



Lent

Lent is a special season in the church that helps us get ready for Easter. For 40 days, we slow down and remember how much Jesus loves us. We think about the choices we make, practice kindness, pray, and learn to follow Jesus a little more each day.

Lent is not about being perfect. It is about practicing. Just like we practice a sport or an instrument, we practice loving God and loving others. We practice listening. We practice trusting. We practice being kind.

Each day in this guide, you will read a short Bible scripture. If you are reading from your Spark Story Bible, you will see the chapter title listed. You can read it yourself, or ask a grown-up, older sibling, or family member to read it with you. You can even read it out loud to your faithful fur friend. Dogs and cats are very good listeners!

After you read the Scripture, take a quiet moment to think about it. Then look at the activity for the day. It might be a short prayer, an act of kindness, a question to talk about, or something creative to try. You don't have to do it perfectly, just try your best and carry it with you throughout the day. You can then say the short prayer each day.

As we practice together during Lent, we are growing our hearts closer to Jesus and preparing for the joy of Easter morning.

Read	Activity	
<p>Matthew 3:13–17 The Baptism of Jesus</p>	<p>Draw a cross and thank God for loving you.</p>	
<p>Matthew 4:1-11 Jesus in the Wilderness</p>	<p>Sit quietly for 10 seconds and say, “God is with me.”</p>	
<p>Matthew 4:18-22 Jesus calls the Disciples</p>	<p>Ask, “How can I follow Jesus today?”</p>	
<p>Matthew 5:1-12 Sermon on the Mount (Beatitudes)</p>	<p>Choose one kind thing to do today.</p>	
<p>Matthew 6:9–13 The Lord’s Prayer</p>	<p>Pray the Lord’s Prayer with your family.</p>	
<p>Luke 10:33–37 The Good Samaritan</p>	<p>Help someone who needs it.</p>	
<p>Luke 15:4–7 The Lost Sheep</p>	<p>Thank God for always finding you.</p>	
<p>Luke 15:8–10 The Lost Coin</p>	<p>Talk About: Where did we see God in a small moment this week?</p>	
<p>Luke 15:20–24 The Prodigal Son</p>	<p>Give someone a big hug.</p>	
<p>Matthew 22:37–39 The Greatest Commandment</p>	<p>Say, “I love you” to God and someone at home.</p>	
<p>Matthew 9:2–8 Jesus Heals a Paralytic</p>	<p>Ask someone, “How can I help?”</p>	
<p>Mark 10:46–52 Jesus Heals Blind Bartimaes</p>	<p>Notice something beautiful and thank God for it.</p>	
<p>Mark 10:13-16 Jesus Blesses the Children</p>	<p>Smile and remember you belong</p>	
<p>Matthew 8:23-27 Jesus Calms the Storm</p>	<p>Take 3 slow, calm breaths. Say “Jesus is</p>	

	with me.”	
Matthew 14:13-21 Feeding the 5,000	Buy a can of food to bring to church and donate to Network.	
Matthew 13:31-32 The Mustard Seed	Draw something small that can grow big.	
Matthew 13:3-9 The Sower	Plant a seed or imagine planting kindness	
Luke 10:38-42 Mary and Martha	Spend one quiet minute listening for God.	
Luke 19:1-10 Zacchaeus	Say sorry if you need to apologize	
Matthew 17:1-8 The Transfiguration	Thank God for shining light in your life.	
Matthew 20:1-16 Workers in the Vineyard	Pray: What gratitude do you have for the things you have	
Mark 12:41-44 The Widow's Offering	Give something small with a big heart	
Matthew 25:1-13 The Ten Bridesmaids	Be ready by doing what you are asked the first time	
Matthew 25:35-40 The Sheep and the Goats	Do something kind for someone in need	
John 13:3-15 Jesus Washes the Disciples Feet	Help clean up at home	
Matthew 21:6-11 Palm Sunday	Create a picture that says “Hosanna!”	
Matthew 21:12-13 Jesus in the Temple	Talk About: Why is church special to you?	
Matthew 26:26-29 The Last Supper	Share a meal and thank God	
Matthew 26:36-39 Jesus Prays in the Garden	Pray about something that worries you	

Matthew 26:69-75 Peter Denies Jesus	Choose to tell the truth today	
Matthew 26:47-50 Jesus is Arrested	Hold someone's hand and pray together	
Matthew 27:11-14 Jesus Before Pilate	Talk About: What does this story teach us about telling the truth, even when it's hard.	
Matthew 27:32-37 The Crucifixion	Whisper, "Thank you, Jesus."	
Matthew 27:45-50 Jesus Dies	Sit quietly and think about Jesus' love	
Matthew 27:57-60 The Burial of Jesus	Draw a picture of sadness and love together.	
Matthew 27:61 Waiting at the Tomb	Turn on a candle (with adult help) or imagine God's light	
Matthew 28:1-4 Easter Morning	If you could throw a party for Jesus being alive, what would your "Alleluia" party look like?	
Luke 24:13-16 Road to Emmaus	Take a walk together and talk about Jesus	
John 20:19-22 Jesus Appears to the Disciples	Say, "Peace be with you," to someone	
Matthew 28:19-20 The Great Commission	Tell someone, "Jesus loves you!"	

Dear Jesus,
 Thank you for this day.
 Help us love like you
 and trust you always.
 Fill our hearts with your peace.
 Amen.



