

40 Acts for Lent

Family Calendar - Use this guide to walk through Lent with your family to prepare for Holy Week.

Wednesday, 2/26

Find out why ashes are placed on our foreheads today. Write out your favourite Bible verse as a reminder to keep going for the next 40 days!

1

Thursday, 2/27

Think how you can pray, fast, and be more generous this Lent. Start a giving jar and collect up loose change or donate some of your pocket money.

2

Friday, 2/28

What can you share with someone today? Ask God to help you share. Make some cakes, cookies or something to share.

3

Saturday, 2/29

As a family, pray for those in need this Lent and think of ways you can help them. Offer to help with anything, at school, church or home.

4

Sunday, 3/1

As a family, read the scripture from this morning's church service. What does it mean to you?

5

Monday, 3/2

Be neighbourly: say hello or drop a card round to one of your neighbours

6

Tuesday, 3/3

Send someone a message to let them know you are thinking about them.

7

Wednesday, 3/4

Find out why purple is the colour of Lent.

8

Thursday, 3/5

Tell a family member something you know about Lent.

9

Friday, 3/6

Make someone smile today and share God's joy with those around you. Smile at ten people today.

10

Saturday, 3/7

As a family, pray for those who are sick, sad or lonely. Get to know the name and say 'hi' to your local shopkeeper, bus driver or school caretaker.

11

Sunday, 3/8

As a family, read the scripture from this morning's church service. What does it mean to you?

12

Monday, 3/9

Lent is a special time to say sorry and forgive. Apologize to anyone you may have upset and forgive anyone who has upset you.

13

Tuesday, 3/10

Make a card for someone you know who is unwell.

14

Wednesday, 3/11

As a family pray, "May all children share love, share friendship, and live in the peace of God's love, now and forever. Amen."

15

Thursday, 3/12

Be generous with your word. Pay someone a compliment today.

16

Friday, 3/13

Write out one of your favorite Bible verses and share it with someone.

17

Saturday, 3/14

Thank God for all the beautiful things he has created. Pray that you may care for them all. Pick up ten pieces of litter today.

18

Sunday, 3/15

As a family, read the scripture from this morning's church service. What does it mean to you?

19

Monday, 3/16

Go on a prayer walk. Maybe it's your route to school or around your neighborhood. Find places to stop and pray along the way.

20

Tuesday, 3/17

Find out what the word sacrifice means. Think about how you could sacrifice for someone today?

21

Wednesday, 3/18

Talk to someone you love. Phone your grandparents, a cousin, or a friend you haven't spoken to in a while.

22

Thursday, 3/19

Write a megalist of all the things you are grateful for and then decorate the paper.

23

Friday, 3/20

What have you promised to do and then forgotten? Try and remember and put your words into action.

24

Saturday, 3/21

Find out about your local foodbank. What 'treat' could you donate today?

25

Sunday, 3/22

As a family, read the scripture from this morning's church service. What does it mean to you?

26

Monday, 3/23

Tidy up your bedroom. Then, go and do the same for someone else's.

27

Tuesday, 3/24

Send an anonymous gift to someone you know.

28

Wednesday, 3/25

Spend less time looking at screens. Try playing board games or share other activity with people you care about.

29

Thursday, 3/26

What are you really good at? Could you use your talent to help or teach someone else?

30

Friday, 3/27

What horrible jobs need doing? You could take out the trash or wash the car/dog.

31

Saturday, 3/28

Write thank-you cards to people that help you. Maybe your teacher, bus driver, postal worker, police officer, or fire fighter.

32

Sunday, 3/29

As a family, read the scripture from this morning's church service. What does it mean to you?

33

Monday, 3/30

At the drive-thru of a restaurant, pay for the customer behind you.

34

Tuesday, 3/31

Write out one of your favorite Bible verses and share it with someone.

35

Wednesday, 4/1

Love the earth. What can you do to save energy today?

36

Thursday, 4/2

Find out why hot cross buns are symbols of Easter

37

Friday, 4/3

Make cards, buy flowers and tidy the house for the people who care for you.

38

Saturday, 4/4

Eggs are a symbol of new life. How does this link to Easter?

39

Palm Sunday, 4/5

As a family, talk about all the things you've done over these 40 days. How has it prepared you for Holy Week?

40

HOLY WEEK

Monday, 4/6

Research a charity you want to support this month.

Tuesday, 4/7

Invite a family member to sit quietly with you and Jesus in prayer

Wednesday, 4/8

Today Jesus planned his last supper. Thank God for your food and pray for children who are hungry.

Maundy Thursday, 4/9

Why did Jesus wash the feet of others today?

Good Friday, 4/10

Say sorry first, even if you think it wasn't your fault. Tell a family member about the Stations of the Cross at church.

Holy Saturday, 4/11

Today we wait as Jesus lies in the tomb. Tomorrow we celebrate as Jesus rises to new life. Sunday's coming!