



Faithful Friends

Sunday school lesson: 1st Sunday of Lent

For this lesson, you will need some kind of a "tree" and plastic Easter eggs, one of which has a small piece of bread inside.

Today's HOPE (main point): Jesus forgives me and I can forgive others!

Did any of you grow up observing Lent?

Lent is the period of 40 days that begins on Ash Wednesday. It's a time set aside to reflect and prepare before the celebration of Easter Sunday. During this season, believers prepare for Good Friday by putting a greater emphasis on repentance and self-denial as they reflect on Christ's death and resurrection. Typically, it involves fasting or giving up some luxuries, and a greater note of solemnity in church services and events.

All this is to remind Christians of their sin that put Christ on the cross. This grief is marked by the "ash" of Ash Wednesday. Lent lasts 40 days, evoking memories of Jesus' period of fasting in the desert (Matthew 4:2). Some churches also mark Maundy Thursday, which commemorates Jesus' last supper with His disciples.

All these days are meant to encourage believers to spend time thinking about our sinful state and how only Christ can save us from the grip of sin and reconcile us with the holy God (Ephesians 1:7, Colossians 1:13-14).

Let's think a bit about repentance and forgiveness. What do you think repentance means? To feel and say you're sorry, to ask for pardon. Literal definition, "to turn," to change your direction; turning away from evil and turning towards good.

How does it help a situation when someone apologizes, or when you apologize to someone? Brings calmness, understanding, peace, resolution

What about forgiveness – what does that mean to you? Giving someone grace, mercy; letting go of the right to revenge

What sorts of things require forgiveness in our lives? Grudges, grievances, insults, physical harm, emotional harm, neglect

Is forgiveness the same as forgetting? No – it doesn't mean the wrong didn't happen or didn't matter.

Is forgiveness weakness? Is it easy? No; it actually takes great strength to forgive

How does it feel when someone forgives you?

How do you feel when you're really able to forgive someone else? Freedom; a burden is lifted

The Lord's Prayer includes specifics about forgiveness: "forgive us our trespasses, as we forgive those who trespass against us." According to this prayer, Who forgives us for our wrongdoing? God!

Interestingly, in the Bible, immediately after Jesus gives his followers the Lord's prayer, Jesus expands on only one part of his prayer: forgiveness! "For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses." (Matt. 6:14)

What is a heart like that can't forgive? Hard, cold, like a stone
That kind of heart can't give or receive forgiveness

I wonder how you think we can practice forgiveness in our day-to-day lives?

I think it starts with recognizing our own sin first, and not focusing so much on other people's sins.

1 John 4:8-9 If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Matthew 7:3-5 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

Romans 3:23 For all have sinned and fall short of the glory of God.

When we turn from our sin and trust in Jesus as our Savior, He forgives us AND He puts a new heart in us, and that's how we can forgive others!

Ezekiel 36:26 I will give you a new heart and put a new spirit in you.

And how is that made possible? How are we saved and how are we forgiven? Because Jesus died for our sins on the cross

So for the next few weeks as we use this season of Lent to think more about what our forgiveness cost Jesus, I brought us this Easter tree.

Every week we will open an Easter egg. They don't have chocolate or jelly beans in them, and I'm not going to hide them and make you look for them! The numbered eggs will have something inside to remind us of part of the Easter story.

So let's open the first one. Who would like to open it and see what's inside? (it will be tiny pieces of bread)

This bread is to remind us of the Last Supper- the meal Jesus had with His disciples the day before He was crucified.

Luke 2: 7-19 Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. 8 Jesus sent Peter and John, saying, "Go and make preparations for us to eat the Passover."

9 "Where do you want us to prepare for it?" they asked.

10 He replied, "As you enter the city, a man carrying a jar of water will meet you. Follow him to the house that he enters, 11 and say to the owner of the house, 'The Teacher asks: Where is the guest room, where I may eat the Passover with my disciples?' 12 He will show you a large room upstairs, all furnished. Make preparations there."

13 They left and found things just as Jesus had told them. So they prepared the Passover.

14 When the hour came, Jesus and his apostles reclined at the table. 15 And he said to them, "I have eagerly desired to eat this Passover with you before I suffer.

16 For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

17 After taking the cup, he gave thanks and said, "Take this and divide it among you. 18 For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes."

19 And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

Let's pray the Lord's Prayer together as we close today.

*Point out the pages in their packet...ideas for Lent and a coloring page.

This lesson was put together using:

<https://spiritualeldercare.com/portfolio/lent-and-easter-2/>



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Just as I Am

1. Just as I am, without one plea,
But that thy blood was shed for me,
And that thou bidd'st me come to thee,
O Lamb of God, I come, I come.

2. Just as I am, though tossed about
With many a conflict, many a doubt,
Fightings and fears within, without,
O Lamb of God, I come, I come.

3. Just as I am, thou wilt receive,
Wilt welcome, pardon, cleanse, relieve;
Because thy promise I believe,
O Lamb of God, I come, I come.

Oh, How I Love Jesus

1. There is a name I love to hear,
I love to sing its worth;
It sounds like music in my ear,
The sweetest name on earth.

Oh, how I love Jesus, Oh, how I love Jesus,
Oh, how I love Jesus, because he first loved me!

2. It tells me of a Savior's love,
Who died to set me free;
It tells me of his precious blood,
The sinner's perfect plea.

Oh, how I love Jesus, Oh, how I love Jesus,
Oh, how I love Jesus, because he first loved me!

3. It tells of One whose loving heart
Can feel my deepest woe,
Who in each sorrow bears a part,
That none can bear below.

