



BREAD OF LIFE

LENTEN SPIRAL





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—Illustrated Ministry

CONTRIBUTORS

Concept: Heather Green, Rebekah Lowe, Amanda Meisenheimer

Writing: Marta Ukropina

Editing: Rachel Dodd

Illustration: Corby Ortmann

Director of Product & Operations: Rebekah Lowe

Founder: Adam Walker Cleveland

Illustrated Ministry, LLC.
829 Wisconsin Ave
Racine, Wisconsin 53403
illustratedministry.com
info@illustratedministry.com



BREAD OF LIFE LENTEN SPIRAL

When the world feels heavy—divided and uncertain—our hearts ache, minds seek peace, and souls hunger for hope. In these moments, while many search for a way forward, the bread of life reminds us of abundance. There is enough love, grace, and hope for all. A gift that Jesus gives freely so we may give to others.

As we journey through Lent, from the wilderness to the shorelines of Galilee, we will find the sacred in the ordinary—like bread, simple yet essential. Bread of Life, highlights how Jesus fed people—not just their bodies but their souls—with good news, redemption, and stories of God’s kin(g)dom. From wedding feasts to eating with tax collectors to feeding thousands, people left Jesus’ presence with full hearts and bellies.

This resource invites you to come, and nourish your soul with the bread of life.

This PDF contains two versions of our *Bread of Life Lenten Spiral*: full-color and a black-and-white colorable version. You can print these out, cut along the edges and join the two sheets with tape to assemble your complete Lenten spiral. Use the full-color version for a fun and colorful Lenten display in your home or classroom. Or print out the black-and-white version and color in the shapes as you complete each activity throughout Lent. If you have the ability to print an 11x17 version of this poster, you can download it below. The password for each of the files is **breadspiral**.

- Full-color 11x17 version: illustratedministry.com/BreadOfLifeColorSpiral
- Black-and-white 11x17 version: illustratedministry.com/BreadOfLifeBWSpiral

Beginning on Ash Wednesday, each day offers a simple activity for your family to complete together. We understand that life can get busy, so these activities are short and sincere, keeping the focus on quality family time.

Spirals, a naturally occurring pattern, appear when things are in a state of growth and expansion. These spirals can be followed inward and outward, serving as a guide to mark one’s personal and spiritual growth through the transformative journey of Lent. As you journey through our Illustrated Lenten Spiral, here are some activities you can expect each week:

- The **Verse of the Week** provides the foundation for the rest of the week’s activities.
- A **Spiritual Practice** is provided to engage the theme each week.
- **Friday Family Conversations** will offer questions to discuss with your family, preferably during an evening meal.
- **Saturday Nature Walks** are times to escape the walls of our houses and breathe deeply. There will be a specific way suggested to connect to nature each week.
- **Sunday Feast Days** are days we celebrate that nothing we do will separate us from the love of God. Use the suggestion provided, or choose another way to feast!

Display the spiral in a visible spot at home where everyone can see it each day. There are several ways you and your family can interact with the Lenten Spiral. We hope this resource provides a simple yet meaningful way to connect during Lent, creating lasting memories for your family.

FEEDBACK

Your thoughts matter to us. If you found this resource helpful or meaningful, we'd love to hear from you! Any suggestions or ideas for improvement are always welcome. You can reach us at info@illustratedministry.com or connect with us on the following social networks:

Blue Sky: [illustratedmin.bsky.social](https://bsky.app/profile/illustratedmin.bsky.social)

YouTube: [youtube.com/illustratedmin](https://www.youtube.com/illustratedmin)

Threads: [threads.net/@illustratedmin](https://www.threads.net/@illustratedmin)

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EASTER SUNDAY

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SATURDAY

Nature Walk: On your walk today, find three things that make you think of God. Tell each other why they remind you of God.

FRIDAY

Family Conversation: Jesus wants our bellies and our hearts to be full. Invite each family member to share what fills their heart.

THURSDAY

Spiritual Practice: Savor
Practice savoring the sensory delights around you. Whether it's food, music, or a cozy blanket, close your eyes to relish the moment.

WEDNESDAY

Help serve a meal to your family. Help cook, set the table, carry dishes to the table, clear the table, or do the dishes.

TUESDAY

Fast from electronics for part of the day. Spend that time playing a board or card game, reading, or being creative.

FRIDAY

Family Conversation: Have you ever been left out? How did you feel? Share experiences as a family and brainstorm ways you can work to include others.

THURSDAY

Spiritual Practice: Consider
Think about who might not be regularly included at home, at church, and at school, and consider why.

