









Lenten Countdown Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday 	Talk with your children about giving something up for Lent and why sacrifice is important.	Decide with your family what to give up for Lent - social media, eating out, etc.	Sacrifice your time by helping someone even if you are busy. A neighbor, friend, grandparent, etc.
First Sunday of Lent 	Start your day with family Bible time and prayer.	Pray for your siblings and ask God to help you show kindness to them when it's hard.	If you have young children, read the book " <u>Don't Forget to Remember</u> " by Ellie Holcomb	Decorate a small box for "almsgiving" and put in money to donate to a deserving person.	Bake some treats for someone special.	Deliver the treats you made the day before!
Second Sunday of Lent 	Start your day with family Bible time and prayer.	"Honor God with your body" by doing something healthy with your family!	Make a coin-covered cross (link in post or HERE)	Make a list of what you are grateful for today and have each family member do it too!	Pray for your pastor and other ministry team members at your church.	Watch a Christian movie together as a family.
Third Sunday of Lent 	Start your day with family Bible time and prayer.	Pray for a friend who is going through a hard time and send them a note of encouragement.	Do a random act of kindness for someone who wouldn't expect it.	Share one thing you love or appreciate about each of your family members.	Make Prayer Pretzels (recipe link in post or HERE)	Print out, color and sign <u>Easter cards</u> to send in the mail to family and friends!
Fourth Sunday of Lent 	Start your day with family Bible time and prayer.	Ask the Holy Spirit to change you and help you to follow Christ. Read John 14:23-31 together.	Clean up a mess without being asked.	Donate some gently loved items that you no longer need	Listen to Christian music together or sing a song about Jesus with your kids!	Take prayer requests from and pray for each member of your family.
Fifth Sunday of Lent 	Start your day with family Bible time and prayer.	Call or FaceTime a loved one who you won't be able to see at Easter.	Sacrifice by giving up screen time for the entire day and do something fun as a family instead.	Make a Lamb of God craft (instructions in the post or HERE)	Write a note to someone who has helped you grow in your faith to say thank you for their example!	Help with a chore that you don't like to do as an act of service to your family.
Palm Sunday Wave palm branches or similar and shout "Hosanna!" 	Compliment someone who isn't expecting it, following the example of Christ in Phil. 2:3-4	Make a crown of thorns craft (link in blog post or HERE).	Send or deliver the money in your almsgiving box to its recipient.	Maundy Thursday Go to a communion service at a church.	Good Friday Read about Jesus' death in Luke 23:26-42 as a family.	Holy Saturday Dye eggs together and talk about how Jesus brings us new life!

Resurrection Sunday! He is Risen! He is Risen Indeed!

