

Family Lent Activities (Part 1)

Lent is the season between Ash Wednesday and Easter when we intentionally open our hearts to God through prayer, acts of kindness, and fasting. Lent is a season that is forty days long. Use this calendar to celebrate the first twenty days of Lent with your family.

2/14 ASH WEDNESDAY

Attend an Ash Wednesday service together. I wonder why the cross is drawn on our foreheads with ashes. What do you think?

Parents, you can find more information here: <http://www.umc.org/what-we-believe/why-ashes-on-ash-wednesday>

2/15 THURSDAY

The color used in church during Lent is purple. Look around today. How many purple things can you spot?

2/16 FRIDAY

Some families celebrate Lent by having meals without meat. Work together to plan a meatless meal, and eat it together.

2/17 SATURDAY

Bake some super simple pretzels using refrigerated French bread dough. Roll pieces of dough into long ropes, and then form the ropes into pretzels

Pretzels are a yummy way to remind ourselves to pray. The shape reminds us of someone with his or her arms folded in prayer.



2/18 SUNDAY

Attend worship together. Spend some time as a family reading the Scripture(s) used, and discuss them together.

2/19 MONDAY

Download the FREE Deep Blue Adventures App, and watch the video "Jesus Calms the Storm."

2/20 TUESDAY

At bedtime, say a prayer for people who do not have a comfortable and safe place to sleep.



2/21 WEDNESDAY

Work together to plan and prepare to do something kind for a neighbor tomorrow.

2/22 THURSDAY

Do something kind for a neighbor.

2/23 FRIDAY

Christians celebrate Lent and Easter all over the world. Do some research online or at the library. What did you find out?



2/24 SATURDAY

Invite someone to have a meal with your family. Let the children help with the cooking.

2/25 SUNDAY

Attend worship together. Spend some time as a family reading the Scripture(s) used, and discuss them together.

2/26 MONDAY

Download the Deep Blue Adventures App, and watch the video "Jairus's Daughter."

2/27 TUESDAY

During a mealtime today, pray for people who do not have enough food to eat.

2/28 WEDNESDAY

Make cards of encouragement for the leaders at your church.



3/1 THURSDAY

Do something kind for a stranger.

3/2 FRIDAY

Read the Lord's Prayer story together from Luke 11:1-13.

3/3 SATURDAY

Turn off ALL of the screens, and spend an hour together doing something fun!

3/4 SUNDAY

Attend worship together. Spend some time as a family reading the Scripture(s) used, and discuss them together. — *Get the next part of the Family Lent Activities (Part 2) from your Sunday school leader today.*

3/5 MONDAY

Download the Deep Blue Adventures App, and watch the video "Mary Honors Jesus."

Websites are constantly changing. Although the websites recommended in this resource were checked at the time this unit was developed, we recommend that you double-check all sites to verify that they are still live and that they are still suitable for children before doing the activity.

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