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Parables are stories that teach us something. Read a book. What did you learn?

TUESDAY

Throw a tea party for your toys. Invite all of them to the scrumptious feast.

MONDAY

Read: Luke 14:13
God's table is everyone's table. Talk about ways your family can welcome others to your faith community.

THURSDAY

Spiritual Practice: Pray
There are many different ways to pray, like centering prayer, praying in color, etc. Choose a new way and practice it today.

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Family Conversation: Invite each person to name their favorite food. In prayer, thank God for the diversity of tastes and pray for those who do not have enough food to eat.

WEDNESDAY

Spiritual Practice: Remember
Take a few moments to remember a time when God took care of you physically and spiritually.

SECOND SUNDAY IN LENT: FEAST DAY

Have everyone select their favorite appetizer and eat an "appetizer" meal today. Celebrate all the different ideas.

SATURDAY

Nature Walk: Go outside, find a place to sit, and close your eyes for a few minutes. Relax and allow your body to soak in nature.

FRIDAY

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MONDAY

Read: Luke 13:20-21
Yeast grows! Name things that grow and different ways people grow.

TUESDAY

Follow the instructions on a packet of yeast to activate it. Observe what happens and how it changes. How does Jesus' love change us?

WEDNESDAY

Jesus loves you and shows you how to love others. Send a card to someone you haven't seen in a while.

TUESDAY

Everyone has a place at Jesus' table. Make place cards for your family to use at your Easter meal.

MONDAY

Read: John 12:13
Jesus gives us so much. As a family, make a list of things you are thankful for.

SIXTH SUNDAY IN LENT: FEAST DAY

Jesus took a journey into Jerusalem. Sometimes, we take food on our journeys. Create a trail mix to enjoy this week.

SATURDAY

Nature Walk: Find the tallest thing near you. Imagine what you would experience if you were on the very top.

WEDNESDAY

Kindness helps love grow. Say something kind to another person today.

THURSDAY

Spiritual Practice: Stretch
Find new ways to stretch today, either by physically moving your body or trying something new.

FOURTH SUNDAY IN LENT: FEAST DAY

Make a salad with three or four different colors of fruits and vegetables. Enjoy the beauty of the various colors and flavors.

SATURDAY

Nature Walk: Select an item from nature and bring it home. Place each item in the center of your table and rejoice at the abundance and diversity of creation.

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MONDAY

Read: John 6:35

Jesus is the bread of life. Share highs and lows from your day. Remember, God is with you at all times.

FIRST SUNDAY IN LENT: FEAST DAY

Share some bread or crackers around your family table. Talk about what you taste, feel, and smell.

SATURDAY

Nature Walk: Go outside and take pictures of three living things. What do all those things need to grow and survive?

SATURDAY

Nature Walk: Take a walk in your neighborhood. Say hello to everyone you meet, including any animals you see.

FIFTH SUNDAY IN LENT: FEAST DAY

Plan and shop for a meal as a family. Include something everyone enjoys even if the foods don't seem to "go together."

MONDAY

Read: Matthew 6:11

Pray the Lord's Prayer together as a family.

THIRD SUNDAY IN LENT: FEAST DAY

Jesus fills our hearts and souls. Celebrate the good news by baking a cake or another dessert.

MONDAY

Read: Luke 19:5-6

Zacchaeus was happy to welcome Jesus. How do you show others you are happy?

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WEDNESDAY

Read Matthew 4:4

Draw a heart on paper. Write your names around the heart and place it somewhere visible for Lent. Remember, God loves you.

THURSDAY

Bread, in its simplest form, is made of flour, water, yeast, and salt. Can you find these ingredients in your kitchen?

FRIDAY

Family Conversation: Our bodies need bread and so much more to feel nourished. What things do you need to feel loved?

FRIDAY

Family Conversation: When we love others, we grow God's kingdom. How can we show love to others?

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Family Conversation: Have you ever done something you knew was wrong? The words "I'm sorry" are powerful. How did you feel after you apologized?

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Go through your clothes or toys this week and pick something to donate to a local agency.

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Play a game today where you must take turns. When it isn't your turn, cheer for the other players.

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WEDNESDAY

There are many different types of bread. Research various bread recipes in a cookbook or online. Make one of the recipes together.

TUESDAY

Some people do not have enough food to eat. Consider finding out the needs of a local food bank and donating what you can to support them.

THURSDAY

Spiritual Practice: Remember
Take a few moments to remember a time when God took care of you physically and spiritually.

