

# JOURNEY TO JERUSALEM

Lent and Easter  
Faith Connections  
for the Modern Family



## WHAT'S INSIDE

Over the years, I've heard from many parents who want to have a Lenten Journey with their kids, but they don't know where to start.

Inside this workbook, you will find fun resources and activities for all ages. My hope is that these resources will make that challenge easier and together we can help children develop their faith through this season.

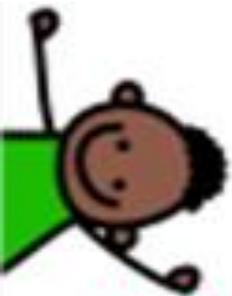
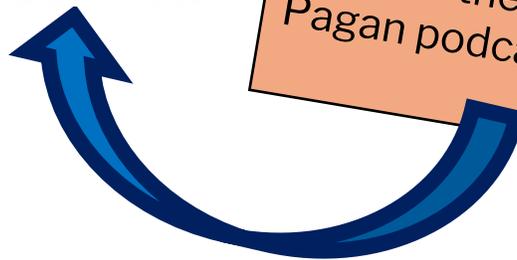
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**DISCOVER  
HISTORY.  
DISCOVER  
LEARNING.  
DISCOVER FAITH.**

### How to join the Barefoot Evangelist community

Want to connect with me and get more awesome content like this? Read the Barefoot Evangelist blog, watch the sermons on YouTube, watch my Kids Korner bible stories and teachings on video, or listen to the Preacher and the Pagan podcast.



# HEY GROWNUPS! CHECK OUT "HOW TO LENT WITH KIDS" ON YOUTUBE!

This video series talks about how to introduce Lent to kids and expand on every aspect of Lent with kids.

This is a journey for kids where adults are needed for facilitation alone.

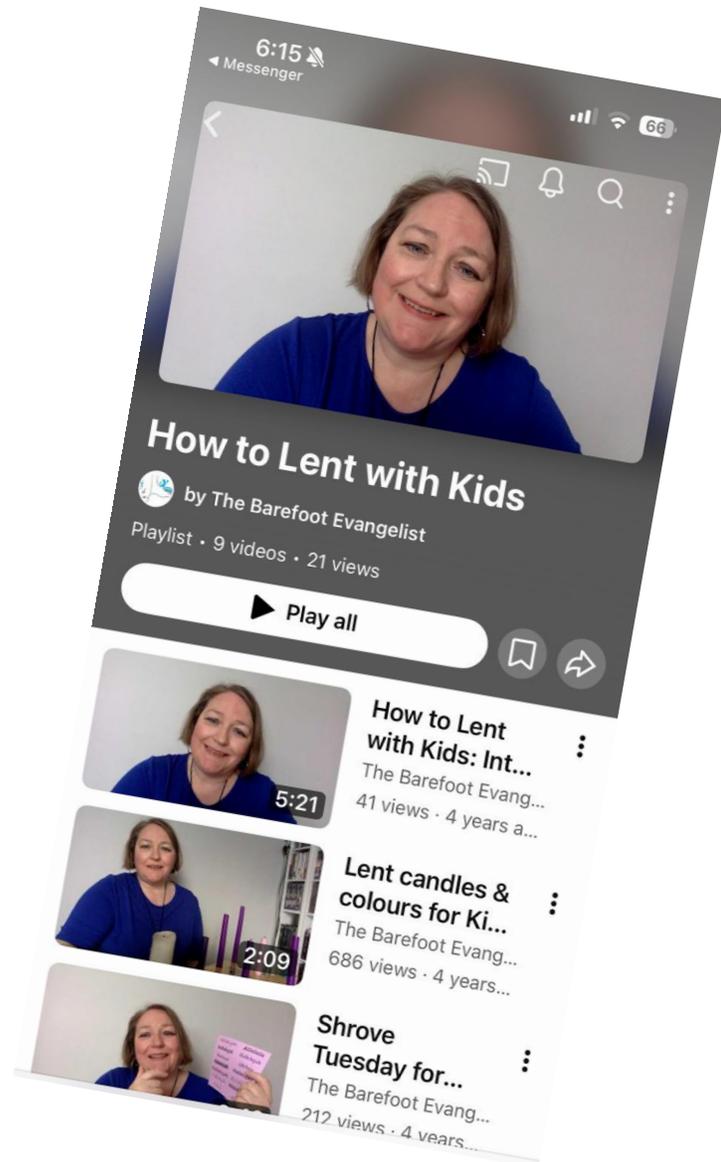
The goal at the end of the season is to help little people further develop their sense of faith—their faith must come from *them*.

