








A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30

SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
						
Worship	Journal	Pray	Tell	Listen	Give	Read

NOTES

OUR PRAYER LIST



We're thrilled to share a special Lent Calendar designed for you and your loved ones. Throughout the 40 days of Lent, this calendar offers meaningful activities focusing on family, faith, and friendships, each accompanied by a relevant Bible verse. Even on Sundays, traditionally exempt from Lenten observances, we've included activities and verses. Our sincere hope is that this resource helps prepare your hearts, minds, and souls for the joyous celebration of Easter!



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: February 14 – 17

SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
Worship	Journal	Pray	Tell	Listen	Give	Read
			Tell someone in your family about the beginning of Lent and what it means to you.	As a family, listen to a worship song in another language.	Donate 3 things that no longer give you joy, but may bring joy to someone else.	Read your Bible with a family member in a new place.
			Genesis 3:19 “...for dust you are, and to dust you shall return.”	Psalms 147:1 “Praise the Lord! For it is good to sing praises to our God; for it is pleasant, and praise is beautiful”	2 Corinthians 9:7 “So let each one give as he purposes in his heart, for God loves a cheerful giver.”	Psalms 119:105 “Your word is a lamp to my feet and a light to my path.”

NOTES

OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: February 18–24

SUN 18	MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
Worship	Journal	Pray	Tell	Listen	Give	Read
Sit next to a member who normally sits alone in church.	As a family, write your faith story.	As a family, go for a prayer walk, praying intentionally for the things or people you see.	Tell a neighbor about your family’s faith story.	In a family prayer, Invite God to speak to you in prayer and listen to what the Holy Spirit reveals.	As a family give up your favorite dessert for a week as a way of recognizing God’s bountiful blessings and favor over you.	Read together as a family Micah 6:8 and discuss what it means to you.
James 1: 27 “...to visit orphans and widows...”	Deuteronomy 6:7 “You shall teach them diligently to your children, and shall talk of them when you sit in your house...”	Matthew 7:7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”	1 Peter 3:15 “...always be ready to give a defense to everyone who asks you a reason for the hope that is in you...”	Psalms 85 8 “I will hear what God the Lord will speak, for He will speak peace to His people and to His saints...”	1 Thessalonians 5: 18 “In everything give thanks; for this is the will of God in Christ Jesus for you.”	Micah 6:8 “...and what does the Lord require of you but to do justly, to love mercy and to walk humbly with your God?”

NOTES

OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: February 25 – March 2

SUN 25	MON 26	TUE 27	WED 28	THU 29	FRI 1	SAT 2
Worship	Journal	Pray	Tell	Listen	Give	Read
Listen for a special word during the divine service and pray over it this week.	Write a family mission statement.	Pray a Lenten prayer of confession.	Tell someone how you see God using their gifts.	Get to know someone of a different faith and listen to their faith story.	Decorate pretzels, a traditional Lenten treat and share them with a neighbor.	As a family, read the words of a favorite hymn and share which line speaks to your heart.
Psalm 119:15 “I will meditate on Your precepts, and contemplate Your ways..”	Joshua 24:15 “...But as for me and my house, we will serve the Lord.”	1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us...”	1 Corinthians 12:4 “There are diversities of gifts, but the same Spirit.”	Romans 12:18 “If it is possible, as much as depends on you, live peaceably with all men.”	Hebrews 13:16 “But do not forget to do good and to share, for with such sacrifices God is well pleased.”	Psalm 96:2 “Sing to the Lord, bless His name; proclaim the good news of His salvation from day to day.”

NOTES

OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: March 3 – 9

SUN 3	MON 4	TUE 5	WED 6	THU 7	FRI 8	SAT 9
Worship	Journal	Pray	Tell	Listen	Give	Read
Pick one way to make your church more welcoming toward guests.	As a family, write your own psalm of praise.	Spend 30 minutes or an hour in silence, connecting with God.	Invite someone (who might need a friend) to lunch or dinner.	Listen to a familiar hymn and write an additional verse to it and sing it together.	Volunteer at or support a local non-profit that you care about.	Read through family recipes and choose one to make and enjoy together as a family.
Hebrews 13:2 "Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels."	Psalms 106:1 "Praise the Lord! Oh, give thanks to the Lord, for He is good! For His mercy endures forever."	Psalms 46:10 "...Be still, and know that I am God..."	Matthew 25:35 "For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in."	Psalms 108: 1 "O God, my heart is steadfast; I will sing and give praise, even with my glory."	1 Peter 4:10 "As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God."	Psalms 145:15 "The eyes of all look expectantly to You, and You give them their food in due season."

