

## Lent Week 3: Orphan

These activities are based around the traditional “3 Pillars” of Lent: Prayer, Fasting and Service/ Almsgiving. The pillars are rotated throughout the week with simple activities. All the activities are suggestions. Modify them for your family.

### Monday: pray

**Activity:** Read through the Scripture Prayer Walk slowly. Stop to meditate on words/ phrases that stick out to you. Chew on them. Meditate on them.

**Read:** John 6:1-21

### Tuesday: fast

**Activity:** Recently NPR did a story about kids sleeping on the floor in foster care offices due to lack of homes. <https://bit.ly/3pXGxAc>

Fast from your bed by sleeping on the floor or on the couch tonight.

**Read:** John 6:22-59

### Wednesday: serve

**Activity:** Go to the Care Portal: <https://bit.ly/3swSrCB> to see real time needs from case workers or look at TX Baptist Children's home: [bit.ly/3kmCvA3](http://bit.ly/3kmCvA3) for more ways to help right here in RR.

**Read:** John 6:60-71

### Thursday: pray

**Activity:** Pray the prayer of confession today and pray for the adoptive/ foster families in our own church. Also pray for social workers and parents who are on the verge of having their kids removed from the home.

**Read:** John 7:1-31

### Friday: fast

**Activity:** no tv or screens today (except for homework)

**Read:** John 7:32-52

### Saturday: serve

**Activity:** Take breakfast tacos or donuts or a treat of some kind to social workers at a foster care office or bless a foster/ adoptive family somehow

**Read:** John 8:1-30

## Scripture Prayer Walk

Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. [Isaiah 1:17](#)

A father to the fatherless, a defender of widows,  
is God in his holy dwelling. [Psalm 68:4-5](#)

Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. [James 1:27](#)

Defend the weak and the fatherless;  
uphold the cause of the poor and the oppressed. [Psalm 82:3](#)

The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked. [Psalm 146:9](#)

## Prayer of Confession:

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone.

I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent.

For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name.

Show me your ways, teach me how to take up the cause of the fatherless and lead me along your paths of righteousness. Amen.

## Ministries to Pray for:

Sus Manos Extendidas (orphanage in Mexico): <https://bit.ly/3dKKuWi>  
Tx Baptist Children's home: <https://bit.ly/3kmCvA3>

Three Strands Family Restoration: <https://www.frcoalition.org>

Backyard Orphans: <https://backyardorphans.org/>