day. We walk alongside his supper with friends, his prayers, his arrest, and his suffering on the cross. Then we keep the stillness of Holy Saturday until Easter, when we celebrate his resurrection and proclaim that life and love have the final word.

Six weeks or Forty Days?

You might notice something a little surprising about the “forty days” of Lent! The Church counts the forty days from Ash Wednesday to Holy Saturday but doesn’t count the Sundays. This is because Sundays are set aside for worship. Sundays are still part of Lent, though—we still pray and keep our practices. It just means that Lent is actually six weeks long!

FOR PARENTS: SUPPORTING YOUR FAMILY IN LENT

A Simple Way To Use This Guide

This guide is here to support your family, not add pressure. You don't need to complete every section. Even a few minutes counts.

If it helps, here is one simple rhythm you can repeat each week:

1. Sunday (after church, or at supper):

Gather for 10–15 minutes and walk through the week's page together.

- **Read Together:** Read the passage aloud (or take turns reading).
- **Wonder Together:** Choose 2–3 questions to talk about.
- **Do Together:** Pick one small practice for the week.
- **Pray Together:** Use the prayer provided, or offer one sentence each.

2. Midweek (Wednesday or Thursday — a 2-minute check-in):

Ask: "How did we do?" "Do we want to try again?"

Then say one short prayer together.

3. End of the week (Saturday): A brief reflection moment

Share one sentence each, such as:

- "This week, I noticed grace when _____."
- "Next week, I hope for _____."

TIP FOR READING TOGETHER

Read the passage slowly, or take turns reading. If a word or idea is unfamiliar, it's okay to pause and ask, "What do you think that means?"

Wondering together is part of the work.

About Weekly Commitments

Your family can keep the same practice for several weeks, or choose a new one each week. Either way is faithful. Choose what is realistic for your household right now.

Some weeks, the “commitment” might be very small — and that’s okay. Lent is not about doing everything perfectly. It is about returning, again and again, to the way of love.

If a commitment is not working, you are not failing. You are learning what your family can hold right now. You can always adjust:

- Make it smaller (one kind action, one moment of pause, one honest apology).
- Make it simpler (choose one person to focus on, one habit to practice).
- Make it steadier (repeat the same commitment for another week).
- Begin again (without guilt, without catching up).

A gentle question you could ask each week:

“What is one small, good choice we can try this week?”

TIP FOR DURING THE WEEK

Try returning to your “Do Together” choice once or twice (at dinner, bedtime, or in the car). If you forget or miss a day, simply begin again. Lent is a season of returning.

Using The Weekly Commitment Worksheets

Kids often write big — and that’s great. If the boxes feel too small, feel free to attach an extra page, or draw a picture instead of writing. The goal is not neatness or perfection, but making space for God in daily life.

If writing feels hard, try one of these instead:

- Draw what the story felt like.
- Circle one word that stood out.
- Say your answer out loud while someone else writes it down.
- Keep it as a conversation only.

What Does “Pray About” Mean?

It means naming what is on your heart — something you’re thankful for, something you need help with, or someone you’re thinking about — and holding it in prayer (silently or out loud).

Sometimes “pray about” can sound complicated. It can be very simple:

- “Thank you for _____.”
- “Please help with _____.”
- “Be with _____.”

Even one sentence counts. Even silence counts.

HELP WITH PRAYER

In the Anglican tradition, prayer is often simple, shared, and steady. Sometimes we use our own words, and sometimes we use words the Church gives us (like the Lord’s Prayer, or short set prayers). Both are real prayer. You don’t have to get the wording perfect. Prayer can be out loud or silent, seated, standing, or kneeling — whatever is most peaceful for your household.

A simple 2–3 minute pattern (for kids and adults):

1. **Stillness (5–10 seconds):** Take one slow breath.
2. **A short opening line:**
 - “Be with us.”
 - “Teach us your way.”
 - “Give us peace.”
3. **One sentence each (optional):**
 - **Gratitude:** “Thank you for _____.”
 - **Help:** “Please help with _____.”
 - **Care for others:** “Be with _____.”
4. **Close:** “Amen.”

