



2021 Lent Tool Kit



In Lent, we're reminded that, again and again, suffering and brokenness find us. We doubt again, we lament again, we mess up again. Again and again, the story of Jesus on the cross repeats—every time lives are taken unjustly, every time the powerful choose corruption and violence, every time individuals forget how to love. With exacerbation we exclaim, "Again?! How long, O God?" And yet, in the midst of the motion blur chaos of our lives, God offers a sacred refrain: "I choose you, I love you, I will lead you to repair." Again and again, God breaks the cycle and offers us a new way forward.

We invite you to join us in a time when much is unclear. Even if worshipping apart, we come to God again and again with our prayers, our dreams, our hopes, and our doubts. Even if from a distance, we will continue to be community to one another—especially when it's hard—by choosing each other over and over again. We will continue to love God with the same persistence God chooses and claims us. Join us this Lent as again and again, we bring all of who we are to God and trust that God will meet us, time and again, along the way.

Living the Gospel through Faith, Love, and Compassion

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Worship With Us

Sunday Worship 9:30 AM in person 9:45 AM Online
Wednesday Worship Online released at Noon

Ash Wednesday; Drive Thru Ashes Again and Again; We are Invited In

Lent starts on Ash Wednesday, February 17. Come and join the Lenten drive-thru event on Ash Wednesday from either 12-1 pm or 4:30-6 pm. You will receive your Lenten ashes and a personal prayer, and you can pick up other Lent resources like "Lent in a Box", communion supplies, and daily devotionals. There will be a short online service beginning at 7:00PM. No registration is needed. Just pack up your car with people, wear a mask, and come to church.



Wednesday's In Lent Purple Theory: A Lenten Exploration

Habits and routines help us stay on track in many areas of our lives – things like school and work schedules or morning routines like eating breakfast and brushing our teeth. These habits and routines help keep us healthy and happy. As Christians- as people who believe in the power of God's love and the saving grace of Jesus Christ- we specific spiritual have habits and routines too. On Wednesdays in Lent, join us for Holden Prayer Online Worship as we explore several spiritual habits and routines that can help us feel closer to God and to our church family.

Services will be available to view any time after noon on Wednesdays on YouTube, and you can find the links via email, Facebook, or at familyofchrist.com. We invite you to watch and reflect on these videos with those in your household over a traditional Lent soup supper. Some favorite community recipes are part of this packet.

Purple Theory Schedule and Topics:

Feb. 24: Prayer

March 3: Scripture

March 10: Confession

March 17: Worship

March 24: Silence

Sunday's in Lent ; Again and Again

Feb 21st Again & Again, God Meets Us

Feb 28th Again & Again, We Are Called to Listen

March 7th Again & Again, We are Shown the Way

March 14th Again & Again, God Loves First

March 21st Again & Again, We are Reformed

March 28th Palm Sunday Again & Again,
We call on Courage



Daily Devotionals

Beginning Ash Wednesday, we invite you to a time of contemplation each day, trusting that it is exactly what you need for that moment. Read the short scripture and prompts. We hope this time will encourage you to come to God in prayer again and again throughout the entire Lenten season