SECOND SUNDAY IN LENT: FEAST DAY

Have everyone select their favorite appetizer and eat an "appetizer" meal today. Celebrate all the different ideas.

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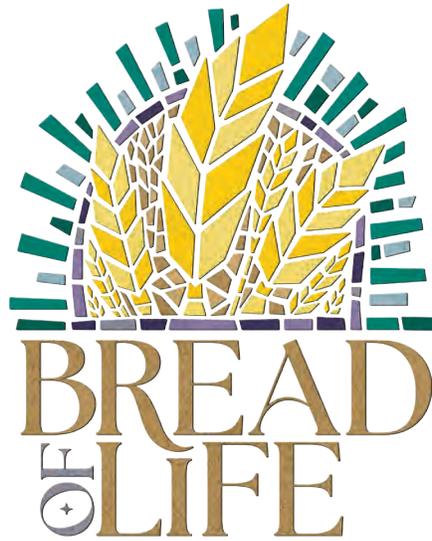
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CONTRIBUTORS

writing

MARTA UKROPINA is a Presbyterian Church (USA) minister. She holds a MDiv from Austin Presbyterian Theological Seminary and a BA in Religious Studies from the College of Wooster. She and her husband David have served the church in Texas and Oregon where they serve as co-pastors. They have a middle schooler and a high schooler.

editing

RACHEL DODD is a spiritual director, writer, and editor with an MDiv and DMin from Fuller Theological Seminary. Having served students and families in ministry for over 20 years, Rachel loves equipping others in their ministry calling. She and her husband live in the beautiful Pacific Northwest and have two daughters.

illustration

**illustrator & graphic
designer**

CORBY ORTMANN is a digital illustrator and animator whose work includes caricatures, graphic design, children's books, and animated commercials/music videos. He currently lives in St. Paul, Minnesota with his wife and daughter, who help him to step away from the art table every so often. You can find more of his work at corbyortmann.com.