Oh, how I love Jesus, Oh, how I love Jesus,
Oh, how I love Jesus, because he first loved me,
Because he first loved me, Because he first loved me!

What a Friend We Have in Jesus

1. What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
Oh, what peace we often forfeit,
Oh, what needless pain we bear,
All because we do not carry
Everything to God in prayer.

2. Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness;
Take it to the Lord in prayer.

Blessed Assurance

1. Blessed assurance, Jesus is mine;
O what a foretaste of glory divine!
Heir of salvation, purchase of God,
Born of his Spirit, washed in his blood.

This is my story, this is my song,
Praising my Savior, all the day long;
This is my story, this is my song,
Praising my Savior all the day long.

2. Perfect submission, all is at rest,
I in my Savior am happy and blest,
Watching and waiting, looking above,
Filled with his goodness, lost in his love.

This is my story, this is my song,
Praising my Savior, all the day long;
This is my story, this is my song,
Praising my Savior all the day long.

When the Saints Go Marching In

1. Oh, when the saints go marching in,
Oh, when the saints go marching in,
Oh Lord, I want to be in that number
When the saints go marching in.

2. Oh, when they crown him Lord of all,
Oh, when they crown him Lord of all,
Oh Lord, I want to be in that number
When they crown him Lord of all.

3. Oh, when they gather around the throne,
Oh, when they gather 'round the throne,
Oh Lord, I want to be in that number
When they gather 'round the throne.

4. Oh, when the saints go marching in,
Oh, when the saints go marching in,
Oh Lord, I want to be in that number
When the saints go marching in.



Ideas for Lent

40 days of NO
complaining

40 Days of Kindness-
say one nice thing to one
person each day

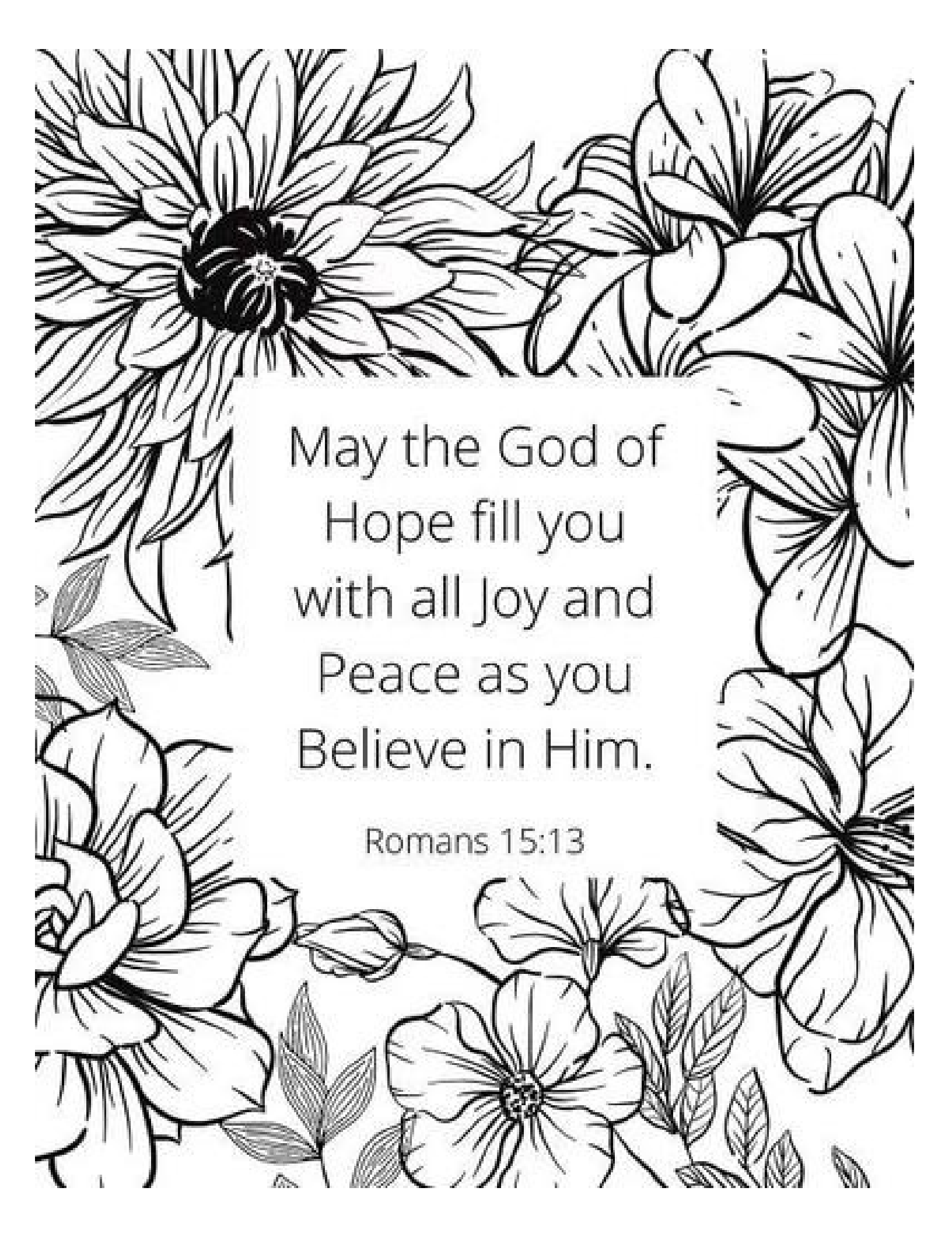


learn 40 things about
another resident

Give up your favorite
comfort food/drink for
40 days

40 days of prayer-
pray for another resident





May the God of
Hope fill you
with all Joy and
Peace as you
Believe in Him.

Romans 15:13