Lent Daily Devotions

<p><u>Feb 17 When You Pray</u> Matthew 6:1-21</p> <p>What are your spiritual practices? What spiritual practices need new life?</p>	<p><u>Feb 18 Those who Dream</u> Psalm 126</p> <p>What dreams do you have for this world? For yourself? For your community?</p>	<p><u>Feb 19 Come and See</u> John 1:35-42</p> <p>In a world that loves certainty, where could you practice curiosity? How might curiosity be a spiritual tool?</p>
<p><u>Feb 20 Gentle</u> Titus 3:1-15</p> <p>Can you think of a person in your life who is gentle yet strong? How are they impactful? How might you adopt that character?</p>	<p><u>Feb 21 Selah</u> Psalm 84</p> <p>The word “selah” is used 74 times in scripture. The meaning is unclear, but many believe it indicates a pause. Where or how do you need to pause in your life?</p>	<p><u>Feb 22 Keeper</u> Psalm 121</p> <p>What images of God are comforting to you? Where does your spirit need comfort?</p>
<p><u>Feb 23 Temple</u> John 2:13-22</p> <p>What angers you deep in your bones? Where is God in that anger?</p>	<p><u>Feb 24 Healing</u> Psalm 147:1-11</p> <p>What corners of your heart need healing?</p>	<p><u>Feb 25 Rest</u> Hebrews 4:1-10</p> <p>When was the last time you truly rested? What practices are restful for you? What changes in your life need to be made to protect rest?</p>
<p><u>Feb 26 Commandments</u> Deuteronomy 10:12-22</p> <p>What distractions in your life pull you from the core values of your faith? How can you recenter?</p>	<p><u>Feb 27 Words</u> Deuteronomy 11:18-21</p> <p>What is the hardest part about opening your Bible? What goals do you have for your relationship with scripture? What can help you get there?</p>	<p><u>Feb 28 Speak</u> Jeremiah 1:1-10</p> <p>What words do you need to say to yourself today? What things are you so passionate about that you can't help but talk about them?</p>
<p><u>March 1 See</u> Jeremiah 1:11-19</p> <p>If God were to ask you, “What do you see?” What would you say? How would your answer impact your actions?</p>	<p><u>March 2 Live</u> John 4:43-54</p> <p>When do you feel most alive? What does it feel like? When are you the furthest from feeling alive? What can you change?</p>	<p><u>March 3 Well</u> John 5:1-18</p> <p>What would life look like for you to be well? What visible or invisible things in your life need healing?</p>
<p><u>March 4 Answer</u> Psalm 22</p> <p>What hurt do you take to God? Knowing that Jesus quoted this passage on the cross, how does that change your perspective of this psalm?</p>	<p><u>March 5 Speak Openly</u> John 7:1-13</p> <p>What prevents you from speaking openly? What would it look like to be empathetic to your neighbor, affirming of all, and still authentic to yourself when you speak?</p>	<p><u>March 6 Name</u> Mark 5:1-10</p> <p>Take inventory of your soul. What do you carry that weighs you down? What do you carry that brings you to life? Know that God sees it all, and calls you by name.</p>
<p><u>March 7 Dwell</u> Jeremiah 7:1-7</p> <p>When do you feel the closest to God? When do you feel the furthest from God?</p>	<p><u>March 8 Thirst</u> John 7:37-44</p> <p>What in your life feels like water— thirst quenching, healing, renewing? What leaves you thirsty?</p>	<p><u>March 9 Gathers</u> Psalm 147:1-11</p> <p>When was a time when you felt gathered in? How can you be a gatherer alongside God in your own life?</p>
<p><u>March 10 Free</u> John 8:31-32</p> <p>When you think of the word free, what comes to mind? What things in this world prevent you from being free—spiritually, mentally and emotionally?</p>	<p><u>March 11 Wait</u> Psalm 130</p> <p>What do you wait for in this life? What do you long for? Make a list of these things.</p>	<p><u>March 12 Stones</u> John 8:47-59</p> <p>People throw stones at that which they do not understand. What is something you have struggled to understand that you could learn more about?</p>

