

# 2023 Living Lent

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26 1st Sunday of Lent

"You shall worship the Lord, Your God, and him alone shall you serve."



27

Go somewhere QUIET, think about JESUS, and tell Him, "I love You!"



28 Make an Ichthus with yarn.

Wear it and tell people about Jesus making the Disciples fishers of men.

Read Luke 5:1-11.



22

Jesus wants to be your Friend. This Lent, turn away from what is wrong and come closer to Him.



Ash Wednesday FEBRUARY

23

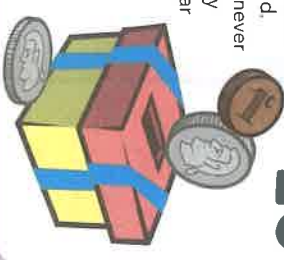
Put your favorite toys or games in a box. On top, write "Goodbye for Lent. See you at Easter!" Give Mom the box.



24

Make a Giving Box by decorating a little box with a slot in the lid. Put a jar of coins nearby. Whenever anyone does a kind deed, they secretly take a coin from the jar and put it in the box. Give the money to the poor on Easter Sunday.

Read Luke 6:38.

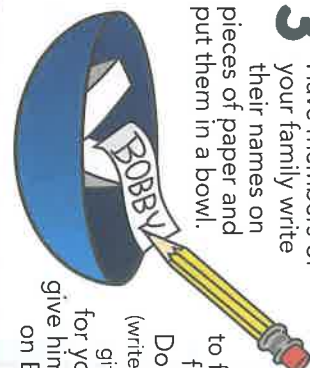


25

3 Have members of your family write their names on pieces of paper and put them in a bowl.

4

Draw names to find your secret friend for Lent! Do special things (write notes, give little gifts, offer prayers) for your friend, and give him or her a card on Easter Sunday!



5 2nd Sunday of Lent

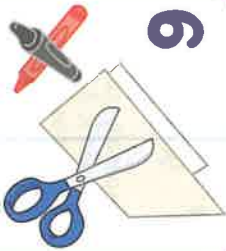
His face changed in appearance and his clothing became dazzling white.

Luke 9:29



6

Visit or make a card for someone who is elderly or sick.



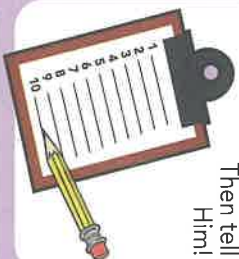
7

Decorate a candle and light it when your family prays.



8

Make a list of 10 things you are thankful to God for. Then tell Him!



9 New Life Seeds!

Poke holes in the bottom of a small transparent container. Add potting soil and plant beans or seeds. Just as Jesus died, was buried, and rose again, so the seeds will come to new life!

Read John 12:24.



10

Read Psalm 23 with your family—The Lord is your Shepherd.



12 3rd Sunday of Lent

"Whoever drinks the water I give will never thirst."

John 4:14

13

List what is special about each person in your family, and then GIVE it to them!

14

"I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob."

Exodus 3:6

15

Gather some clothing and give it to the poor.



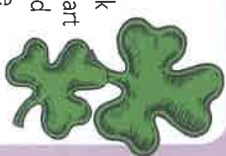
16

DRAW A PICTURE of Jesus on the cross with sad people, and one of Jesus risen with happy people!

17

Saint Patrick gave his heart to Jesus and brought the Gospel to Ireland.

Today, tell someone, "God loves you!"



18

Jesus, the carpenter's son, honored Joseph His father. Today, do something special for dad!





SUNDAY

MONDAY

TUESDAY

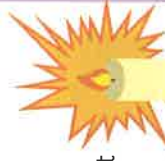
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

19

4<sup>th</sup> Sunday  
of Lent

"I am  
the light  
of the  
world!"  
John 9:5

20



Create a Prayer Space  
in your home with a  
cross, Bible, cloth, and  
a rock or candle. Gather  
and pray as a family.

21



Write a prayer for  
someone in your  
family—make it  
a surprise!

22

Talk with  
your family  
tonight:  
"Do we love God  
more this Lent? If not,  
how can we grow closer  
these last few weeks?"



23

Give up  
something  
you like  
(TV, ice cream)  
today and offer  
it for someone  
in need.



24



Play and remember the  
Way of the Cross that Jesus  
walked on Good Friday.

25

Thank  
your Mom  
for being  
a great Mother.



Read about Jesus'  
mother in  
Luke 1:26-38.

26

5<sup>th</sup> Sunday  
of Lent

"I am  
the resurrection  
and the life;  
he who believes in me,  
even if he dies,  
will live."  
John 11:25

28

Just as  
food  
makes your  
body strong, God's  
Word makes your  
soul strong.



Today, read  
Matthew 19:14.

29



Go on a walk  
today and  
see all the  
beautiful  
things God  
made for us!



30

Make a Banner



Use any material  
(paper, fabric, etc.) for a background.  
Write a Bible verse or cut out an  
Easter symbol (butterfly, empty tomb, etc.).  
Hide it and bring it out Easter Sunday!

31

1

Help clean  
up after  
a meal.



2

Palm Sunday

"Hosanna to the  
Son of David; blessed  
is he who comes in the  
name of the Lord."  
Matthew 21:9



3

Watch the movie  
Jesus of Nazareth  
as a family  
and talk about it.



4

Pretzels

5

Pretzels in the shape of two arms folded in prayer are a traditional Lenten food.

## INGREDIENTS

1 cake yeast  
1 1/2 cups warm water  
1 teaspoon salt  
1 tablespoon sugar  
4 cups flour:  
1/2 whole wheat  
1/2 unbleached

## PREPARATION

Dissolve the yeast into the warm water,  
then add the salt and sugar. Blend in the  
flour mixture. Knead dough until smooth.  
Cut into small pieces. Roll into ropes,  
& twist into pretzel shape. Place on lightly  
greased cookie sheets. Brush pretzel with  
1 beaten egg. Sprinkle with coarse salt.  
Bake immediately at 425° for 12-15 minutes.

6

Holy Thursday

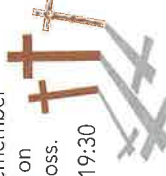
"As I have loved you,  
so you also should love  
one another"  
John 13:34



7

Good Friday

Be especially quiet  
from Noon to 3 PM  
and remember  
Jesus on  
the cross.  
John 19:30



8

Holy Saturday

Color Easter eggs today,  
and think of Jesus in the  
tomb. He won't stay  
there for long!



# Easter Sunday

APRIL 9



He is not here! He is Risen, just as He said! —Matthew 28:6