I am following a K.I.S.S. principle. if you want to embellish, go for it; however, this time together is meant to be simple. It's not meant to add difficulty to your day.

Watch the first video in the series here :



<https://tinyurl.com/3ehmnea5>



You can also download PDFs to support **How to Lent with Kids** at [barefootevangelist.ca](http://barefootevangelist.ca)

# WHAT IS LENT?

Lent is the time in the Christian year when we slow down and listen more carefully to what Jesus taught about loving God and caring for one another.



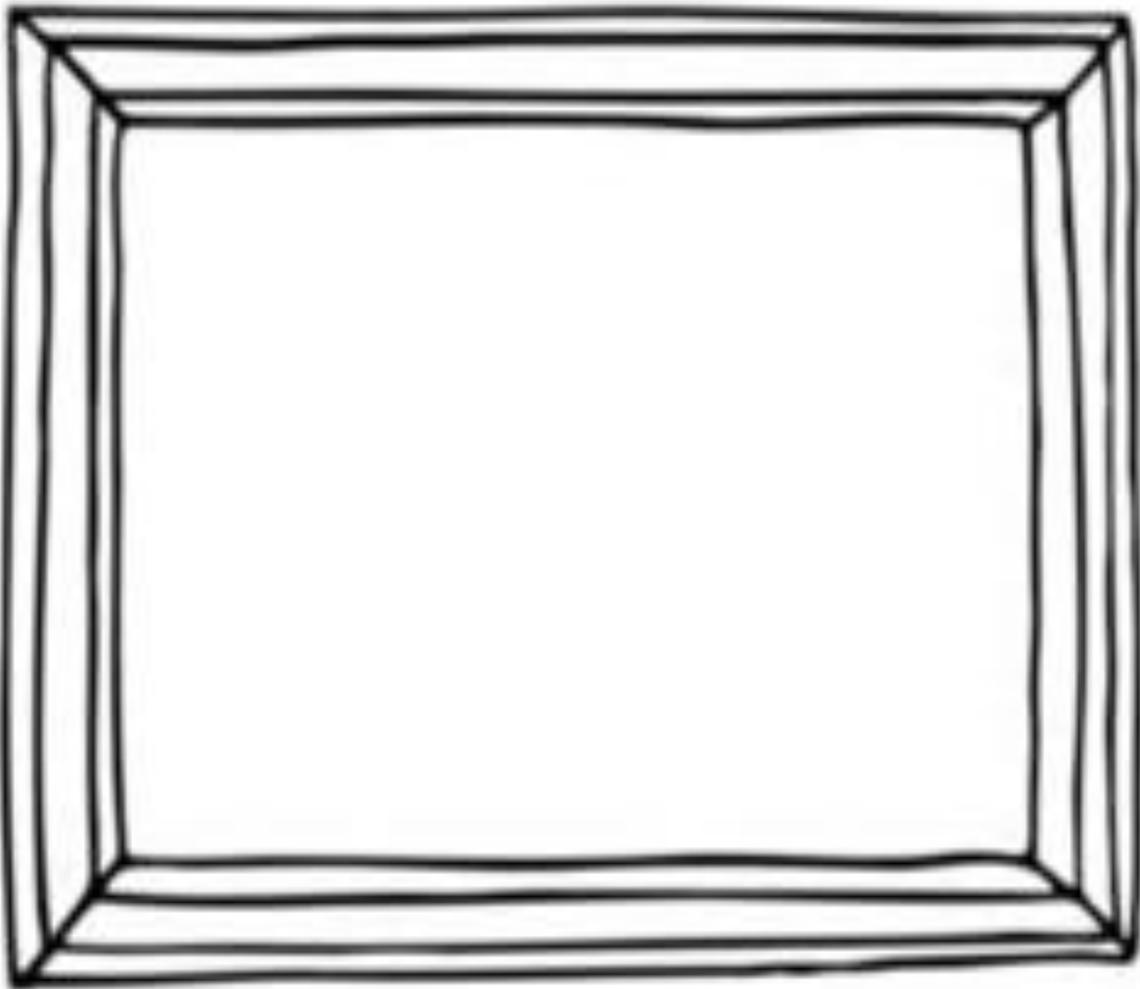
It's a time where we remember that we are part of God's story and can help make the world kinder and safer for everyone.