Lent Daily Devotions

<p><u>March 13 Remember</u> Psalm 42:1-6</p> <p>Remember a time when you felt truly yourself. Where were you and what were you doing? Remember a time when you felt closest to God. Where were you and what were you doing?</p>	<p><u>March 14 Satisfied</u> John 6:1-15</p> <p>Take a moment to practice gratitude. List five things you are grateful for—beyond what might be obvious or common answers.</p>	<p><u>March 15 Afraid</u> John 6:16-20</p> <p>What do you fear? Research shows there is healing when we write, so write down your fears. Let it be a prayer.</p>
<p><u>March 16 Clay</u> Jeremiah 18:1-6</p> <p>What relationships and events in your life have shaped you? Where was God in that?</p>	<p><u>March 17 Bread</u> John 6:41-51</p> <p>What are the most meaningful meals you have had? What made them holy?</p>	<p><u>March 18 Joy</u> Psalm 105</p> <p>What brings your soul true, abiding joy? Can you incorporate more of that into your life?</p>
<p><u>March 19 Trust</u> Psalm 31</p> <p>Complete these sentences: I believe God is ____. I believe Jesus is ____. I believe the Spirit is ____. I believe faith is ____.</p>	<p><u>March 20 Setting Your Mind</u> Mark 8:31-33</p> <p>What conversations are hard for you to hear? Lean into active listening today</p>	<p><u>March 21 Mud</u> John 9:1-17</p> <p>What are you passionate about? What do you have, and what can you use that is right at your fingertips, to lean into that passion?</p>
<p><u>March 22 Breath</u> Psalm 146</p> <p>As you inhale and exhale, reread verses 8 and 9. Allow those words to sink into your bones so that you can sing God's praises all day long.</p>	<p><u>March 23 Know</u> John 10:14</p> <p>Think of someone who knows you. What are three things this person does not know about you? Remember that God knows us fully</p>	<p><u>March 24 Fear</u> Psalm 27</p> <p>What things do you worry about? What do you fear? Take a moment to acknowledge those fears and lift them up in prayer.</p>
<p><u>March 25 Build</u> Jeremiah 29:4-7</p> <p>What needs building up in your life? How can you start?</p>	<p><u>March 26 Unbind</u> John 11:28-44</p> <p>What do you grieve in this world? What does that grief feel like? What unbinds or loosens that hurt?</p>	<p><u>March 27 Overturn</u> Matthew 21:12-17</p> <p>What rhythms, habits, perspectives, narratives, or ways of thinking need to be overturned in your life?</p>
<p><u>March 28 Hosanna</u> John 12:9-19</p> <p>Imagine yourself at the parade. Would you sing Hosanna? Would you be afraid? Picture the sights, the smells, the crowd. For a moment, put yourself there.</p>	<p><u>March 29 Wish</u> John 12:20-21</p> <p>What wishes do you have—for your faith, for your relationship with God, for your relationship with yourself?</p>	<p><u>March 30 Anxious</u> Philippians 4:4-9</p> <p>When have you experienced anxiety in your life? What did it feel like? What steps do you take to center yourself? Where is God in that?</p>
<p><u>March 31 Light</u> John 12:34-36</p> <p>Who or what serves as a nightlight in your life— helping you see where you are, helping to guide your path?</p>	<p><u>April 1 Tend</u> John 19:38-42</p> <p>When have you witnessed someone tending to a difficult task?</p>	<p><u>April 2 Deny</u> John 13:36-38</p> <p>When have you been in denial? When have you denied others? When have you denied God?</p>
<p><u>April 3 Recognize</u> Luke 24:13-35</p> <p>Where have you seen God this week?</p>	<p><u>April 4 New Day</u> Mark 16:1-8</p> <p>Where are you seeing the resurrection and new life?</p>	 <p>© a sanctified art sanctifiedart.org</p>

Lenten Soup Recipes

Carla's Slow Cooker Garlic Parmesan Chicken Stew

Ingredients

- 1 lb Little Potatoes (quartered)
- 3 boneless skinless chicken breasts cut into 1" pieces
- 1 rib celery chopped
- ½ medium onion finely chopped
- 3 large carrots thinly sliced
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- ¼ teaspoon black pepper
- 2 cups chicken or vegetable broth
- ⅔ cup heavy cream
- 2 tablespoons corn starch
- ⅓ cup shredded Parmesan cheese

Instructions

Add potatoes, chicken, celery, onion, carrots, garlic, salt, parsley, thyme, pepper, and broth to a 4-6 quart slow cooker.

Cover and cook on low for 4 hours or until chicken is cooked through and potatoes are tender (this could take up to 6 hours depending on the temperature of your slow cooker — cutting them smaller will speed up cooking time).

Set slow cooker to high. Stir together cream and corn starch and stir into slow cooker, along with Parmesan cheese. Cover and cook another 30-60 minutes or until thickened slightly.

Serve immediately with crusty bread for dipping

Annie's Minestrone

On the stovetop, cook and drain one pound of sweet Italian sausage

Sauté until soft: ¼ cup margarine, 1 cup diced carrots, 1 cup diced celery, and 1 cup onions

Add 1 T chopped fresh parsley, 1 t basil, 2 tsp salt, 1 tsp pepper

Add 2 28oz cans of Italian tomatoes, 3 cans of chicken broth, 1 cup of shredded cheese, 1 cup of sliced zucchini, and 1 can of drained kidney beans

Cook for 30 mins

Optional: Serve with cooked cheese tortellini and top with parmesan cheese

The King Fenn's Chicken Dumpling Soup

Chicken Dumpling Soup

- 2 tablespoons butter
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup sliced carrots
- 2 garlic cloves (minced)
- 12 cups reduced sodium chicken broth (if boiling your own chicken use the reserved broth)
- 2 tsp of poultry seasoning
- Chicken bullion (to taste)
- 1 tsp garlic salt (adjust to taste)
- salt and pepper to taste
- 4 cups cooked and shredded chicken breasts (use your choice of rotisserie chicken, instant pot chicken breasts, or whole chicken cut and boiled)

Dumpling mix:

- 3 beaten eggs
- 1 1/2 cups milk
- 1/2 tablespoon salt
- 3 cups of flour

*Combine all four ingredients and stir. Mix will be soft so that it can be dropped into the boiling broth.

