



FAMILY WALLCHART GUIDE

SO, WHAT IS LENT?

Here's a challenge for you: try, if you can, to remember the names of five important festivals in the Christian calendar.

What did you come up with? How about...

Christmas? Easter? Shrove Tuesday (also known as Pancake Day, yum!)? Top marks for you if you remembered the 40 days of Lent!

Lent is the 40 days leading up to Easter when we remember Jesus' time in the desert and the challenges he faced when he was there.

The Bible tells us that Jesus was led by the Holy Spirit into the desert and didn't eat for the time he was there. How do you feel when you are hungry? Does your stomach grumble? Does it GROWL? Imagine not eating for 40 days!

You can read the whole story in Luke 4:1–13.

Because Jesus didn't eat for 40 days, Christians like to remember this story by giving up something themselves during Lent. It could be chocolate or watching TV. By doing this we try to make more room for God and to be nearer to God.

40acts is not just about giving something up, but going a step further and giving OUT to someone else. We challenge you to take up the 40acts challenge and carry out simple acts of giving and kindness throughout Lent this year.

Will you do ten of the 40acts? Will you do all 40? IT DOESN'T MATTER – just make sure that the acts you do, you do WELL!

WHAT'S NEW FOR 2018?

We have a brand new wallchart this year and many of the actions in the chart are a child's version of the adult ones, so the whole family can get involved with daily acts of generosity!

TOP TIPS

- **Download** the wallchart and put it somewhere you look every day – perhaps on the kitchen fridge or above the TV.
- **Be flexible.** Do as many of the activities as you like, in any order you like, adapt them, repeat them.
- **Keep a record.** Use stars or tick the acts of generosity that you complete. Sit down with your family and think about how you might follow 40acts together.
- **Have fun.** Mix it up with things your family enjoys: walks, volunteering, baking, taking photos.
- **Share your experiences.** Take photos and share your daily acts with us on:



40acts.org.uk

WALLCHART EXTRAS

Here are some recipes, templates and ideas to help you with your generosity challenges!

ACT 1: MAKE A LIST OF ALL THE PEOPLE YOU WOULD LIKE TO BE GENEROUS TO THIS LENT



MAKES 21 SLICES

- 50g (2oz) cocoa powder
- 6 tablespoons boiling water
- 100g (4oz) baking margarine or softened butter
- 275g (10oz) caster sugar
- 3 eggs, beaten
- 125ml (4fl oz) milk
- 175g (6oz) self-raising flour
- 1 teaspoon baking powder

FOR THE ICING

- 50g (2oz) good-quality dark chocolate
- 100g (4oz) unsalted butter, softened
- 200g (7oz) icing sugar
- 1 teaspoon vanilla extract
- milk, to loosen

1. Grease a 30cm x 20cm (12in x 8in) tray bake or roasting tin and line the base with baking paper. You will also need a small plastic piping bag. Preheat the oven to 180°C/160°C fan/Gas 4.
2. Measure the cocoa into a bowl, add the boiling water and mix until smooth. Add the baking spread or butter and beat into the cocoa until smooth, then add the sugar, eggs, milk, flour and baking powder and mix until combined – this can be done in a mixer or by hand.
3. Pour into the prepared tin, spread evenly and bake in the oven for 30–35 minutes until well risen, just firm to the touch and shrinking away from the sides of the tin. Leave to cool in the tin for ten minutes then turn out on to a wire rack and peel off the paper. Brush the top of the cake with the warmed jam and leave to cool completely.

