

# Living Faith Kids

Daily Devotions for Africa

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## **Dear young friends of Jesus,**

This month, we continue with the journey of Lent as we prepare ourselves for Easter, a time of joy and celebration. We continue to pray fervently, do acts of charity and seek reconciliation with those we offend or offend us.

During Easter, we celebrate the death and resurrection of our saviour Jesus Christ.

By His death and resurrection, Jesus conquers death, giving us the assurance of eternal victory over sin and death. Jesus gives us a joy that radiates in our hearts.

The church invites us to share the joy of Christ with the world. It is a joy that glows within us, illuminating a light for others to see, therefore we become the light of the world.

As a young friend of Jesus, what will you do to share this joy with those around you?

Who would you want to touch with an act of kindness or forgiveness?

Dear Lord, as we celebrate Christ's resurrection, fill our hearts with joy and gratitude for the gift of new life that He offers to all who believe.

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Welcome to

# Living Faith Kids

Daily Devotions for Africa

With this magazine, we can...

## Read words from the Bible

God speaks to us in Scriptures. So each day, we pick a short quote from one of the daily Mass readings in order to think and pray about.

## Pray with daily devotions

Daily prayer is a great way to get to know God better. Each reflection can help us to pray with the Word of God—every day!

## Discover, learn, play and love



Our Catholic faith is like a big treasure chest waiting for us to discover. Here we will find games, activities, puzzles and more to help us learn about the sacraments, saints, feast days, the Mass and more. Have fun!

# Reading the Bible

Our daily devotions begin with a passage from the Bible. Want to read more? The CITATION (sigh-TAY-shun) will guide you to the reading in three easy steps:

BOOK      **Psalm 47:2**    CHAPTER  
 VERSE

1: Book. The Bible is divided into books. Check your Bible for a list of titles.

***Psalm 47:2** is from the **Book of Psalms**.*

2: Chapter. The first number is the chapter. Bibles usually show book and chapter at the top of each page.

***Psalm 47:2** is in  
**Chapter 47** of the **Book of Psalms**.*



3: Verse. Last are the verse number(s). Verses are usually a sentence or two long. The tiny numbers are hidden inside the text.

***Psalm 47:2** is verse 2 of Chapter 47.*

## Ready? Set? Go!

Practice by looking up Psalm 47:2.



'The very stone which the builders rejected has become the corner stone; this was the Lords doing, and it is marvellous in our eyes'

Matthew 21: 42

Friday

March 1

## SECOND WEEK IN LENT

**A cornerstone is a stone located at the corner of two walls in a building.** Without it, the building cannot stand.

The cornerstone in question here is Jesus; if Jesus is the cornerstone, then we are all living buildings, and Jesus is the one who makes us stand firm. This means, without being grounded in Jesus, we fall apart.

Lord Jesus, as I realize that without you I can fall apart, grant me not to depart from you.

Genesis 37:3-4.12-13a.17b-28 / Psalms 105:16-17.18-19.20-21. /

**Matthew 21:33-43.45-46.**

...“Father, I have sinned against heaven and before you; I am no longer worthy to be called your son....”

Luke 15: 18-19

Saturday

March 2

SECOND WEEK IN LENT

**Have you ever felt guilty because you realized that you didn't behave properly?**

Every person with a clear conscience feels remorse when he has behaved badly. Guilt, sets us on the path to conversion. It's important for our spiritual growth to know that sin separates us from God, and conversion brings us closer to Him.

Lord have mercy  
on me a sinner!



O that today you would listen to his  
voice! Harden not your hearts.

Psalms 95: 7,8)

Sunday

March 3

THIRD SUNDAY OF LENT

**Children are known to have gentle and humble hearts!**

How hard of heart and hard of hearing are you? Do you sometimes simply refuse to change when you're called on to do something? Do you deliberately refuse to listen? Today's word invites you: harden not your heart and your ears, be open to all words which can make you grow wise.

