

EASTER SUNDAY
Share bread around your table today. As you pass the bread to the next person, say, "Jesus is the bread of life. Alleluia!"

FRIDAY
Family Conversation:
When you are having a bad day, what or who helps you? Share your answers as a family.

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

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.

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.

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.

SECOND SUNDAY IN LENT: FEAST DAY
Have everyone select their favorite appetizer and eat an "appetizer" meal today. Celebrate all the different ideas.

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

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

WEDNESDAY
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.

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.

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?

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.

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

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.

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.

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.

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

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.

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.

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.

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

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

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.

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

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.

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

FRIDAY
Family Conversation:
When we love others, we grow God's kin(g)dom. How can we show love to others?

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

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?

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

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."

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

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 19:5-6
Zacchaeus 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.

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.