



Family
Ministries

Having faith in the family



JUMP In!

Leaping into Faith with Little Ones

LENT AND PANCAKE DAY

A session for use with preschool children
to explore what Lent is.

SUGGESTED RESOURCES

- *The Play-Along Bible, Bob Hartman*
- Percussion instruments
- Instrument songs

Lent and Pancake Day



BIBLE STORY

Matthew 4:1-4
Jesus in the desert

Note

Talk about how Pancake Day in the UK is also known as Shrove Tuesday and it is traditionally a day of fun and feasting before the 40 days of Lent start on Ash Wednesday.

There are 40 days in Lent to prepare for Easter because Jesus went to the desert for 40 days to prepare for his ministry.

Lent is a time of preparation for celebrating Easter, just as Advent helps us prepare to celebrate Christmas.

You can also talk about the food we eat at special times and why we eat pancakes.



SONG SUGGESTIONS

1. Theme Song
(Tune: 'Thank you, God, for this fine day')

Thank you, God, for pancakes round,
Thank you, God, for pancakes round,
Thank you, God, for pancakes round,
Frying in the pan!

Thank you, God, for food to eat,
Thank you, God, for food to eat,
Thank you, God, for food to eat,
At celebration times.

2. 'Pancake Day' by Christina Rossetti
Mix a pancake,
Stir a pancake,
Pop it in the pan.
Fry the pancake,
Toss the pancake,
Catch it if you can.

CRAFT IDEAS

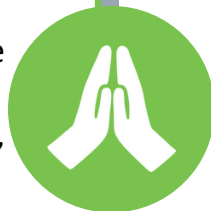
- Paint pancakes using food colouring or softened jams and spreads.
- Bring pancakes for families to eat with a variety of toppings for them to try.
- Make cardboard cut-out frying pans and pancakes and have fun trying pancake races.
- For more craft ideas check our [Pinterest](#).

PRAYER

Dear God,

Thank you for the different food we eat to celebrate special times of year. As this week we eat pancakes, we remember that Lent is a special time of preparing for Easter, and we ask that you will help us to be kind and caring to others during this time.

Amen.



Family
Ministries

Having faith in the family