

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 be 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 in 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

Day 1—Matthew 3:15

Day 2—Matthew 4:4

Day 3—Matthew 4:10

Day 4—Mark 1:15

Day 5—Mark 1:17

Day 6—Matthew 5:16

Day 7—Matthew 5:44

Day 8—Matthew 6:8

Day 9—Matthew 6:19

Day 10—Matthew 6:21

Day 11—Matthew 6:25

Day 12—Matthew 6:30

Day 13—Matthew 6:30

Day 14—Matthew 7:7

Day 15—Luke 6:31

Day 16—Matthew 9:2

Day 17—Matthew 9:12

Day 18—Matthew 9:37-38

Day 19—Matthew 10:8

Day 20—Matthew 10:30

Day 21—Matthew 10:39

Day 22—Matthew 11:28

Day 23—Matthew 14:27

Day 24—Matthew 19:14

Day 25—Matthew 19:26

Day 26—Matthew 22:37

Day 27—Matthew 22:39

Day 28—Mark 10:45

Day 29—John 3:16

Day 30—John 10:10

Day 31—John 10:11

Day 32—John 14:6

Day 33—John 14:1

Day 34—John 8:32

Day 35—John 14:15

Day 36—John 13:34

Day 37—John 15:13

Day 38—John 19:30

Day 39—John 8:12

Day 40—John 16:33

EASTER! - Matthew 28:6

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 grand-
parent

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

Read Psalm 51

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

Giving

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 or herb

Giving

Open the door for
someone

Giving

Send a nice note to a
friend

Giving

Volunteer at a local
charity

Giving

Call a relative

Giving

Help clean or put
away the dishes

Giving

Do something
anonymously for a
friend or 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)