If you’re not sure what to say:

- You can simply sit quietly for a moment. Silence is prayer too.
- Or use a set prayer your family already knows — even one line.

A note on “Amen”:

Amen means “Yes,” “So be it,” or “We agree.”

LENT 1 – CHOOSING THE GOOD

Read Together – The Temptations of Jesus (Matthew 4:1–11 ICB)

Then the Spirit led Jesus into the desert to be tempted by the devil. Jesus ate nothing for 40 days and nights. After this, he was very hungry. The devil came to Jesus to tempt him. The devil said, “If you are the Son of God, tell these rocks to become bread.”

Jesus answered, “It is written in the Scriptures, ‘A person does not live only by eating bread. But a person lives by everything the Lord says.’”

Then the devil led Jesus to the holy city of Jerusalem. He put Jesus on a very high place of the Temple. The devil said, “If you are the Son of God, jump off. It is written in the Scriptures,

‘He has put his angels in charge of you.

They will catch you with their hands.

And you will not hit your foot on a rock.’”

Jesus answered him, “It also says in the Scriptures, ‘Do not test the Lord your God.’”



Then the devil led Jesus to the top of a very high mountain. He showed Jesus all the kingdoms of the world and all the great things that are in those kingdoms. The devil said, “If you will bow down and worship me, I will give you all these things.” Jesus said to the devil, “Go away from me, Satan! It is written in the Scriptures, ‘You must worship the Lord your God. Serve only him!’”

So the devil left Jesus. And then some angels came to Jesus and helped him.

Wonder Together

- Have you ever had to choose between the easy thing and the right thing?
- What helps you make a good choice?
- Why do you think Jesus trusted God in that moment?
- Who helps guide us when we feel unsure?
- What is one small good choice we can try this week?

Do Together — Practice choosing

- Each person names **one good choice** they want to practice this week (kind words, helping at home, telling the truth, including someone).
- *Say: God helps us choose the good.*

Pray Together

Faithful God,
when choices feel hard, guide us.
Help us trust you like Jesus did.
Give us courage to choose what is good,
loving, and true.
Amen.

Simple Breath Prayer

Inhale: Guide us, God

Exhale: Help us choose

LENT 2 – TRUSTING GOD’S LOVE

Read Together – Jesus and Nicodemus (John 3:1-17, ICB)

Nicodemus was a religious leader who came to Jesus at night. He said, “Teacher, God must be with you because of the miracles you do.”

Jesus replied, “To be part of God’s kingdom, you must be born again.”

Nicodemus was confused. “How can someone be born a second time?”

Jesus explained, “You must be born of water and the Spirit. Human parents give physical life, but the Spirit gives spiritual life. Like the wind, you can’t see where the Spirit comes from, but you can see what it does.”

Nicodemus asked, “How can this be?”

Jesus said, “You don’t believe what I’ve told you about earthly things—how will you understand heavenly things? Only the Son of Man has come from heaven.”

Jesus continued, “God loved the world so much that he gave his only Son, so that everyone who believes in him will have eternal life. God did not send his Son into the world to judge the world guilty, but to save the world through him.”



Wonder Together

- What does it feel like to be loved?
- Who helps you know that you are loved?
- Why do you think God wants the world to be saved, not judged?
- How can we show God's love to someone this week?

Do Together — *One Loving Action*

- Each person chooses **one small way** to show love this week (kind words, helping, including someone, forgiving, sharing).
- Say together: *God's love is for everyone.*

Pray Together

Loving God,
thank you for loving the world and loving us.
Help us trust your love
and share it with others every day.
Amen.

Breath Prayer

Inhale: God loves us

Exhale: We share love

LENT 3 – RECEIVING LIVING WATER

Read Together – Jesus and the woman of Samaria (John 4:5-15, ICB)

In Samaria Jesus came to the town called Sychar. This town is near the field that Jacob gave to his son Joseph. Jacob's well was there. Jesus was tired from his long trip. So he sat down beside the well. It was about noon. A Samaritan woman came to the well to get some water. Jesus said to her, "Please give me a drink." (This happened while Jesus' followers were in town buying some food.)