Lord give me your peace!

Exodus 20:1-17 (or 20:1-3.7-8.12-17) / **Psalms 19:7.8.9.10.**

1 Corinthians 1:22-25.

My soul is thirsting for God, the living God.  
When can I enter and appear before the  
face of God?

Psalms 42: 3



Monday

March 4

### THIRD WEEK IN LENT

**Thirsting for God!** Thirst is a natural human experience, one of man's fundamental needs. If a person stays for a long time without eating or drinking can die. A good Christian. Water, they thirsts for the word of God. For God is the source of living water that quenches our thirst for life. Drinking from God's living spring is simply becoming aware each day of God's presence in my heart. The more I'm aware of that, the more I want Him in.

Thank you Lord, Spring of my life!

So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart. Matthew 18: 35

Tuesday

March 5

THIRD WEEK IN LENT

**Forgiveness!** Who has never held a grudge against another person? Who has never been angry because he has been offended? But the experience of anger, of hatred if we're honest with ourselves, makes us uncomfortable. What is your experience of hatred? Have you ever hated someone to the point of refusing to forgive him or her? Maybe it's time to open your heart to reconciliation. The more you forgive, the better you feel!

Lord have mercy on me!

Daniel 3:2.11-20 / Psalms 25:4-5ab.6 and 7cd.8-9./ **Matthew 18:21-35.**

Moses spoke to the people, saying, “ And now, O Israel, give heed to the statutes and the ordinances which I teach you, and do them...”

Deuteronomy 4: 1

Wednesday

March 6

THIRD WEEK IN LENT

**Seriousness in life can be learned even as a child.** Paying attention to instructions, having the presence of mind and heart to what I do, or what I’m asked to do, is one way of building my well-being.

Carelessness and distraction can happen, but they can’t be my way of life, because they can’t help me become.

Lord Lead me on your paths, teach me your ways!

“ This command I gave my people, ‘Obey my voice, and I will be your God, and you shall be my people...”

Jeremiah 7:23

Thursday

March 7

THIRD WEEK IN LENT

**Do you know that obedience is a virtue?**

Your parents have also told you, a child's obedience is very important; a child who obeys his parents, who respects his elders, is a appreciated makes parents proud, and who obeys his parents obeys God. But the purpose of obedience is not to make others proud. It's first and foremost for your own freedom, to strengthen the bonds of belonging to your family, your community and your neighborhood.

Lord, give me a humble heart to accept your will.

Jeremiah 7:23-28 / Psalms 95:1-2.6-7abc.7d-9./ Luke 11:14-23.

Thus says the Lord: Return, o Israel, to

the Lord your God, for you have stumbled  
because of your iniquity.

Hosea 14:1

Friday

March 8

THIRD WEEK IN LENT

**You'll remember that Lenten season is a time of penance and conversion,** You also remember that conversion means letting go of bad habits and changing one's behavior. That's what the verse "Return Israel to your God" stipulates. Maybe there's still that bad habit you're facing, and which you haven't yet worked on to bring about a change to "return to God", in wisdom. May you, hearing this word today, be encouraged to deepen your relationship with Jesus.

Lord, have mercy on me and  
I shall live!

Hosea 14:1-9 / Psalms 81:6c-8a.8bc-11ab.14 and 17./ Mark 12:28b-34.



... For every one who exalts himself will be humbled, but he who humbles himself will be exalted.

Luke 18: 14

Saturday

March 9

### THIRD WEEK IN LENT

**In the Bible**, children are the symbol of humility, meaning a child is naturally a humble being, small both literally and figuratively. The humble is the one who doesn't make noise about himself, who doesn't draw all the attention to himself, but who depends on, and trusts others, who is discreet and genuine in his way of being. Today's verse invites us to be humble. "Whoever is humble will be exalted by the Lord." Could you identify for yourself some of the characteristics of humility? Lord, teach me to know myself better, so that I can love you and others better.