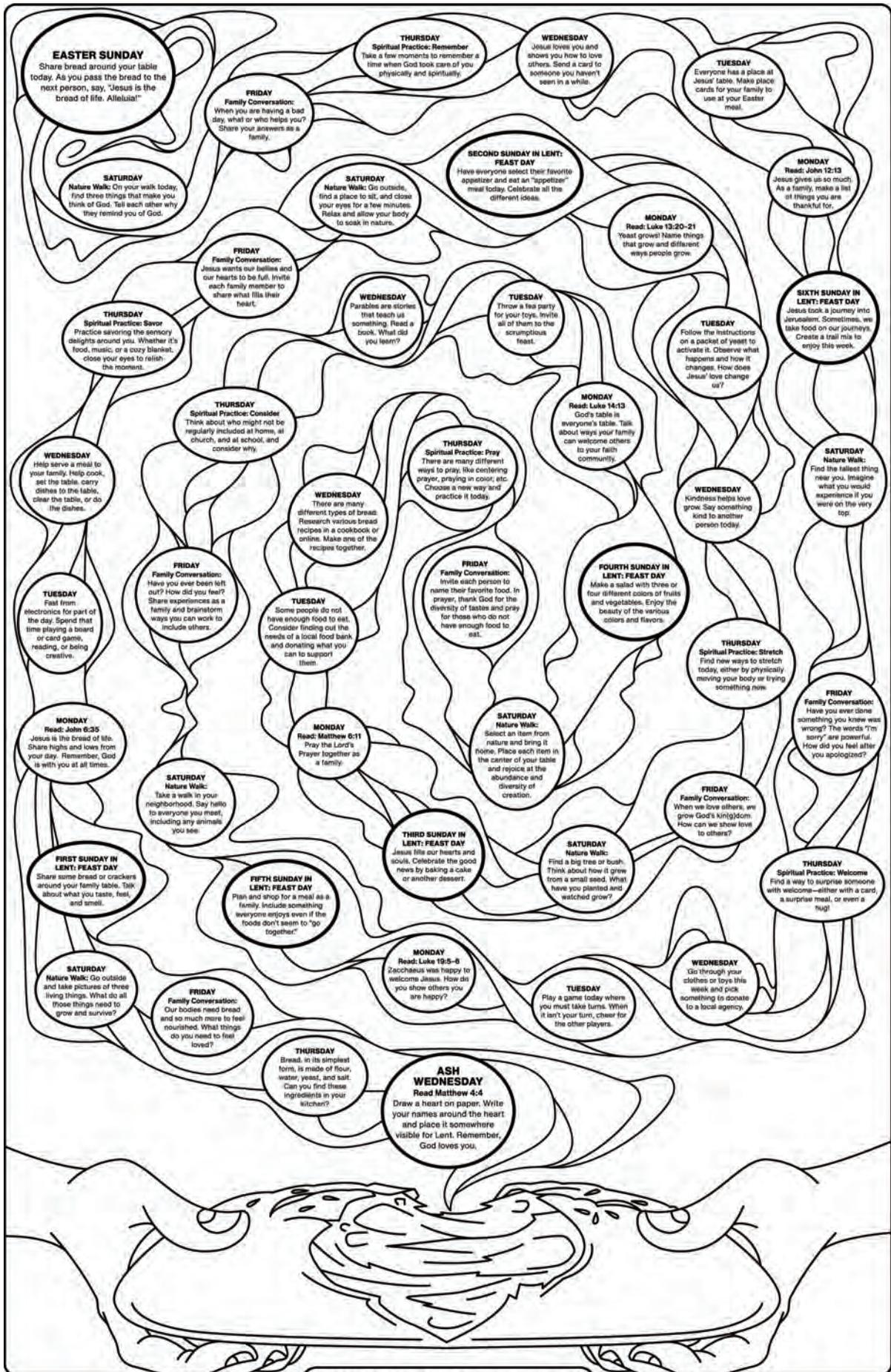
concept

**director of product
& operations**

REBEKAH LOWE develops and cultivates Illustrated Ministry's ever-growing library of resources. She earned a BA in Biblical Studies from Azusa Pacific University and served as the Director of Children's Ministry at Brentwood Presbyterian Church (USA) in Los Angeles, California. She resides in Austin, Texas with her husband and their two children.

layout
founder

ADAM WALKER CLEVELAND is an artist, pastor, pastor's spouse, and father of four (two living). Adam is ordained in the Presbyterian Church (USA), and after doing youth ministry for over 15 years, he founded Illustrated Ministry in 2015. He resides in Racine, Wisconsin with his wife and their two children.



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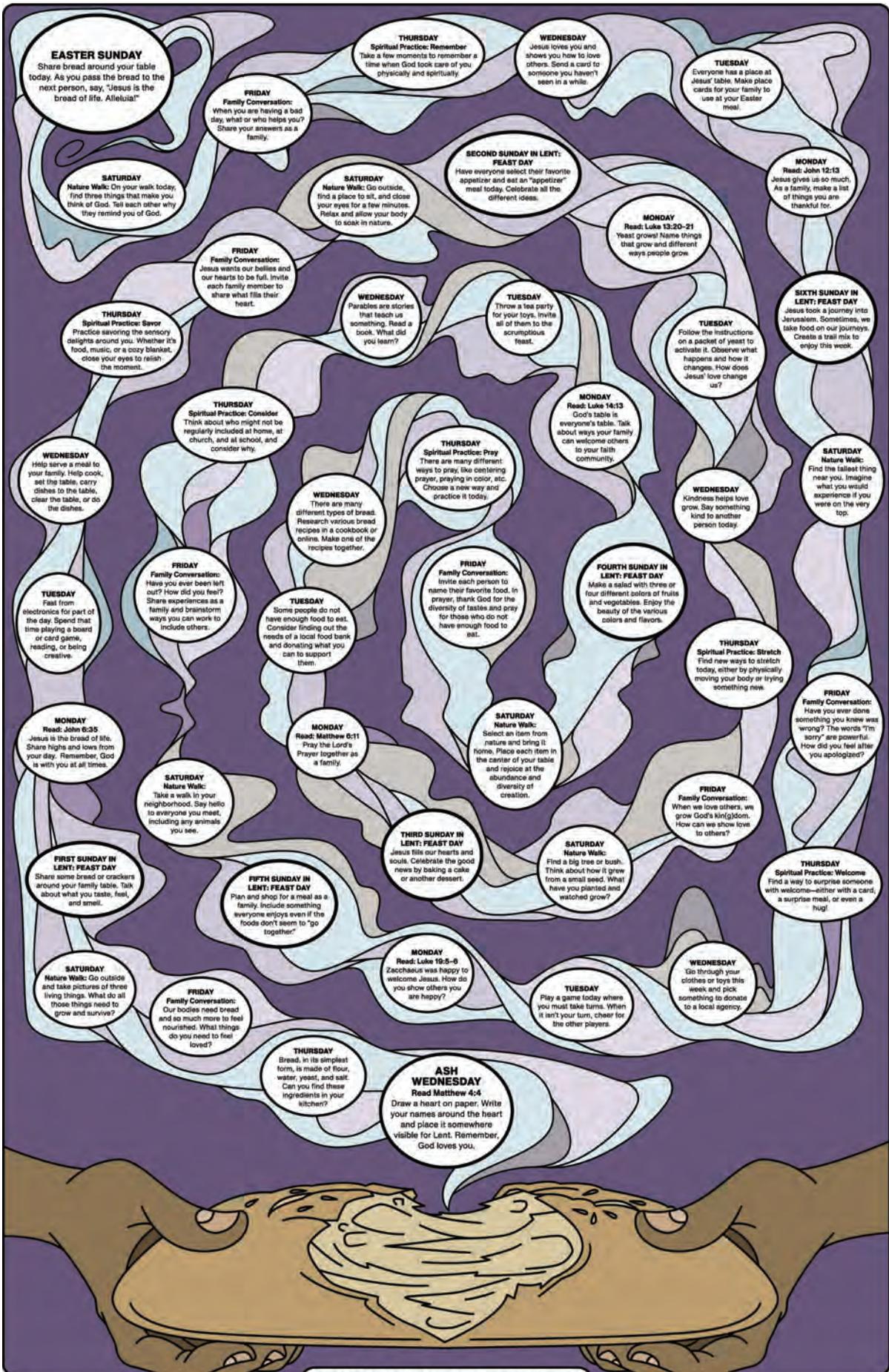
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SATURDAY
Nature Walk: Find the tallest thing near you. Imagine what you would experience if you were on the very top.