1. Prepare shredded chicken. If boiling your own chicken, reserve the stock to replace all or some of the 10 cups of broth.
2. Melt butter in a pan and saute the onion, celery, and carrot until semi-soft.
3. Add vegetables to the broth in a stockpot and bring to a boil.
4. Add poultry seasoning, chicken bullion, garlic salt, salt, and pepper.
5. Simmer for 15 mins.
6. Add shredded chicken and bring to a low boil.
7. Use a spaetzle maker with slider basket to drop the dumpling mix into the boiling broth. You can also use a teaspoon and drop small dumpling blobs into the broth one at a time.
8. Keep broth at a low boil for 20-30 minutes to set the dumplings.

Martha's Insta Pot Wild Rice Soup

1. Sauté 2 T butter, 1 cup diced carrots, 1 cup diced celery, and 1 cup onions until softened
2. Add 2 whole raw chicken breasts and 28 oz of chicken broth
3. Add 1 cup wild rice, 1 t salt, ½ t pepper, and ¼ t red pepper flakes
4. Lock lid and cook at high pressure for 15 minutes. Let come to a slow release.
5. Add 4 oz of cream cheese and 2 cans of evaporated milk
6. Stir and taste for seasonings

Martha's Tomato Soup

1 medium white or yellow onion
6 tablespoons (3/4 stick) butter
Two 14.5-ounce cans diced tomatoes
One 46-ounce bottle or can tomato juice
3 to 6 tablespoons sugar
1 or 2 tablespoons chicken base, or 3 chicken bouillon cubes
Freshly ground black pepper
1 cup sherry, optional
1 1/2 cups heavy cream
1/4 cup chopped fresh basil
1/4 cup chopped flat-leaf parsley

Directions

To begin, dice the onion. Melt the butter in a large pot or Dutch oven. Throw in the onion and cook until translucent.

Now dump in the diced tomatoes and stir to combine. Add the tomato juice.

Next – and this is important – in order to combat the acidity of the tomatoes add 3 to 6 tablespoons of sugar. Now, you'll want to start on the low side, then taste and add more as needed. Some tomatoes and juice have more of an acidic bite than others. (For what it's worth, and I realize it's not worth much, I use 6 tablespoons of sugar.)

Next, add 1 or 2 tablespoons chicken base to the pot. I added 3, and it wound up being a little too much.

Now you can add lots of freshly ground black pepper. Stir to combine, then heat almost to a boil. Then turn off the heat.

Add in the sherry if desired (I used 1/2 cup). Stir in the cream. Add the basil and parsley and stir.

Serve the soup warm!

Brad's White Bean Chicken Chili

Ingredients:

1 boneless chicken tenderloin (you can use chicken breast but we found the tenderloins to be more flavorful)

1/4 t salt

1/4 t pepper

1 medium onion, diced

4 cloves of garlic, diced small

2t dried oregano

1 t ground cumin

2 cans of white chili beans (we used Bush Beans)

2 1/2 c chicken broth, divided

For Toppings: Optional

Shredded cheese

Corn chips

Avocado

Cilantro

Tomatoes

Directions

1. In a pan cook the chicken until brown – transfer to a large pot with 2 c of chicken broth. Another option is to boil in chicken broth – do what fits best for you.

2. In the same pan sauté the onions. After about 2 to 3 minutes and the onions become soft add the garlic, oregano and cumin. Cook and stir about 2 minutes. Add to the pot with the chicken and broth.

3. In a bowl mash 1 cup of the white beans in the remaining 1/2c of broth. Stir in the whole beans and add to the chicken.

4. Cook, covered about 30 minutes – stirring occasionally.

Serve with toppings.

NOTE: you can adjust the cumin as fits your family. Also you can add jalapenos with you add the garlic for an added kick. Have fun with experimenting.