

## Lent Discipline Cube

Rather than giving something up or starting something new for six weeks, let's practice a new discipline each week. Roll the cube on Sunday and practice the discipline for the following week. Get the same one? Roll again.

Read or say the **Apostles' Creed** (or some other creed) once each day. This is a chance to talk about what some phrases mean and to practice for worship.

Practice **passing the peace** to people you meet this week. Silently, or aloud, say "Peace of God be with you" and mean it. As a family pass the peace to each member of the family once each day at a meal or prayer time.

Practice saying "**wow, God**" every time you encounter God doing something amazing. (This could even be saved for Easter week.)

At the end of each day recall people who have hurt you, made you angry or frustrated, then remind yourself, "**God forgives them, so can I**" or pray the phrase from the Lord's Prayer "forgive us our debts/sins/transgressions as we forgive those who ...."

Practice saying "**Thank you God**" every time you eat something yummy or see or do something wonderful. Make a list of all those thank yous (on your own or with your family) at the end of the day and thank God again.

### Accepting God's forgiveness and forgiving myself

At the end of each day recall all the ways you messed up today, then remind yourself, "God forgives me, so I can forgive myself."

### Assembly:

1. Cut out
2. Fold back tabs (away from writing)
3. Begin folding box with 'wow, God' as the center
4. Tuck tabs and tape (or cover with glue and tuck)