Brethren: Once you were darkness, but now you are light in the Lord; walk as children of light.

Ephesians 2:4

Sunday

March 10

FOURTH SUNDAY OF LENT

**Imagine a world without light**, your room for instance without light, all black... Darkness is causes of anxiety and fear, while light is a source of joy and security. Today's verse invites you to be a child of light, that is, to be joyful, to bring joy and security to your friends. Some children, when they arrive somewhere, all the other children run away, because they're violent, brutal, they hit others, and that's very sad. Personally, how do you relate to the characteristics of a child of light?.

Lord, grant me the joy of your light

2 Chronicles 36:14-16.19-23 / Psalms 137:1-2.3,4-5.6. / **Ephesians 2:4-10** /  
John 3:14-21.

The official said to him, Sir, come down before my child dies." Jesus said to him, : Go; your son will live."

John 4:49-50

Monday

March 11



#### FOURTH WEEK IN LENT

**The official tells Jesus to hurry up before his child dies.** But Jesus tells him with calm and confidence that the child will live. Jesus' words are full of power. Jesus heals even at a distance; what is important is faith. The officer trusted that Jesus could do something for his child. What would you like the Lord to do for you today? Maybe you know someone who is sick, one of your friends for example...? Pray for them with your faith and ask Jesus to heal them.

Lord, I believe in you, just say a word and I'll be healed!

Isaiah 65:17-21/Psalms 30:2 and 4.5-6.11-12a and 13b./John 4:43-54.

**“See, you are well! Sin no more, that nothing worse befall you.”**

John 5:14

**Tuesday**

**March 12**

**FOURTH WEEK IN LENT**

**“See, you are well! Sin no more!”** What we can understand from this passage is that, sin can make us sick. when you are really attentive to your emotions, when well attuned to your Christian values, whenever you stray from them, there is something that makes you uncomfortable, in such a way that you consciously feel it that something is wrong. Sin challenges us, makes us uncomfortable, unless we acknowledge it and confess it and receive God’s mercy. “Our heart is restless until it dwells in you Lord” says St. Augustine.

**Let our hearts dwell in you Lord!**

The Lord is kind and full of compassion.

Psalms 145: 8a

Wednesday March 13

FOURTH WEEK IN LENT

**What is compassion?** It is a strong feeling of sympathy or kindness towards others when they are in trouble, when they are in pain, and a desire to do something to help them. Children are naturally sensitive to the suffering of others. whenever you feel like crying, when you see a friend in pain, you are a compassionate person. God our Father is more compassionate than any of us, and we learn from Him to be compassionate with one another.

Lord grant us not to be indifferent to the sorrows of others.

And the Lord repented of the evil which he thought to do to his people.

Exodus 32: 14

Thursday

March 14



#### FOURTH WEEK IN LENT

**To repent here means to change your mind**, to change your position. God changes his mind about punishing man for misbehaving. If God wanted to be strict for our wickedness, we'll not be able to stand before him. Therefore we must be tolerant to each other, forgive each other. Some of us are very rigid, that is to say, we don't like changing, we are afraid of new things. Repentance not only changes us internally and spiritually, it allows us to break out of old habits, grow and discover new ways of seeing and living.

Lord, give us a new heart!

Exodus 32:7-14 / Psalms 106:19-20.21-22 and 23./John 5:31-47.

The Lord is close to the broken-hearted

Psalms 34: 19a

Friday

March 15

FOURTH WEEK IN LENT

**Remember, we talked about compassion the day before yesterday.** God who is close to the brokenhearted is also the compassionate God, who understands man's pain and who seeks to console him. Broken hearts are people who are going through very difficult situations, such as going through a long and heavy illness, or losing a loved one. Do you know anyone in one of those situations? take time to say a prayer for him or her. This is how you share the suffering of others and learn to approach broken hearts. *Lord come and heal our wounds and give us peace*

Wisdom 2:1a.12-22 / **Psalms 34:17-18.19-20.21 and 23.** / John 7:1-2.10.25-30.

