



Keeping a Holy Lent



Personal Care Kit Devotion

Practicing the disciplines of

Reading Scripture,

Prayer, and Giving

WEEK 5

ITEM: One metal nail clippers (attached file optional), remove packaging (do not include cardboard emery boards)



READ: Luke 23:32-34, Colossians 2:9-15

PRAYER: Self-giving God, we give you thanks for Jesus Christ, who endured the agony of nails in his hands to clip us free from sin and death's hold on us. In this journey of Lent and life, help us always to be grateful and filled with thanksgiving for this gift. Use this nail file as a sign of your presence to help smooth out the places where its recipient's life is rough and jagged. Through Christ our Lord. Amen.

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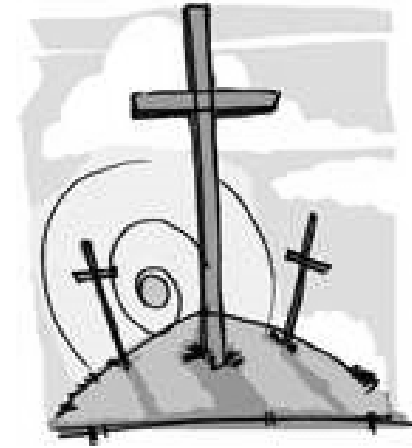
WEEK 6

ITEM: Another bath-size bar (4 to 5 oz.) of soap, any brand, in original wrapping



READ: Matthew 27:19-24

PRAYER: Engaging God, even as Pilate washes his hands of responsibility, you never wash your hands of us. Through the conviction, death, and resurrection of your Son, you have claimed us once again. Use this soap in places where people feel as though the world has washed their hands of them – to remind them of your never-ending love. Through Christ our Lord, Amen.



This is a different kind of Lenten devotion.

Lent is traditionally a time spent in reflection, repentance, and almsgiving as spiritual disciplines. This “personal-care kit” devotional is designed to help us reflect on Jesus’ gift given to us at the cross, repent of our world’s selfishness and ignoring those in need, and give to others to reflect God’s generosity.

The simple items included in a Personal Care Kit allow people who have been displaced from their homes (because of natural disaster or violence) to wash away the dirt and sweat, with the fresh scent of soap and the softness of a towel as reminders of someone’s care and concern for them in their plight.

The following pages are designed so that you might add *one item* to your grocery/shopping list each week to be included in a complete health kit by the end of Lent. Accompanying each item is a corresponding scripture reading for devotion and a prayer.

You may, of course, just go out and buy the items and put it all together at one time. But hopefully using this guide will help to focus our prayer and be intentional about this being a Lenten discipline, rather than just one more “donation.” God bless you in your journey!

WEEK 1

ITEM: One bath-size bar (4 to 5 oz.) of soap, any brand, in its original wrapping



READ: Psalm 51:1-2, Luke 3:7-16

PRAYER: Forgiving God, in this journey through Lent and life, we give you thanks for your challenge to repent – to make an effort to turn our ways to be more like your ways – and for your cleansing forgiveness which we receive through Jesus Christ and his sacrifice on the cross. Use this soap to remind its recipient of your forgiveness, your power to cleanse all hurts, and your guidance to make a fresh start. Through Christ our Lord, Amen.

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WEEK 2



ITEM: One adult-size toothbrush in its original packaging

READ: Proverbs 25:19-22

PRAYER – Compassionate God, we know that these tooth brushes and health kits will not necessarily go to people that we would like (maybe even people who would set our teeth on edge!), but help us to share this gift because the people who receive them are people *you* love. In this journey of Lent and life, help our hearts to learn to be generous and to love our neighbors (and even our enemies) as you love us. Through Christ our Lord, Amen.

WEEK 3

ITEM: One sturdy comb, remove packaging

READ: Matthew 10:26-31, John 12:1-8

PRAYER: Caring God, you know us so intimately that you even know the hairs on our head. In this journey of Lent and life, may we show the kindness of Mary who anointed and prepared her Lord for his journey to suffering and the cross. Use this comb to be a sign for others who suffer, that they might know your loving care, and be reassured that you know their hurts and needs even as you know each hair on their heads. Through Christ our Lord, Amen.



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WEEK 4



ITEM: One light-weight bath-size towel (maximum 52" X 27"), dark color recommended

READ: John 13:1-17

PRAYER: Loving God, you showed us that true love serves as you knelt and washed your disciples' feet. In this journey of Lent and life, help us more deeply to learn what it means to serve as our Lord washed/served us. As we strive to follow your example, make this towel we send to be a sign to their recipient of your abiding love. Through Christ our Lord, Amen.

GOOD FRIDAY –KIT ASSEMBLY

READ: Matthew 27: 45-61

PRAYER: God of all our times, your Son Jesus came so that he might suffer death for our sake. Even as he experienced God-forsakenness, be with those who feel abandoned in the midst of their tragedy. As we wrap the items together, let us do so in the same care as Joseph wrapped Jesus' body for burial. Use these kits to bring hope to those who have experienced death around them, and comfort them in your care. Through Jesus Christ our Lord. Amen.

INSTRUCTIONS: Do not add other items or leave out any of the items listed for each kit so that distributions are consistent and fair. Wrap all the items in the towel and tie securely with ribbons or yarn. Do not enclose the Kit or any of its contents in plastic bags.

EASTER SUNDAY – KIT SENDING

READ: Matthew 28: 1-10

PRAYER: Triumphant God, when this kit enters a place where pain, suffering, and even death have occurred, as this kit is opened, may it be a sign of hope and new life for its recipient (even as the rolled-away stone opened the grave, filling us with resurrection promise). Through this gift may people see you. To you, author of life, be all glory and honor be to you, now and forever. Amen.



INSTRUCTIONS: To cover LWR's cost to handle and ship one health kit (and purchase toothpaste), if you are able, please include \$2.65 (per kit) on top of kit. (If writing a check, make it out to the parish). With the cash we receive, we will make one larger check out to LWR from the congregation and send it all together.

Bring Kit(s) to your congregation's Easter service to be blessed and sent, for the healing of God's people throughout the world.