WEDNESDAY
Help serve a meal to your family. Help cook, set the table, carry dishes to the table, clear the table, or do the dishes.

FRIDAY
Family Conversation: Have you ever been left out? How did you feel? Share experiences as a family and brainstorm ways you can work to include others.

TUESDAY
Some people do not have enough food to eat. Consider finding out the needs of a local food bank and donating what you can to support them.

FRIDAY
Family Conversation: Invite each person to name their favorite food, in prayer, thank God for the diversity of tastes and pray for those who do not have enough food to eat.

FOURTH SUNDAY IN LENT: FEAST DAY
Make a salad with three or four different colors of fruits and vegetables. Enjoy the beauty of the various colors and flavors.

TUESDAY
Fast from electronics for part of the day. Spend that time playing a board or card game, reading, or being creative.

MONDAY
Read: John 6:35
Jesus is the bread of life. Share highs and lows from your day. Remember, God is with you at all times.

SATURDAY
Nature Walk: Take a walk in your neighborhood. Say hello to everyone you meet, including any animals you see.

MONDAY
Read: Matthew 6:11
Pray the Lord's Prayer together as a family.

THIRD SUNDAY IN LENT: FEAST DAY
Jesus fills our hearts and souls. Celebrate the good news by baking a cake or another dessert.

SATURDAY
Nature Walk: Find a big tree or bush. Think about how it grew from a small seed. What have you planted and watched grow?

FRIDAY
Family Conversation: When we love others, we grow God's kingdom. How can we show love to others?

FRIDAY
Family Conversation: Have you ever done something you knew was wrong? The words "I'm sorry" are powerful. How did you feel after you apologized?

FIRST SUNDAY IN LENT: FEAST DAY
Share some bread or crackers around your family table. Talk about what you taste, feel, and smell.

FIFTH SUNDAY IN LENT: FEAST DAY
Plan and shop for a meal as a family. Include something everyone enjoys even if the foods don't seem to "go together."

SATURDAY
Nature Walk: Go outside and take pictures of three living things. What do all those things need to grow and survive?

FRIDAY
Family Conversation: Our bodies need bread and so much more to feel nourished. What things do you need to feel loved?

MONDAY
Read: Luke 19:5-9
Zachariah was happy to welcome Jesus. How do you show others you are happy?

TUESDAY
Play a game today where you must take turns. When it isn't your turn, cheer for the other players.

WEDNESDAY
Go through your clothes or toys this week and pick something to donate to a local agency.

THURSDAY
Spiritual Practice: Welcome
Find a way to surprise someone with welcome—either with a card, a surprise meal, or even a hug!

THURSDAY
Bread, in its simplest form, is made of flour, water, yeast, and salt. Can you find these ingredients in your kitchen?

ASH WEDNESDAY
Read Matthew 4:4
Draw a heart on paper. Write your names around the heart and place it somewhere visible for Lent. Remember, God loves you.