

# 16 Simple Lent Activities for Kids

1. **Give up something as a family.** Jesus fasted for 40 days. That is a very long time! It would be meaningful to teach your children about fasting by giving up something for the entire Lenten season or on Fridays during Lent. It could be giving up desserts, not going out to eat, or drinking only water. The key is that it has to be something you enjoy and want to do/eat/have. If you hate brussels sprouts and decide to give them up during Lent, you may need to reevaluate.
2. **40 bags in 40 days.** Instead of or in addition to giving up something for Lent, you could purge a bag's worth of stuff every day during Lent. You choose the size of the bag, and you should definitely make it a family affair. (Unless, of course, you are purging toys or something, and then maybe you don't want to get the kids involved. ha!) Just think of how clean your home will be by Easter!
3. **Build a [Lenten Cross](#).** Similar to an Advent wreath, you light one or more candles each night during dinner for the entire Lenten season.
4. **Observe Passover with a [Christian Passover Dinner](#).**
5. **Attend a Maundy Thursday church service or have your own at home.** My church has a Maundy Thursday service where the pastor washes everyone's feet. You could do this with the Christian Passover Dinner, instead of it, or on another day.
6. **Read Easter books.** Some of our favorites are [The Parable of the Lily](#) and [The Jesus Calling Bible Storybook](#). [One Spring Lamb](#) is really precious for younger kids.
7. **Read the Bible together every day.** I think this is a given, but it's worth mentioning. You need to be reading the Bible with your kids every day, and this would be a great opportunity to focus on the ministry of Jesus.
8. **Make a [Lamb of God craft](#).** We made these mobiles last year as a way to talk about and remember that Jesus was the lamb of the sacrifice.
9. **Study [A Sense of the Resurrection](#).** These sensory-based activities lead your kids through the crucifixion and resurrection. It is so meaningful for kids and adults alike. Definitely check it out.
10. **Make and study as set of [Resurrection Eggs](#).** I just love these eggs. They are a set of 12 plastic Easter eggs, each containing a trinket related

to the Easter story. Using the eggs, children can tell the whole story of the crucifixion and resurrection. We have used them for a lot of years now.

11. **Make a prayer chain.** Write a person or situation on each of 40 strips of paper. Assemble them into a paper chain. Remove one link per day, and pray for that thing with your kids.
12. **Serve 40 ways in 40 days.** Check out my post on [60 Acts of Kindness for kids](#).
13. **Make empty tomb crafts.** Here are some really cool ones: [made from dough](#), [made from paper](#), [made from paper plates](#), and [a really elaborate \(and super cool\) one you'd have to start 1-2 weeks before Easter](#).
14. **Grow something.** Make sure you get [The Parable of the Lily](#) which is a wonderful explanation of how something wonderful can grow from something dead and ugly. There are lots of spring bulbs and seeds in stores already, so you should be able to get some inexpensively.
15. **Write a thank you note to your pastor.** Help your kids to thank him or her for teaching them about Jesus's death and resurrection.
16. **Bake pretzels.** Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders. A monk made dough into this criss-crossed shape, and the pretzel was born! You can get a simple recipe for [homemade pretzels at Catholic Icing](#).

No matter how you choose to observe Lent with your kids, the key is that *you actually do it*. Talk to your kids about Jesus, about His sacrifice, about their Savior. Start today.

\*\*You can find the links to instructions for activities the author recommends in this article online at: <https://feelslikehomeblog.com/2016/02/16-simple-lent-activities-for-kids-for-all-christians/>

## Stained Glass Prayer

There are so many ways to use your prayer stained glass!

- Give each member of the family their own sheet. Each time a prayer is said, color a space. See which one is fully colored by Easter. (Mom & Dad – make sure you do one, too!)
- Share one sheet as a family, and assign a color to each member. See which color appears the most – and who therefore offered the most prayers – once all the spaces are colored in.
- Color the spaces based on their size. If you offer up a “big” prayer, color a large space. If you offer up a small prayer, color a small space.
- Use this in a classroom setting, and send extra copies home with the children that they can then share with their families as an activity for Lent.
- ...what other ways can you think of?

### WHAT YOU NEED

- [printable: Lenten Prayer Stained Glass](#)
- crayons, markers, or [colored pencils](#)
  - TIP: I used the colored pencils on a rough surface to make the “stained glass” look even more realistic!

