

# Lent in a Bag

## 2026

*'For God so loved the world that he gave his one and only Son., that whoever believes in him shall not perish but have eternal live.'* John 3:16

For the next five weeks you are invited to spend some time with family, friends, or by yourself. No matter if you use these materials daily, weekly, or once...anytime you can take hopefully will allow for renewal or growth in your relationship(s) with God. Use the items in the bag anyway you wish...this is only a guide. This is not a test or mandatory...it is intended to heighten our senses through this season of Lent.

# Week 1 - Hear

What are you listening to? What do you HEAR in the world around you? What can you HEAR in the silence. Take five minutes...anywhere...and just listen. Can you HEAR God? Jot down in your journal a few things that you heard this week. Do you find it hard to HEAR God? Use the chart below as a guide to describe the things you HEAR. What did you hear that caused you to have this emotion.

Happy	Scared	Nervous
Surprised	Sad	Confused
Angry	Hopeful	Discouraged

## Week 2 - Taste

This week we are going to explore the sense of TASTE – sweet, salty, bitter, sour/tart. How does TASTE relate to the season of Lent? Each day this week take a few minutes with your journal. Set your mind on Jesus...taste (unless you have any allergies – then don't) the contents of one bag\*\*. If you like, use the emotion stickers.

What was your first reaction?

How did it taste?

Did or could it remind you of Jesus in anyway? When was Jesus sweet (salty, bitter, sour/tart), especially during the final days.

Do you see these TASTES represented in your daily life (words, actions, individuals, etc.)?

\*\*Includes lemonheads, chocolate, mike & ike, pretzel, fruit strip

## Week 3 - Sight

Some days it seems so difficult to SEE through difficult times...take this week to SEE God's love around you. After reading the lines below think about how you feel about those words at the moment. If you would like divide them up over the days...

What type of reaction do you have when you read them? Do you SEE a wonderful world today? Do they remind you of a favorite Bible verse?

I see trees of green, red roses too.  
I see them bloom, for me and you.  
And I think to myself, what a wonderful world.

I see skies of blue, and clouds of white.  
The bright blessed day, The dark sacred night.  
And I think to myself, what a wonderful world.

The colors of the rainbow, so pretty in the sky.  
Are also on the faces, of people going by,  
I see friends shaking hands,  
Saying, "How do you do?"  
They're really saying, "I love you".

I hear babies cry, I watch them grow,  
They'll learn much more, than I'll ever know.  
And I think to myself, what a wonderful world.

Writer: George David Weiss, Robert Thiele  
Copyright: Lyrics © BMG Rights Management, CONCORD MUSIC PUBLISHING LLC

If you would like, use the stickers...

Do you see someone that you could give one to, how did they react?

Use or place them somewhere that is visible for others to see. Did anyone have a reaction? Did anyone take them?

Add them to your journal...how do you see yourself today?

# Week 4 - Smell

Are there any SMELLS that you associate with the Lenten season? What did the Upper Room SMELL like? Or...the Garden of Gethsemane, the blood, or even the purple robe. How do these different scents make you feel?

## Myrrh

Myrrh was one of the gifts brought by the Three Magi...at Jesus' birth, and again, at his death. Myrrh was used as a perfume or medicine, but it was also used for embalming.

The third verse of We Three Kings brings out the strangeness of this baby gift:

*Myrrh is mine, its bitter perfume  
Breathes a life of gathering gloom;  
Sorrowing, sighing, bleeding, dying,  
Sealed in the stone-cold tomb.*

The gift of myrrh reminds us, even in the midst of the joy of Christmas, that Jesus came to die for us. Smell the sample of myrrh. What does it smell like? Does it smell any different knowing the connection to Jesus?

## Spikenard

'Then Mary took a pound of ointment of spikenard, very costly, and anointed the feet of Jesus and wiped his feet

with her hair; and the house was filled with the odor of the ointment. Then said one of his disciples, Judas Iscariot, Simon's son, who should betray him, why was this ointment not sold for three hundred denarius and given to the poor? This he said, not that he cared for the poor, but because he was a thief and had the bag and would take from what was put therein. Therefore, Jesus said, let her alone; against the day of my burying, she has kept this; for the poor ye always have with you, but ye shall not always have me'. John 12:3-8.

Mary gave what was surely her most valuable possession and poured it over Jesus' feet. Spikenard, or nard, was expensive. Poor people didn't have it. Only the wealthy bought it. Nard was the oil used for anointing royalty, and was often given as a gift to honor a king. The oil was poured on the king's head, and dripped down onto his clothing, a long-lasting reminder of the value of the gift.

I imagine that scent must have clung to Mary's hair for some time. Even after she washed her hair, it carried that reminder of her Savior and she held it close in her heart.

Are there any SMELLS that remind you of someone or something, whether positively or negatively? What are they? What feelings do they evoke? Are there any scents that remind you specifically of God?

# Week 5 - Touch

Holy week. How has/does this week TOUCH your life. Read the scripture, TOUCH the objects (representations), think about what these items meant to Jesus, how did they TOUCH his life. What do they mean in your life...

## Coins

‘Now the Festival of Unleavened Bread, called the Passover, was approaching, and the chief priests and the teachers of the law were looking for some way to get rid of Jesus, for they were afraid of the people. Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. They were delighted and agreed to give him money. He consented, and watched for an opportunity to hand Jesus over to them when no crowd was present’. Luke 22:1-6

## Thorns

‘They put a purple robe on him, then twisted together a crown of thorns and set it on him. And they began to call out to him, “Hail, king of the Jews!” Mark 15:17-18

## Wood/Cross/Ropes (create a cross)

‘So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). There they crucified him, and with him two others—one on each side and Jesus in the middle’. John 19:16-18

## Nails

‘When the soldiers came to the place called “The Skull,” they nailed Jesus to a cross. They also nailed the two criminals to crosses, one on each side of Jesus’. Luke 23:33

## Sponge

‘Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit’. John 19:28-30