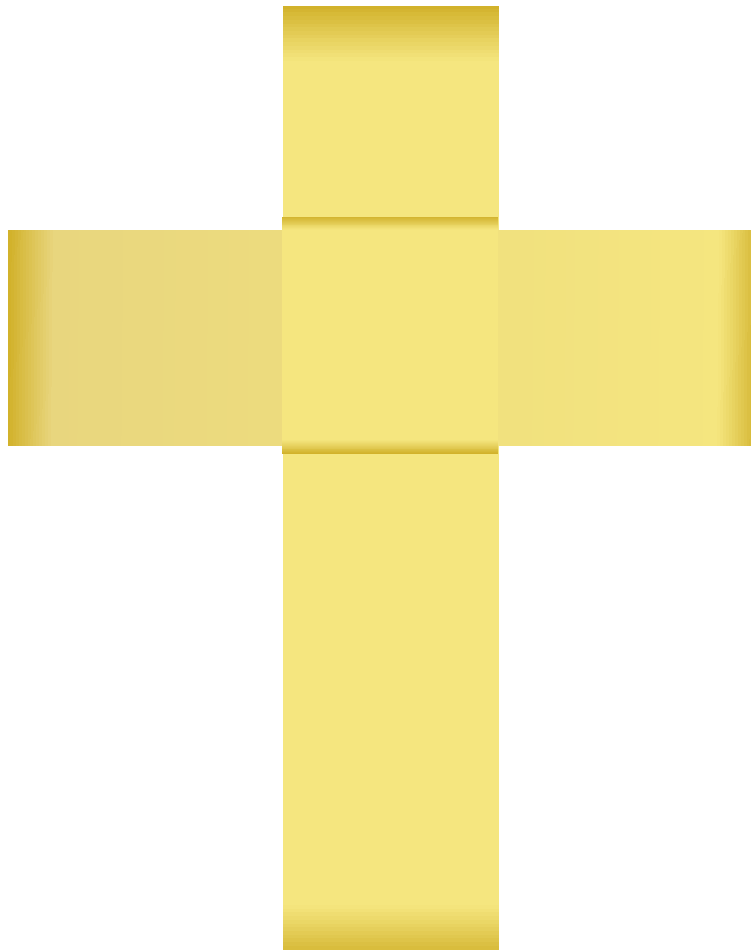
FOR THE ICING

1. Melt the chocolate in a bowl set over a pan of simmering water. (Do not allow the base of the bowl to touch the surface of the water.) Allow to cool until the chocolate no longer feels hot to the touch.
2. Beat the butter in a bowl until soft, then gradually beat in the icing sugar. Add the vanilla extract and beat again.
3. Fold in the melted chocolate until completely incorporated (add a few drops of milk if the mixture is a little stiff).

ACT 35: HEART TEMPLATES



ACT 37: PALM CROSS TEMPLATES



ACT 40: EASTER STORY COOKIES RECIPE

- Easter Story Cookies
 - 80g whole pecans or any other nut, cashew or pistachio
 - 1 teaspoon vinegar
 - Pinch of salt + more for telling the story
 - 3 egg whites
 - 200g sugar
 - wooden spoon
 - Oven tray with baking parchment
 - Tape
1. Preheat oven to 150°C. Place the nuts in sealable bag and crush with a wooden spoon to break into small pieces.
 - a. Explain that after Jesus was arrested he was beaten by the Roman soldiers. Read John 19:1–3.
 2. Let each child smell the vinegar. Put 1 teaspoon vinegar into a mixing bowl. Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28–30.
 3. Add the egg whites to the vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10–11.
 4. Sprinkle a little salt into each child’s hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus’ followers, and the bitterness of our own sin. Read Luke 23:27. So far the ingredients are not very appetising.
 5. Next, add the sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8 and John 3:16 (the most famous verse in the bible).
 6. Beat the mixture with an electric whisk on a high speed for 5 – 6 minutes until stiff peaks are formed. Explain that the white colour represents the purity in God’s eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and 1John 3:1–3.
 7. Fold in the broken nuts. Drop the mixture onto a baking parchment using teaspoons. Explain that each mound represents the rocky tomb where Jesus’ body was laid. Read Matthew 27:57–60.
 8. Put the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus’ tomb was sealed. Read Matthew 27:65–66.
 9. GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus’ followers were in despair when the tomb was sealed. Read John 16:20, 22.
 10. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus’ followers were amazed to find the tomb open and empty. Read Matthew 28:1–10

HE HAS RISEN!