For God So  
**LOVED**

---

## FAMILY TAKE-HOME ACTIVITIES

### How to Use the Lent 2019 Family Take-Home Activities

As the name indicates, the **Family Take-Home Activities** are designed to be sent home with families each week. In addition to—or possibly instead of—hard copies, you may want to offer a digital option that families can get from email. Encourage children and families to engage with the scripture for the week by reading the passage and participating in the discussion or activity suggested in the **Family Take-Home** piece.

The **Family Take-Home Activities** also include a memory verse from the lectionary readings for each Lenten service. Feel free to use motions, songs, silly voices, or games to help young worshipers memorize these scriptures.

These activities were created to work in conjunction with the **Children's Teaching Outlines**, **Family Worship Experiences**, and the **Family Worship Activities**. However, they could also stand alone as a resource to help families engage in the Lenten season. Distribute them to families in the manner that works best for your context so that parents and guardians can help their young worshipers engage in the Lenten experience.

# ASH WEDNESDAY FAMILY TAKE-HOME ACTIVITY

## MARCH 6, 2019

**Scripture:** Isaiah 58:1-12

Check out one or more of the following books from your local library or find them at your local bookstore.

- *You Are Special* by Max Lucado
- *How Many Days to America?* by Eve Bunting
- *The Story of Ruby Bridges* by Robert Coles
- *The Sneetches and Other Stories* by Dr. Seuss
- *We're All Wonders* by R. J. Palacio
- *One Plastic Bag: Isatou Ceesay and the Recycling Women of the Gambia* by Miranda Paul
- *Separate Is Never Equal* by Duncan Tonatiuh
- *Four Feet, Two Sandals* by Karen Lynn Williams

As you read together, ask the following questions:

- *What is the injustice (unfairness) represented in this story?*
- *Is there a place where I see a similar injustice in our world?*
- *How might God be calling us to be a part of making things right and bringing justice?*

### MEMORY VERSE

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?” (Isaiah 58:6-7)

# FIRST SUNDAY IN LENT FAMILY TAKE-HOME ACTIVITY

## MARCH 10, 2019

**Scripture:** Luke 4:1-13

Work together to make something really tempting to eat (cookies, a cake, etc.). Then, give it all away to someone else like a neighbor, an elderly person from your church, or a friend. Talk about how special foods can represent a temptation, but there are lots of other temptations too.

**Ask:**

- *What is a temptation for you? Wanting to be in charge? Getting your own way? Having everything you want instantly? Watching something that maybe isn't as pleasing to God? Hours and hours of screen time?*
- *How can you ask God to help you with one area of temptation this Lenten season?*
- *What will it take from you to make a change?*
- *How can you "worship the Lord your God and serve him only" in this way?*

### MEMORY VERSE

"Jesus answered, 'It is written: "Worship the Lord your God and serve him only.'" (Luke 4:8)

# SECOND SUNDAY IN LENT FAMILY TAKE-HOME ACTIVITY

## MARCH 17, 2019

**Scripture:** Luke 13:31-35

Make a running list of the ways you see the goodness of the Lord this week. They might seem like small things or big things, but they all matter. Keep the list in a visible place, perhaps on your refrigerator and add to it all week long or even all of Lent.

**Ask:**

- *What are you longing to see God do?*
- *In what areas are you waiting on God?*

### MEMORY VERSE

"The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?" (Psalm 27:1)

# THIRD SUNDAY IN LENT FAMILY TAKE-HOME ACTIVITY

## MARCH 24, 2019

**Scripture:** Luke 13:1-9

Look in your pantry or fridge for something sticky like honey or chocolate syrup. Pour it in a bowl that is big enough for you to stick your hand in. Find something crumbly like cereal or crackers you can crush up. Pour the crumbs into a second bowl that you can stick your hand in. Pour water in a third bowl.

Stick your hand in the sticky stuff and then stick it in the crumbs. Without using your other hand or water, try to clean off your messy hand.

When you've had enough, rinse your hand in the bowl of water.

**Ask:**

- *In what way is sin like the sticky stuff?*
- *Why do you think Jesus makes it really clear that repentance is important for everyone?*
- *Repentance is turning from sin and turning towards God. It's feeling sorry for sin, asking for forgiveness, and deciding to live for God. Is there something that Jesus wants you to repent from (ask forgiveness and turn the other way) this Lenten season?*

### MEMORY VERSE

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." (1 Corinthians 10:13)

# FOURTH SUNDAY IN LENT FAMILY TAKE-HOME ACTIVITY

## MARCH 31, 2019

**Scripture:** Luke 15:1-3, 11b-32

Search for “Lego Bible Prodigal Son” on youtube.com, and watch the video together. Then, use your own Lego people, dolls, or figures of any kind to retell the story of the son who left but later returned to his father. Be sure to include the portion about the older son in your retelling.

