

The background is a solid teal color with a stylized, layered illustration of plant leaves in various shades of teal and green. The leaves are arranged in a fan-like pattern, with some pointing upwards and others downwards, creating a sense of depth and texture.

# A FAMILY CALENDAR FOR LENT

# What is Lent?

Lent prepares us for Easter! It begins on Ash Wednesday and ends the Saturday before Easter Sunday. That's a little over 40 days! During Lent, we think about how much Jesus gave up for us.

You see, Jesus is God's special Son. Though he was God, Jesus became human. Jesus gave up his life so we can be freed from the power of sin and death. (Jesus' friend, Paul, explains this more in Philippians 2:5-11. Check it out!) During Lent, we remember Jesus' sacrifice for all people, and we choose to give up things, too.

Some people choose to fast during Lent. That means they give up things like food, TV, or video games and choose to spend that time thinking and talking about Jesus instead. It's a little way for us to sacrifice something for Jesus to show our love and gratitude.

Want to give it a try with your family? This little calendar will help. You'll find repeated activities to do together as a family at the beginning, middle, and end of each week. Each week, you'll all give up a show, a story, and a dessert, and you'll spend time with each other and with Jesus instead.

We pray that these simple experiences will create meaningful moments and closer friendships with Jesus and each other as you prepare to celebrate Easter.

	<p><b>Beginning of the Week</b></p>	<p><b>Middle of the Week</b></p>	<p><b>End of the Week</b></p>
<p><b>Week 1</b> <b>February 22-25</b></p>	<p>Lent begins February 22</p>	<p>Rather than reading a favorite storybook at bedtime, choose a story about Jesus. Like the time Jesus walked on water in John 6:16-24. Pray for Jesus to bring peace to a situation that's worrying your family members.</p>	<p>Instead of eating dessert, enjoy this sweet family conversation! Jesus is our forever friend. Who's a friend you've liked having in your life? Pray for the people you talked about. Thank Jesus for being friends with all of you!</p>
<p><b>Week 2</b> <b>February 26- March 4</b></p>	<p>Instead of watching a show, play a game together as a family. As you play, talk about ways Jesus brings joy to your lives.</p>	<p>Rather than reading a favorite storybook at bedtime, choose a story Jesus told. Like the parable of the Good Samaritan in Luke 10:25-37. Who is a "neighbor" your family can love this week? What can you do for that person?</p>	<p>Instead of eating dessert, enjoy this sweet family conversation! Jesus said two rules are important: Love God and love people! Think of a rule you have at home. How does that rule show love to God or other people?</p>

**Week 3**  
**March 5-11**

Instead of watching a show, work together as a family to make a yummy treat. Enjoy some of your snack together, then share the rest with someone who needs to be reminded of Jesus' love.

**Beginning of the Week**

Rather than reading a favorite storybook at bedtime, choose another story about Jesus. Like Jesus' visit with his friends Mary and Martha in Luke 10:38-42. After you read, pray together, and spend time with Jesus.

**Middle of the Week**

Instead of eating dessert, enjoy this sweet family conversation! The Bible is God's true story of love that points to Jesus! Think of a Bible verse you know and like and share with your family. How does that verse help you?

**End of the Week**

**Week 4**  
**March 12-18**

Instead of watching a show, color or draw together. As you create, talk about your favorite things God created. Talk about animals, plants, and people!

Rather than reading a favorite storybook at bedtime, choose another story Jesus told. Like the parable of the lost son in Luke 15:11-31. After you read, pause, and think of times you've gotten yourselves into trouble this week. Then give each other a big hug and thank God for his never-stopping love.

Instead of eating dessert, enjoy this sweet family conversation! Jesus called himself the Good Shepherd. He said he'd go after one sheep that was lost. Tell about a time you thought, "I'm lost!" What happened?

**End of the Week**

	<p style="text-align: center;"><b>Week 5</b> <b>March 19-25</b></p>	<p style="text-align: center;"><b>Beginning of the Week</b></p>	<p>Instead of watching a show, have a family FaceTime or phone call with someone you love. It could be a grandparent, aunt or uncle, or a family friend.</p>	<p style="text-align: center;"><b>Middle of the Week</b></p>	<p>Rather than reading a favorite storybook at bedtime, choose another story about Jesus.</p> <p>Like the time Jesus befriended Zacchaeus in Luke 19:1-9. Think of someone no one seems to like at day care, at school, or at work. How can you show Jesus' love to that person this week? Ask Jesus to help you love that person well.</p>	<p style="text-align: center;"><b>End of the Week</b></p>	<p>Instead of eating dessert, enjoy this sweet family conversation! Jesus said to let our lights shine so people will see our good works and praise God! What's something you're good at? How could you use that skill to shine God's light into your world?</p>
	<p style="text-align: center;"><b>Week 6</b> <b>March 26-April 1</b></p>		<p>Instead of watching a show, take a walk together outside. As you walk, point out things to thank Jesus for.</p>		<p>Rather than reading a favorite storybook at bedtime, choose another story about Jesus.</p> <p>Like when Jesus rode into Jerusalem on a donkey in Luke 19:28-38. Share praises –things your family thanks Jesus for.</p>		<p>Instead of eating dessert, enjoy this sweet family conversation! People cheered for Jesus when he rode into Jerusalem on a donkey! If you could pick one person to cheer you on constantly, who would you pick? Why that person? What would you want them to say?</p>

	<p><b>Week 7</b> <b>April 2-8</b></p>	<p><b>Beginning of the Week</b></p>	<p>Instead of watching a show, have a family show and tell. Choose something you love, show that thing to your family members, and tell them why you love it so much. Then pray and thank Jesus for those things and the joy they bring.</p>	<p><b>Middle of the Week</b></p>	<p>Rather than reading a favorite storybook at bedtime, choose another story about Jesus. Like the time Jesus' washed his friends' feet in John 13:1-17. Warm up some washcloths and take turns washing each other's feet. As you do, say to each other, "Jesus loves you, and I do, too."</p>	<p><b>End of the Week</b></p>	<p>Instead of eating dessert, enjoy this sweet family conversation! The week leading up to Easter was filled with good times and bad times for Jesus. Tell about one good thing from the last week and one not-so-good-thing from the last week.</p>
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