O Lord, my God, I take refuge in you

Psalms 7: 2a

Saturday

March 16

FOURTH WEEK IN LENT

**You've probably already had this experience**, running away from a danger (a hen chasing you, or a dog, an insect, or even one of your friends you've provoked), calling out Mum or Dad and finally hid yourself in their arms. It's because you were sure you'll be safe there, you'll be protected. We Christians have a greater and a safer place to hide, an that's in the Lord; more than mom and dad, the Lord is the safest place for all of us. Do you believe this?

Lord, I have my shelter in You,  
protect me!

Jeremiah 11:18-20 / **Psalms 7:2-3.9bc-10.11-12.** / John 7:40-53.



Create a pure heart for me, O God.

Psalms 51: 12a

Sunday

March 17

#### FIFTH SUNDAY IN LENT

### **What does it mean to have a pure heart?**

Several passages in the Bible speak of purity of heart. The best-known reference is Matthew 5:8: "Blessed are the pure of heart, for they shall see God." This tells believers that keeping a pure heart will get them into the Kingdom of Heaven. A pure heart concerns a spiritual life that governs your thoughts, desires, purpose and character. It also represents being one with God. Children are naturally considered to be pure of heart, since they can't lie or hide their intentions. How do you relate to this?

Lord grant me a pure heart!

Jeremiah 31:31-34 / **Psalms 51:3-4.12-13.14-15.**/ Hebrews 5:7-9./  
John 12:20-33.

Though I should walk in the valley of the shadow of death, no evil would I fear, for you are with me.

Psalms 23: 4ab

Monday

March 18



FIFTH WEEK IN LENT

**Children's fears are often linked to specific things,** such as the dark, monsters (often imaginary); which is normal. But there are other fears that come with growing up: the fear of taking an exam, for example, or the fear of failure. What are you often afraid of? And why are you afraid? Fear is a great handicap that prevents you from growing in many situations. Of course, you shouldn't take unnecessary risks that could lead to death. Can you identify which kind of fear doesn't allow you to grow? Jesus invites us to surrender our fears to Him, He will keep us safe.

Lord, you are my strength and my courage!

Daniel 13:1-9.15-17.19-30.33-62 (or 13:41c-62) / **Psalms 23:1-3a.3b-4.5.6.** / John 8:1-11.

When Joseph woke from sleep, he did as the angel of the Lord commanded him.

Matthew 1:24a

Tuesday

March 19

SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY  
SOLEMNITY

**Joseph accepts in obedience what the angel tells him from God.**

Sometimes God places angels on our paths to speak to us, but we are not very often attentive to recognize the word of God in their words. Your parents are the first angels who speak to you from God, do you often listen to what you are told? Or do you tend to turn a deaf ear? Ask the Holy Spirit to give a listening ear today.

2 Samuel 7:4-5.12-14.16 / Psalms 89:2-3.4-5.27 and 29./Romans 4:13.16-18.22./ **Matthew 1:16.18-21.24a** (or Luke 2:41-51a)

“If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free.”

John 8:31

Wednesday March 20

FIFTH WEEK IN LENT

**A disciple is the one who learns,** he listens to the master. We can say that you are a disciple, as long as you continue to learn, at school from your teachers as well as at home from your parents. The disciple is also the one who seeks the truth, he is curious and asks questions to enrich himself and grow. As for you, how do you open yourself to be taught to find the truth?

Lord you are the Way, the Truth and you are the Life!

“As for you, you shall keep my covenant,  
you and your descendants after you  
throughout their descendants.”

Genesis 17: 9

Thursday

March 21

FIFTH WEEK IN LENT

**The meaning of tradition...**being part of a tradition means accepting to experience, to live what our ancestors (grandparents, great uncles) lived. For us Christians, we have our Tradition, that we share: the faith, the teachings that the Church and the fathers of the Church left us, and we are today, even you as a child, the guardians of That. We are to live it and transmit it to the Christians generation to come. You should be happy!