**Ask:**

- *Where do you see yourself in this story?*
- *Are you more like the younger son or older son? How so?*
- *What does Jesus have to say to you through this parable?*

### MEMORY VERSE

“But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.” (Luke 15:32)

# FIFTH SUNDAY IN LENT FAMILY TAKE-HOME ACTIVITY

## APRIL 7, 2019

**Scripture:** John 12:1-8

Google “Mary Magdalene by Daniel Gerhartz” to pull up a painting of Mary Magdalene washing Jesus’s feet. Study the photo together. Then discuss the questions below.

**Ask:**

- *What do you notice in this picture?*
- *How does it make you feel?*
- *What else is happening in this scene outside the picture?*
- *What do you think Jesus’s face looks like?*
- *What do you think other people are saying or doing?*

### MEMORY VERSE

“I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.” (Philippians 3:10-11)

# PALM SUNDAY FAMILY TAKE-HOME ACTIVITY

## APRIL 14, 2019

**Scripture:** Luke 19:28-40

Find some favorite praise songs on Spotify, YouTube, or another music streaming site. Take a few minutes to listen to them or to sing them together as a family. Perhaps repeat this activity throughout the week. If you're not sure where to start or don't have any favorites, you might start with these:

- *Rescuer* by Rend Collective
- *My Victory* by Crowder
- *What a Beautiful Name* by Hillsong Worship

**Ask:**

- *What words of praise are these songs voicing?*
- *Which songs or phrases resonate or speak to you? Why?*

### MEMORY VERSE

“Blessed is the king who comes in the name of the Lord! Peace in heaven and glory in the highest!”  
(Luke 19:38)

# MAUNDY THURSDAY FAMILY TAKE-HOME ACTIVITY

## APRIL 18, 2019

**Scripture:** Mark 12:22-26; John 13:1-17, 31b-35

Find a simple bread recipe online. As you bake together, talk about the symbolism of bread and Jesus. Jesus said, "I am the bread of life" in John 6:35. Then, in Luke 22:19, Jesus holds up the bread and says, "This is my body given for you." Jesus tells his disciples (and us) to take communion in remembrance of him.

**Ask:**

- *Why does Jesus use bread as a symbol so often?*
- *How do acts like breaking bread during communion help us remember Jesus?*
- *What can we do to remember Jesus's sacrifice every day?*

### MEMORY VERSE

"A new command I give you: Love one another. As I have loved you, so you must love one another."  
(John 13:34)

# GOOD FRIDAY FAMILY TAKE-HOME ACTIVITY

## APRIL 19, 2019

**Scripture:** Psalm 22:1; John 18:1—19:42

Light a candle and dim the rest of the lights. Then, read **John 19:1-30**, thinking specifically about Jesus's death. While on the cross, Jesus referenced these very words from **Psalm 22:1**, "My God, my God, why have you forsaken me?" When you're finished reading, blow out the candle and turn off the lights, so it is dark or very nearly dark.

**Ask:**

- *How do you think Jesus felt when he was on the cross?*
- *How do you think God felt when his Son was on the cross?*
- *Why were they willing to go through the whole thing when they didn't have to?*

### MEMORY VERSE

"Jesus said, 'My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.'" (John 18:36)

# EASTER SUNDAY FAMILY TAKE-HOME ACTIVITY

## APRIL 21, 2019

**Scripture:** Psalm 118:1-2, 14-24; John 20:1-18

There's a really good chance that you're going to have some type of yummy food today, maybe even a special treat like candy. Cultures all over the world celebrate with food. This is a good tradition, but it's important to remember what we're celebrating with this yummy food.

Read **Psalm 118:1-2, 14-24**. Then, give thanks to the Lord for he is good, *and* his goodness gives us cause to celebrate with treats.

**Ask:**

- *How have we seen evidence of the Lord's goodness in our family?*
- *What are we specifically praising God for today?*

### MEMORY VERSE

"Give thanks to the LORD, for he is good; his love endures forever." (Psalm 118:1)