



Lent and Holy Week Youth Resources

Leading youth through Lent this year may look very different than last year. After being online and flexible throughout 2020 we long for a sense of tradition in our faith formation activities. The emphasis of this holy season may lend itself well to providing space for the grief and lament many are longing to express. Here are some resources that can assist you in providing that safe space and intentionally lead youth through this season in prayer, mission, and sacred practices.

Leading a service of Lament or Lenten Grieving:

<https://www.umcyoungpeople.org/lead/lament-an-additional-prayer-vigil>

Lessons for Lent and Holy Week for Youth:

<https://www.umcyoungpeople.org/lead/worship-series/rend-your-hearts-claiming-the-promise-youth-lessons-for-lent-holy-week-2021>

<https://fulleryouthinstitute.org/blog/lent>

Additional resources for a season of lament:

<https://www.umcyoungpeople.org/lead/worship-series/rend-your-hearts-claiming-the-promise-youth-lessons-for-lent-holy-week-2021>

Helping students develop spiritual practices:

<https://wpc-alex.org/wp-content/uploads/sites/67/2018/12/Spiritual-Practices-for-Children-and-Youth-booklet.pdf>

Developing the practice of prayer for youth and families:

<https://www.illustratedministry.com/2017/ways-to-pray-with-kids/>

<https://theyouthcartel.com/5-creative-ways-to-pray-for-students/>

<https://www.umc.org/en/content/5-ways-to-pray-with-children>

Ideas for engaging in mission within the community during Lent:

<https://www.eauk.org/church/stories/lent-40-ideas-to-transform-your-community.cfm>

<http://www.umcom.org/learn/online-engagement-ideas-for-lent>

An Inter-Generational Lenten Calendar called “Upside Down Lent,” highlighting the people of the Michigan Conference United Methodist Church.

Calendar Part 1:

Send this link to anyone you wish to share your calendar with.

<https://calendar.myadvent.net/?id=460863a70342c33df4f81257b2c103d8>

Calendar Part 2:

Send this link to anyone you wish to share your calendar with.

<https://calendar.myadvent.net/?id=7f84dacf3b2bbe6630d00ca119e93997>

For questions or more resources, please contact the Michigan Conference Youth Ministries Initiatives Coordinator, Rev. Christy Miller White (cmillerwhite@michiganumc.org).