

Lent and Holy Week Youth Resources

Leading youth through Lent in these last few years has been a challenge. We long for a sense of tradition but are also required to have flexibility and adaptability built into 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, or an opportunity to think about renewal. 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](#)

[Lessons and Devotionals for Lent and Holy Week for Youth:](#)

[UMC Young People's Ministries](#)

[Fuller Youth Institute](#)

[Sanctified Art](#)

These art based resources provide products that assist with small groups, personal reflection, and worship content.

[Illustrated Ministry](#)

Additional resources for a season of lament:

[UMC Young People](#)

[Helping students develop spiritual practices](#)

[Developing the practice of prayer for youth and families](#)

[5 Creative Ways to Pray with Students](#)

[5 Ways to Pray with Children](#)

[Ideas for engaging in mission within the community during Lent](#)

[Online Engagement Ideas for Lent](#)

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