NOTES

OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: March 10 – 16

SUN 10	MON 11	TUE 12	WED 13	THU 14	FRI 15	SAT 16
Worship	Journal	Pray	Tell	Listen	Give	Read
Offer to assist in making sure the sanctuary is in good order after the divine service.	Record a thought of gratitude each day this week.	Create a prayer jar in which you can put prayer requests in and pull out requests for which you can pray.	Tell each of your family members something you really love about them.	Listen for moments when your family members are in need of assistance and then help them.	As a family, commit to giving up social media for one full evening and spend time talking or playing a game together.	Read your favorite Bible verse to your family and share why it's special to you.
Galatians 6:2 "Bear one another's burdens, and so fulfill the law of Christ."	1 Thessalonians 5:16 "Rejoice always."	1 Thessalonians 5:17 "...pray without ceasing..."	1 Thessalonians 5:11 "Therefore comfort each other and edify one another, just as you also are doing."	Philippians 2:4 "Let each of you look out not only for his own interests, but also for the interests of others."	Psalms 133:1 "Behold, how good and how pleasant it is for brethren to dwell together in unity!"	2 Timothy 3:16 "All scripture is given by inspiration of God..."

NOTES

OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: March 17 – 23

SUN 17	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
Worship	Journal	Pray	Tell	Listen	Give	Read
Join in singing along to all the worship songs and congregational singing, paying special attention to the words in each song.	Write a note or letter of thanks to your Sunday School or RI teacher, or youth leader.	Create a visual prayer collage with pictures that represent your prayers and reflections.	Engage your child in a role play scenario where they are to tell someone about their faith.	Listen to a favorite hymn and create a reflective drawing as you listen to the music.	Make blessing bags with basic essentials and give them to people in your community who are in need.	Read about, research, and make resurrection eggs to share with your Sunday School class or a friend.
Psalm 95:1 "Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation."	Psalms 25:4-5 ""Show me Your ways, O Lord; teach me Your paths. Lead me in Your truth and teach me..."	Philippians 4:6 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God..."	Mark 16:15 "And He said to them, 'Go into all the world and preach the gospel to every creature.'"	Matthew 13:9 "He who has ears to hear, let him hear!"	Proverbs 11:25 "The generous soul will be made rich, and he who waters will also be watered himself."	1 Corinthians 15:57 "But thanks be to God, who gives us the victory through our Lord Jesus Christ."

NOTES








OUR PRAYER LIST



A LENT CALENDAR FOR FAMILIES



Lent: February 14 – March 30
This week: March 24 – 30

SUN 24	MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30
						
Worship	Journal	Pray	Tell	Listen	Give	Read
Share your resurrection eggs with your Sunday School class or with a friend.	Write about one of the events that took place during Passion Week and what it means to you. Share with your family.	Pray at least 5 times throughout the day by setting an alarm on your phone.	Tell the Easter story to someone who may have never heard it before.	Listen to Handel's "Messiah" throughout the week and discuss how this music connects to Passion Week.	Give generously of your time, money, or other resources to someone in need.	Together as a family read 1 Corinthians 15:20-22 and discuss why it's so great that Jesus came back to life and how it gives us hope today?
John 11:25 "Jesus said to her, 'I am the resurrection and the life. He who believes in Me, though he may die, he shall live.'"	Matthew 21:13 And He said to them, 'It is written, 'My house shall be called a house of prayer,' but you have made it a 'den of thieves.'"	Matthew 26:39 "... 'O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.'"	Matthew 28:6 "... 'He is not here; for He is risen, as He said. Come, see the place where the Lord lay.'"	Isaiah 53:4 "Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted."	John 3:16 "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."	1 Corinthians 15:20-22 "But now Christ is risen from the dead, and has become the firstfruits of those who have fallen asleep...."

NOTES

OUR PRAYER LIST