Lord you are my portion of inheritance!.

Genesis 17:3-9/Psalms 105:4-5.6-7.8-9 /John 8:51-59.

In my anguish I called to the Lord, and he heard me.

Psalms 18: 6

Friday

March 22

FIFTH WEEK IN LENT

**Children often cry out for help**, often when they don't know how to speak, to express exactly what they want. Moments of anguish in a human life can also be such a moment when one is lost, one doesn't really know what to do; and at that moment crying that is to say, a deep and sincere prayer, is a precious way to regain confidence in the Lord; and He does not hesitate to come to us.

Lord thank you for being there for me!

The Lord will keep us, as a shepherd keeps his flock.

Jeremiah 31:10

Saturday

March 23



FIFTH WEEK IN LENT

**Maybe one day**, (if you've never done it) you should go to the countryside to see how a shepherd takes care of a flock. The good shepherd leads the animals to pasture and ensures that the flock eats and drinks enough. It also ensures that there are no predators that attack a single animal. This is how the Lord takes

care of us, and protects us.

Lord you are  
the good  
shepherd!.



Ezekiel 37:21-28 / Psalms **Jeremiah 31:10:11-12ab.13.**/ John 11:45-57.

My God, my God, why have you forsaken me?

Psalms 22:2a

Sunday

March 24

### PALM SUNDAY OF THE PASSION OF THE LORD

**It happens that in Christian's** life there are moments that we call moments of drought, that is to say moments when you feel like God isn't present, he doesn't answer prayers, or times you don't even feel like praying; yes it happens! As there are also times when one is in spiritual bliss, one feels carried by the joy of prayer, of the divine presence. Have you ever experienced this? Whether in one or the other case, we must live each moment with gratitude, in doubt as in assurance, in drought as in joy, the Lord is always present!

Isaiah 50:4-7 / **Psalms 22:8-9.17-18a.19-20.23-24.** / Philippians 2:6-11.

Mark 14:1—15:47 (or 15:1-39)



I am the Lord, I have kept you; I have given you as a covenant to the people, a light to the nations, to open eyes that are blind, to bring out prisoners from the dungeon, from prison those who sit in darkness    Isaiah 42:7

Monday

March 25

#### MONDAY OF THE HOLY WEEK

**You may be wondering how to relate to this verse as a child;** how to open the eyes of the blind, free the prisoners? Be assured, what the Lord is asking you is simply to be a witness of his love to your colleagues, your friends (perhaps who don't know Jesus yet). your way of speaking to them, your way of responding to a provocation with wisdom and kindness will be enough to tell them about Jesus, to open their eyes, to take them out of the prison of violence.

Lord, make of me an instrument of your love.

My mouth will tell of your salvation. Lord.  
Psalms 71: 15ab

Tuesday

March 26

### TUESDAY OF THE HOLY WEEK

**Our words are powerful;** they can hurt, they can heal, they can encourage or discourage. They can bless or curse, they can praise. God asks us through his word to take control of our mouth and our tongue, which is not always easy. What do you often talk about, what words do you use to talk to others? Proverb 13:3 tells us: "Those who guard their lips preserve their lives, but those who speak rashly will come to ruin"

Lord, guard my mouth,  
watch over the word  
of my lips.



Truly, I say to you, one of you will betray me.

Matthew 26:21

Wednesday March 27

### WEDNESDAY OF THE HOLY WEEK

Betrayal happens when a friend fails to keep a secret, or does something that offends the other. When his friend finds this out, he gets disappointed, he becomes sad. This happened to Jesus when Judas, one of his disciples, handed him over to the high priests. Have you ever been betrayed? How did you deal with the one who betrayed you? Or was it you who betrayed your friend? Loyalty requires that when you disagree with your friend on something, talk about it frankly looking forward for the truth. *Lord, teach me to always seek the truth!*

This is my body which is for you. Do this in remembrance of me.”

