



Blow the Trumpet, Proclaim a Fast March 2 (Ash Wednesday) Joel 2:1-2, 12-17

Object Lessons and Storytelling Ideas

- Define fasting with kid friendly examples - what is it and why do we do it?
- Tell a story (personal or otherwise) of when being sorrowful over sin brought repentance and restoration.
- Talk about how people used to tear their clothes to show that they were sad or felt sorry.
- Worship through the song "Gracious and Compassionate"
 - www.youtube.com/watch?v=7Xzk9qtlvuo
- Tell the story of Israel that is the background for this passage from Joel.
- What does it mean that God is gracious, compassionate, slow to anger, and abounding in steadfast (or loyal) love? Talk about each word.
 - The Bible Project has explainer videos for many of these words that you could use as you prepare or even show to older kids. Find them at www.bibleproject.com/explore/category/character-of-god-series.

Discussion Ideas and Questions

- What does it mean to fast? Why do we fast? It is not just to give something up; what do we replace it with? What are things we can fast from?
- Has there ever been a time when you said sorry and did not mean it? How did that feel? How does it feel when you are truly sorry? Which one helps you to change what you do? God does not want us to just look sorry on the outside, but to truly feel sorry and change the way we act or talk.

At Home Connections

- Choose something to fast from as a family. In the time you normally spend on that activity, talk about what it means to fast and why you have chosen to fast from that item, read Scripture together, and spend time in prayer.
- Take time as a family to talk about your struggles and what you need to confess to God. Pray together and encourage one another.
- Have an Ash Wednesday ceremony at home, using ash from a fire or dirt from a houseplant.
 - For ideas, check out www.catholicicing.com/ash-wednesday-for-kids