## **Lenten Family Activities**

On the following pages you will see daily Scripture readings and an activity you can do as a family in preparation for Easter. There are 52 daily activities in boxes that can done each day. Be warned, that you too will be challenged if you take on this project. Some are not easy! The idea is to pray, fast and give this season is response to what Christ did for us.

The idea is to do each activity as an act of service to God. Display each activity as you complete it. Some display ideas are as follows:

- 1. Cut out each rectangle. Hole punch each one at the top and attach something with which to hang it. As each activity is completed you can hang them on branches in a vase and make an Easter tree.
- 2. Cut out each rectangle. As each activity is completed, tape them onto your refrigerator.
- 3. Cut out each rectangle. As they are completed they can be placed in a small box on your kitchen table.

You can be creative in how these are displayed!

## Daily Scripture Readings

## Prayer Sing a song of Praise to God for His infinite love

Prayer Pray for someone you dislike Prayer

Tell Jesus you are sorry for the things you have done that hurt Him, others and yourself

Prayer
Pray for a family
member

Prayer
Pray for a grandparent

Prayer

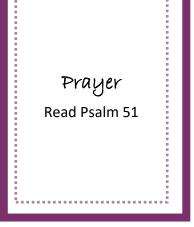
Thank God for the forgiveness He gives us through Jesus

Christ

Prayer
Spend 5 minutes in prayer quietly

Prayer Listen to Christian worship songs

Prayer Read Psalm 145



Prayer Pray for your school teacher Prayer Pray for your Pastor

Prayer
Pray for your Sunday
school teachers

Prayer Read a Bible story

Prayer
Pray for those who have no one to pray for them

Prayer

Pray for someone who is sick or hurt

Prayer
Pray for those who suffer for their faith in Jesus

Prayer
Pray for those who have no food to eat

Gívíng Give away a toy or book

Giving

Do a chore without being asked

Giving

Take an unexpected treat to a friend

Giving

Donate food to a local charity

Giving

Smile at three people you meet

Giving

Give someone a compliment

Giving

Donate money to a mission project

Giving

Joyfully help with a project or chore

Giving

Let someone go ahead of you in line

Giving Plant a flower of herb

GIVING

Open the door for someone

GÍVING Send a nice note to a friend

GíVíng Volunteer at a local charity

Gíving Call a relative Giving
Help clean or put
away the dishes

Giving

Do something anonymously for a friend of neighbor

Giving

Give a family

member a foot rub

Giving

Give a family

member a

spontaneous hug

Fasting
Fast from all screen
time
(TV, computers, video games,
smart phones, etc)

Fasting
Fast from saying
anything negative

Fasting
Fast from tattling

Fasting
Fast from snacks

Fasting
Sleep without your
pillow

Fasting
Fast from sweets

Fasting
Fast from eating out
for a week

Fasting
Fast from yelling

Fasting
Fast from your favorite toy

Fasting Fast from dessert

Fasting
Fast from juice

Fasting Fast from electricity

Fasting
Fast from eating candy

Fasting
Fast from mean
words

Fasting
Fast from buying anything today

Fasting
Fast from any
processed foods

Fasting
Fast from meat

Fasting

Fast from any noise

not present or live

(TV, radio, stereo, toys that

make noise, sounds from

electronics, etc)