Have you ever gone on a really long walk?

Maybe you went on a hike with your favourite grownup, or maybe you went for a walk on a beach or in the woods. Maybe you walked to a store and bought a treat like some candy or a chocolate bar. Some people call a long walk a "journey."



Draw a picture of a time when you went on a walk.

# WHAT HAPPENED TO JESUS IN THOSE 40 DAYS?



According to the Gospel of Matthew 4:1-11, the Spirit led Jesus into the wilderness to be tested. He went without food for forty days and forty nights, and he was very hungry.

A tester came and tried to trick Jesus, saying, “If you are God’s Son, turn these stones into bread.”

Jesus said, “No! We live by God’s words, not just by food.”

The tester tried again, showing Jesus all the countries of the world and saying, “I’ll give you all of this if you follow me.”

Jesus said, “No! I only follow God.”

After that, the tester left, and angels came to take care of Jesus.

# MAKING TOILET PAPER ROLL CHARACTERS

## A CRAFT FOR ALL AGES

Making toilet paper people is a fun way to journey through Lent. An example of how they can be made is in this video from Barefoot Evangelist YouTube channel:



<https://tinyurl.com/p6h59aat>

### Materials:

- toilet paper rolls
- construction paper
- glue
- scotch tape
- markers or crayons
- cotton balls
- stickers
- ribbon





PALM SUNDAY: Jesus rides into Jerusalem on a donkey.

People wave palm branches. They shout “Hosanna!” which means “Save us!”

They think Jesus is coming to fix everything right now.

It feels like a parade, but Jesus knows this week won’t be simple.