The woman said, "I am surprised that you ask me for a drink. You are a Jew and I am a Samaritan."

Jesus said, "You don't know what God gives. And you don't know who asked you for a drink. If you knew, you would have asked me, and I would have given you living water."

The woman said, "Sir, where will you get that living water? The well is very deep, and you have nothing to get water with. Are you greater than Jacob, our father? Jacob is the one who gave us this well. He drank from it himself. Also, his sons and flocks drank from this well."



Jesus answered, "Every person who drinks this water will be thirsty again. But whoever drinks the water I give will never be thirsty again. The water I give will become a spring of

water flowing inside him. It will give him eternal life."

The woman said to him, "Sir, give me this water. Then I will never be thirsty again. And I will not have to come back here to get more water."

Wonder Together

- What do we need every day to live?
- What helps your heart feel happy or peaceful?
- How can we share God's love this week?

Do Together — *Cup of Thanks*

Fill a cup of water.

Each person names one thing they're thankful for.

Drink the water remembering God gives us what we need.

Pray Together

God of life, fill our hearts with your love
so we can share it with others. Amen.

Breath Prayer

Inhale: Living God

Exhale: Fill our hearts

LENT 4 – LEARNING TO SEE



Read Together – Jesus Heals a Man Born Blind (John 9:1–7, ICB)

As Jesus was walking along, he saw a man who had been born blind. His followers asked him, “Teacher, whose sin caused this man to be born blind—his own sin or his parents’ sin?”

Jesus answered, “It is not this man’s sin or his parents’ sin that made him blind. This man was born blind so that God’s power could be shown in him. While it is daytime, we must continue doing the work of the One who sent me. The night is coming. And no one can work at night. While I am in the world, I am the light of the world.”

After Jesus said this, he spit on the ground and made some mud with it. He put the mud on the man’s eyes. Then he told the man, “Go and wash in the Pool of Siloam.” (Siloam means Sent.) So the man went to the pool. He washed and came back. And he was able to see.

Wonder Together

- What would it feel like to see for the first time?
- What are some things people sometimes don't notice?
- How can we learn to see people the way God sees them?

Do Together — *Notice Something New*

Sit quietly for one minute and look around.

Each person names or draws one thing they hadn't noticed before.

Pray Together

God who sees us with love,
open our eyes to notice others with kindness. Amen.

Breath Prayer

Inhale: Open our eyes

Exhale: Help us see

LENT 5 – LIVING WITH GOD’S LIFE

Read Together – I Am the Bread of Life (John 6:51–58, ICB)

Jesus said, “I am the living bread that came down from heaven. If anyone eats this bread, he will live forever. This bread is my flesh. I will give my flesh so that the people in the world may have life.”

Then some of the people listening to Jesus began to argue among themselves. They said, “How can this man give us his flesh to eat?”



Jesus said, “I tell you the truth. You must eat the flesh of the Son of Man. And you must drink his blood. If you don’t do this, then you won’t have real life in you. Those who eat my flesh and drink my blood have eternal life. I will raise them up on the last day. My flesh is true food. My blood is true drink. Whoever eats my flesh and drinks my blood lives in me, and I live in them. The Father sent me. The Father lives, and I live because of the Father. So those who eat me will live because of me. I am not like the bread our ancestors ate. They ate that bread, but still they died. I am the bread that came down

from heaven. Those who eat this bread will live forever.”

Wonder Together

- What kinds of food help our bodies grow strong?
- What do you think Jesus means by “bread of life”?
- What helps your heart feel full of love or peace?
- When do we especially need God’s strength?
- How can we share life and kindness with others this week?

Do Together — “Daily Bread”

- Share a small piece of bread, toast, or cracker together.
- Before eating, say:
“Thank you, God, for the food that feeds our bodies and the love that feeds our hearts.”
- Eat slowly and notice the gift of food and being together.
- Decide on one way your family can **share life this week** (encourage someone, share food, help a neighbour, include someone lonely).
- Say: *Jesus helps us share life with others.*

Pray Together

God of life,
thank you for the food we eat
and for Jesus, the bread of life.
Fill our hearts with your love
so we may share hope and kindness with others.
Amen.

