

# The Story of Chef Paula's Visit

March | April | May 2022



**Lesson Focus:** Introduction of The Lenten Season

**Lesson Scripture:** "Create in me a clean heart, O God; and renew a right spirit within me." (Psalm 51:10, KJV)

**Story Summary:** Sisters Ashley and Aja are cleaning their kitchen with their parents. They are preparing for a special guest, Chef Paula, who just won a televised cooking competition. Ashley and Aja's parents know Chef Paula from college and is coming to their house to cook a meal for their family!

**Biblical Correlate:** We prepare for special guests in different ways. In the same way that Ashely and her family prepared for Chef Paula's visit, so must we prepare for Christ during the Lenten Season. There are three ways Christians prepare for Jesus' Resurrection during Lent. 1) Prayer 2) Fasting 3) Giving

**Deeper for the Teacher:** The Lenten Season is observed as the 40 days before Easter. It begins on Ash Wednesday and does not include Sundays. Our English word "Lent" comes from the Anglo Saxon word "lencten" which means "lengthen" and refers to how the days are getting longer with the coming of Spring. Lent is a time of self-reflection and self analysis-- and a time where we should contemplate what we stand for and believe in as Christians. If we fully and wholly participate in Lent, we should emerge as a new and resurrected self on Easter with Jesus. This newness is appropriate because, in a sense, Resurrection Sunday correlates with the beginning of Spring which represents a New Year.



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## Questions from Story

1. Who is coming to visit Ashley and her family?
2. What do Ashley, Aja, and her parents do to prepare for Chef Paula's visit?
3. How does Ashley and Aja's parents know Chef Paula?

## Questions from Lesson

1. What is Lent?
2. How many days does Lent last?
3. What special guest are we preparing for during the Lenten Season?
4. What three ways do we prepare for Christ to visit our hearts?

## Questions for Discussion (for teens)

1. Of the three ways we can prepare for Christ, which one do you do the most? Explain your answer.
2. Which one would you like to learn more about? Why?
3. Do you think your heart is clean/pure? If so, explain. If not, what can you do (or stop doing) to make your heart ready for Jesus?

## Suggested Activities

1. Word Search of significant words from lesson.
2. If teens think their hearts need cleaning, have them make a list of the things that distract them from having a better relationship with Christ.



Name \_\_\_\_\_

# Lent

## A Season of Preparing for Christ

Find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

C C H R I S T G M P N G Q Z P  
O L A I Q U S M N S Q K X R T  
N R E Y A R P Y H I A L E R X  
N N A Y H X D T A E T P B A Y  
E Q P Y N K G L B D A S G U F  
C G M U E F I U Y R Y T A E M  
T E C Z T I V N E I E T M F C  
Z L G Y E T I I J R F I R T F  
E E T A C I N U M M O C V O V  
R N L N N Y G E E O K F U C F  
K R I H Y A I E L R W B M S T  
E Y O B Q J H K Y E L Y F R N  
M C X S M E F I E E O J E K Z  
Y G A X F O N Y F E M D T N D  
B G K W J L C X W X B A A L D

### WORDS TO FIND

Combine

Communicate

Connect

Fasting

Forty Days

Giving

Lent

Prayer

Prepare

HIDDEN MESSAGE \_\_\_\_\_



Name \_\_\_\_\_

# Lent

## A Season of Preparing for Christ

*Most of our hearts need cleaning. Even adults use the Lenten Season to examine themselves and improve their relationship with Christ. Make a list of things that you think distract you from having a better relationship with Christ.*

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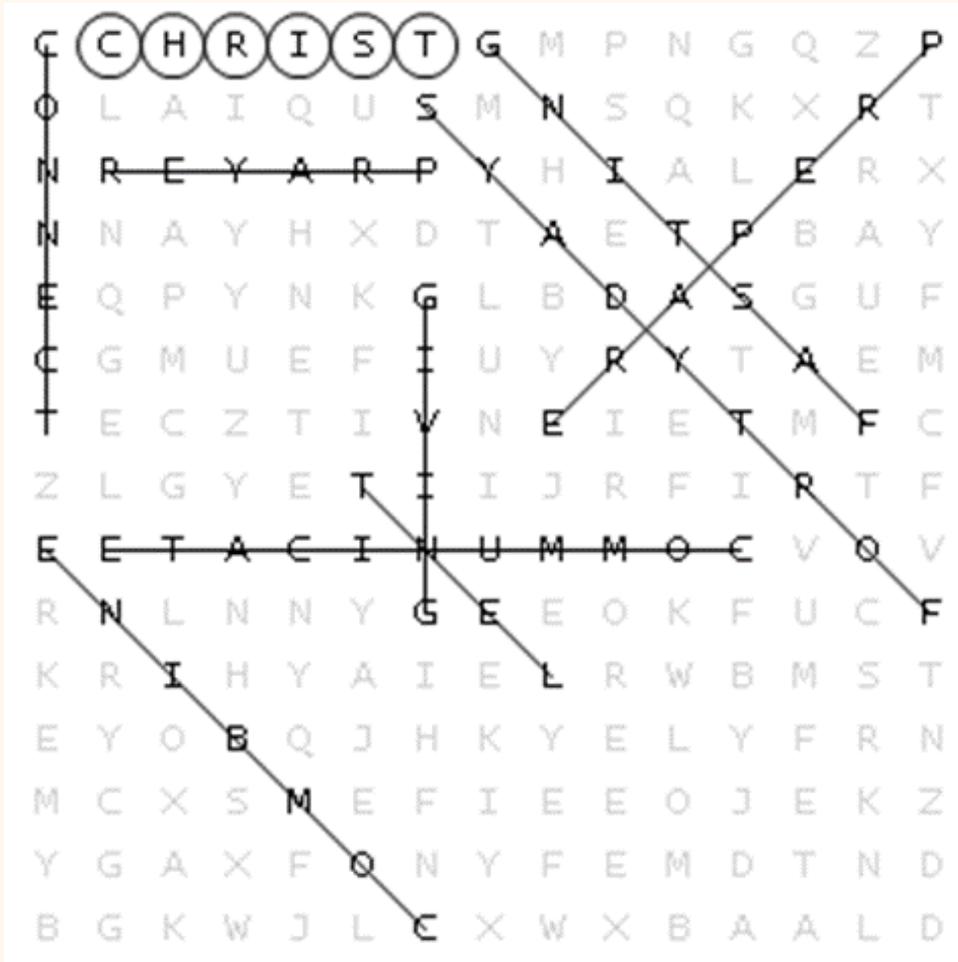


Name \_\_\_\_\_

# Lent

## A Season of Preparing for Christ

Find all the words in the list. Words can go in any direction and share letters as well as cross over each other. Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.



### WORDS TO FIND

- |            |             |         |         |
|------------|-------------|---------|---------|
| Combine    | Communicate | Connect | Fasting |
| Forty Days | Giving      | Lent    | Prayer  |
| Prepare    |             |         |         |

HIDDEN MESSAGE: CHRIST