# CHECK OUT "HOW TO LENT FOR TEENS" ON YOUTUBE!

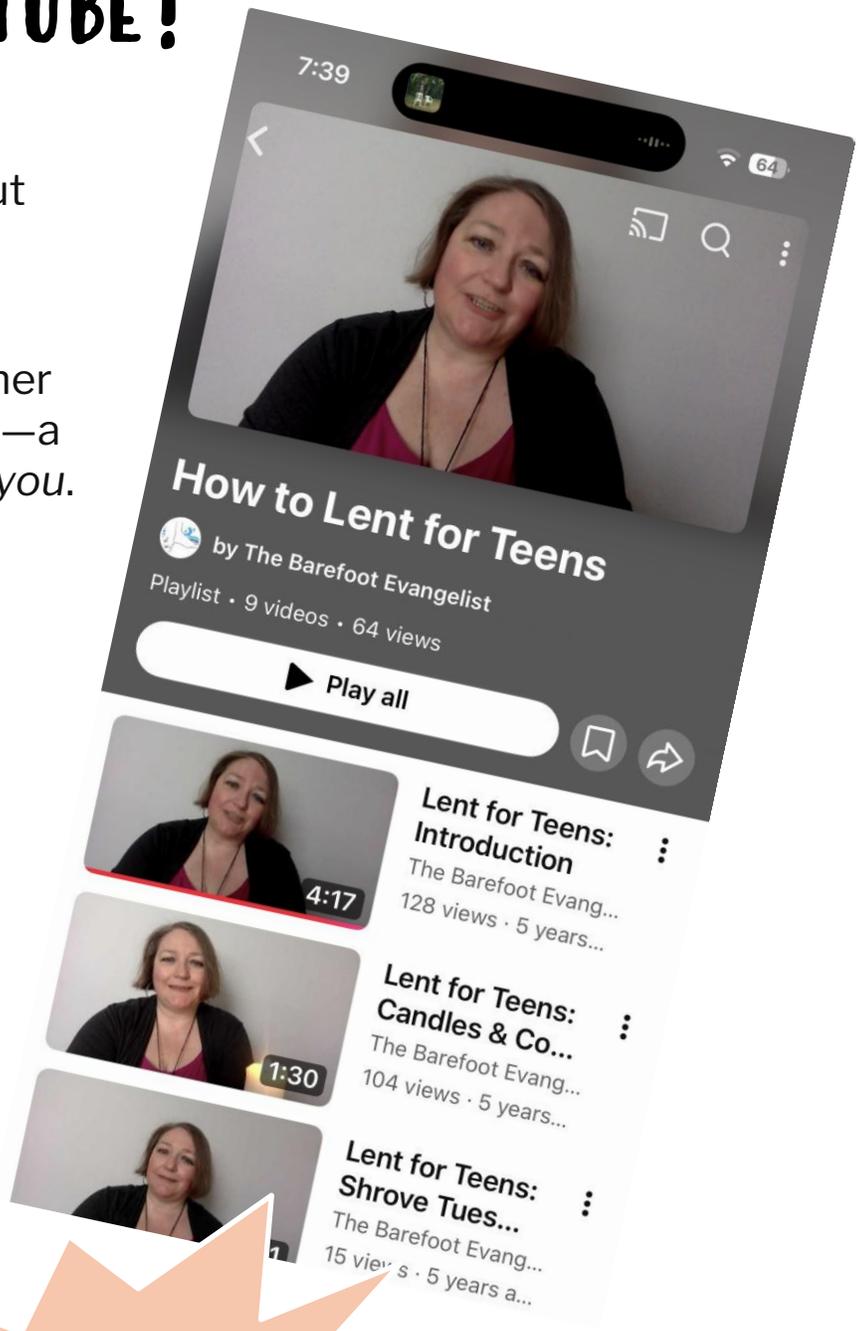
This video series talks about Lent and expands on every aspect of it.

The goal is to help you further develop your sense of faith—a faith that must come from you.

Watch the first video in the series here :



<https://tinyurl.com/4yh2s7kc>



You can also download PDFs to support **How to Lent** at <https://barefootevangelist.ca/how-to-lent-for-teens/>

# LENT IS MORE THAN EASTER ALONE

“Alleluia” is removed from worship because Lent is reflective rather than celebratory. It returns at Easter.

The word Easter in English comes from old springtime words, but most languages use a word from Pascha (Passover): Pâques, Pascua, Pascha.

Easter moves each year because it is set as the first Sunday after the first full moon after the spring equinox, following the same calendar rhythm as Passover in Jesus’ time.

Holy Week traces events recorded in all four Gospels: - Teaching and conflict in the Temple - Maundy Thursday (Last Supper, foot washing, arrest) - Good Friday (crucifixion by Roman execution) - Holy Saturday (waiting) - Easter Sunday (resurrection)



Palm Sunday  
(entry into Jerusalem)



Teaching and conflict  
in the Temple



Maundy Thursday  
(Last Supper,  
footwashing, arrest)



Good Friday  
(crucifixion by Roman  
execution)



Holy Saturday  
(waiting)



Easter Sunday  
(resurrection)

# LENT: WALKING THE PATH

Lent is a 40-day journey (not counting Sundays) of noticing, listening, and reflecting.