Simple Breath Prayer

Inhale: **Bread of life**

Exhale: **Feed our hearts**

LENT 6 – A KING WHO COMES GENTLY

Read Together – Jesus Enters Jerusalem (John 12:12–19 ICB)

The next day a great crowd in Jerusalem heard that Jesus was coming there. These were the people who had come to the Passover Feast. They took branches of palm trees and went out to meet Jesus. They shouted,

“Praise God!

God bless the One who comes in the name of the Lord!

God bless the King of Israel!”

Jesus found a colt and sat on it. This was as the Scripture says,

“Don’t be afraid, people of Jerusalem!

Your king is coming.

He is sitting on the colt of a donkey.”

Read Together – The King Is Coming (Zechariah 9:9–10 ICB)

Rejoice, people of Jerusalem.

Shout for joy, people of Jerusalem.

Your king is coming to you.

He does what is right, and he saves.

He is gentle and riding on a donkey.

He is on the colt of a donkey.

I will take away the chariots from Ephraim
and the horses from Jerusalem.

The bows used in war will be broken.

The king will talk to the nations about peace.

His kingdom will go from sea to sea,

and from the Euphrates River to the ends of the earth.

Wonder Together

- What do you think the people were hoping for as Jesus came into the city?
- What do you notice about the way Jesus arrives?
- When have you expected someone to act big and powerful, but they chose to be gentle instead?
- If Jesus comes gently, what might that teach us about how to treat people we disagree with?

Do Together — Welcome and Look Back

- Place a branch, a leaf, or a small sign of welcome somewhere in your home (on the table, by a doorway).
- Take a few minutes to look back over Lent together. Each person shares one small thing they noticed:
 - something they brought to God (a thank-you, a worry, or a hope)
 - something they tried to do without (to make space)
 - one way they tried to care for someone else

Pray Together

Loving God,
as Jesus entered Jerusalem,
the people welcomed him with joy.
Help us welcome Jesus too —
in our home, in our choices, in our hearts.
Walk with us through Holy Week,
and lead us into Easter life.
Amen.

Simple Breath Prayer

Inhale: **Lead us in humility**

Exhale: **So we walk gently**

WHERE DOES LENT LEAD?

Holy Week into Easter

Lent is a journey of returning — again and again — to the love of God. The sixth Sunday of Lent is Palm Sunday. This leads us into Holy Week — the days when we stay close to Jesus through the last part of his story before Easter.

The practices you've been using each week — something to pray about, something to do without, and something to do for someone else — can still guide you now. Even as Lent ends, they are simple ways to keep your heart open: to notice what matters, to make room for God, and to choose love in real life. You don't need perfect focus or perfect words. Just show up as you are and begin again when you need to.

Holy Week at a Glance

Palm Sunday: Jesus enters Jerusalem; we welcome him and begin the week together.

Maundy Thursday: The night of the Last Supper, when Jesus teaches that love looks like service. *(St Paul's has a Maundy Thursday service.)*

Good Friday: A day to remember Jesus' death on the cross, and to bring the sorrow of the world into prayer. *(St Paul's has a Good Friday service.)*

Holy Saturday & Easter Vigil: A quiet day of waiting, when we remember that God is still at work, even when we cannot see it yet.

Easter Sunday: We celebrate the resurrection — Jesus is alive, and God's life is stronger than death. *(St Paul's has an Easter Sunday service.)*

MY COMMITMENTS FOR LENT 1-3

Choose one thing for each category per week. It does not have to be the	Something I can Pray about	Something I can do without	Something I can do for someone else
LENT 1			
LENT 2			
LENT 3			

MY COMMITMENTS FOR LENT 4-6

Choose one thing for each category per week. It does not have to be the	Something I can Pray about	Something I can do without	Something I can do for someone else
LENT 4			
LENT 5			
LENT 6 (Palm Sunday)			