1 Corinthians 11:23

Thursday

March 28

### THURSDAY OF THE HOLY WEEK

**If you go to mass regularly,** you have heard these words many times. The body of Christ given for us is his whole life, a sign of his immeasurable love for us. The body symbolizes a festive meal that brings all Christians together; just as at home, mealtime is a time of joy, with everyone happy to taste the delicacies prepared. If you receive the body of Christ, would you be able to say what it means to you and why?

Lord, say a word, and  
I'll be healed!



Exodus 12:1-8.11-14 / Psalms 115:12-13.15 and 16bc.17-18. / 1 Corinthians  
11:23-26. / John 13:1-15.

“It is finished;” and he bowed his head and gave up his spirit.

John 42: 30

Friday

March 29

SECOND WEEK IN LENT

**These words of Jesus can also be translated:** “It’s all over, I’ve finished my battle, I’ve accomplished my mission, I haven’t given up”. This isn’t to tell you not to run away when you see your life in danger, but to tell you that for each of us (even if you’re not old enough yet), we’ll have to go through our difficulties to realize ourselves, our lives, to become what we ought to be so that at the end we may be examples to inspire others. Maybe you’re already an example of life to someone in your family?

*Lord, teach me your ways!*

Isaiah 52:13—53:1 / Psalms 31:1 and 5.11-12.14-15.16 and 24. / Hebrews 4:14-16; 5:7-9 / **John 18:1—19:42.**

The death he died he died to sin, once for all, but the life he lives he lives to God.

Romans 6: 10

Saturday

March 30

HOLY SATURDAY

**The Lord God is the God of life, not of death!** Jesus died on the cross so that we may have life, because sin is also a symbol of death. Sin distances us from God, who is the source of Life. No one wants to die, no one wants to live like a walking dead. Sometimes children may be hiding some things they have done about what they don't want to talk. To keep the life of God in us, to enjoy freedom of God, let's avoid sin. Lord, keep my light alive.

Hold my Lamp of Life lighted, Lord!

Isaiah 52:13—53:1 / Psalms 31:1 and 5.11-12.14-15.16 and 24. / Hebrews 4:14-16; 5:7-9 / **John 18:1—19:42.**

This is the day the Lord has made; let us rejoice in it and be glad.

Psalms 118: 24a

Sunday

March 31

### EASTER SUNDAY OF THE RESURRECTION OF THE LORD

**By living on earth, dying on a cross,** and resurrecting to life again, Jesus Christ accomplished complete victory over all God's enemies. This is the day that the Lord had made, the day that found its fulfillment in Jesus Christ! For the children of God, every day is the day the Lord has made. Christians can rejoice and be glad for God's enduring love, His deliverance from sin and death, His constant protection and care, and His gift of eternal life in Christ. That's also the meaning of Easter.

Thank you Jesus for  
saving my life!



Acts 10:34a.37-43 / **Psalms 118: 1-2.15c-17.22-23** / Colossians 3:1-4 (or 1 Corinthians 5:6b-8) / John 20:1-9 (or Mark 16:1-7) / Luke 24:13-35.

*Living Faith Kids* features daily devotions based on the daily Scripture readings, commentaries and illustrations. This quarterly pamphlet is mainly made for African children in order to help them grow in faith and wisdom. It also helps develop their habit of daily prayer and build their relationship with Jesus Christ and the Church. This is an important tool for our kids to take part in liturgical worship and parish life. It can therefore be used in our schools, catechesis classes and homes.

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### **IMPRIMATUR**

+Rt Rev. Dominic Kimengich  
Chairman, Commission for Liturgy  
Kenya Conference of Catholic Bishops  
February 15, 2018



**“ ... For every one who exalts himself  
will be humbled, but he who  
humbles himself will be exalted ”**

Luke 18: 14



**“ The humble person looks for one  
thing and sees everything ”**

African proverb