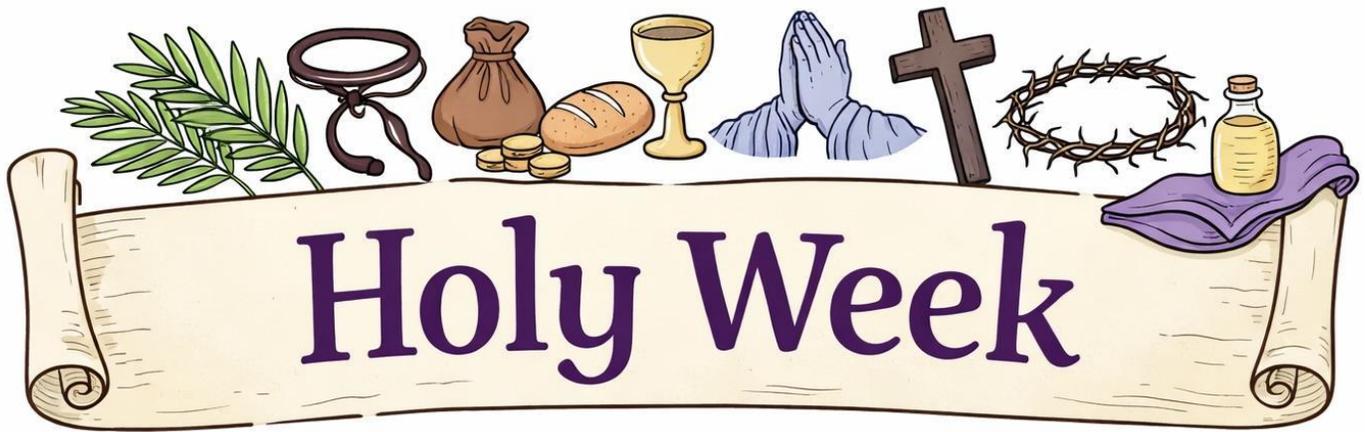


**Goal:** Slow down, pay attention to your life, and notice God in ordinary moments.

**Tools:** Journaling, short prayers, acts of kindness, mindful fasting.

## Barefoot Tips for Teens

- There are no perfect answers: Your reflections are for you, not anyone else.
- Small steps matter: A few minutes of honest thought is enough.
- Notice ordinary life: God shows up in school, friendship, music, even social media.
- Respect others' journeys: Even Judas had good intentions but got lost. See actions, not labels.



Holy Week is the final week of Lent. Each day focuses on reflection and journaling.

### **Palm Sunday**

**Theme:** Jesus enters Jerusalem

**Reflection:** How do you celebrate ideas vs. real action? Who do you cheer for in life, and why?

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**Prompt:** What cheers or celebrations around you are meaningful?

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### **Monday**

**Theme:** Cleansing the Temple

**Reflection:** What needs clearing out in your life? Habits, distractions, thoughts?

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**Prompt:** What is one thing I can simplify or remove today?

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# LENT SERVICE IDEAS FOR TEENS

*(Little money. Real impact.)*



## 1. The “Sit With” Project

**Theme:** Presence over productivity

Once a week, intentionally sit with someone who might feel alone:

- A younger sibling
- A classmate who eats alone
- A grandparent
- Someone new at youth group

No advice. No fixing. Just presence.

**Reflection question:**

What changed in me when I chose to stay instead of scroll?

# WHO IS THE BAREFOOT EVANGELIST?

Hi! I'm Deborah. I am a progressive Christian pastor, educator & historian living in Eastern Ontario, Canada.

Christians often talk about our "calling," that thing we are here on Earth to do. For me, the answer is simple: I am called to bring yesterday's lessons to today's people.

I do this by leveraging my background in cultural anthropology as well as my two Masters degrees (one in Ministry and one in Christian History) as I explore history, Bible stories, and the beliefs of my faith and the faiths of others in an effort to make faith practices understandable for today's modern audience, whether you are looking to deepen your Christian faith or are exploring your spirituality in other ways.

For more than five years, I have been bringing the stories of the bible to new generations of believers and the curious with sermons, a YouTube channel, blog and more. The Barefoot Evangelist blog looks at today's issues and presents them as Jesus and his closest followers might have viewed them. The Preacher and the Pagan podcast, and Kids Korner shares bible stories and other ways to explore the big questions in life (like this one!) for kids of all ages.



## Like this content? Buy me a kofi!

If you enjoyed this collection of resources and wish to support the creation of similar documents, please consider “buying me a coffee” at:

[ko-fi.com/barefootevangelist](https://ko-fi.com/barefootevangelist)

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