

LENT  
FAMILY  
DEVOTIONS

Dear Family,

Child and Family Ministry is so happy to serve you in this unique time. Our goal is to help your family to continue your walk with Jesus.

Trinity knows that being a parent is not an easy job. We are here to support you as your child grows. We are passionate about helping your family in your faith walk.

That brings us to this devotion guide. There are daily devotions inside designed to facilitate conversations with your kids. You will need to read the Bible verse listed before reading the paragraph devotion.

At the end of this devotion, you'll find a bingo board. It is all activities that your family can do together. If you get a bingo, please email me and I will have a prize for your family.

We continue to keep your family in our prayers.  
Blessings!

Haley Rasmussen  
Director of Child and Family Ministry

## **Ash Wednesday - Day 1**

*Genesis 3:19*

Today is Ash Wednesday. This is a special day in the church, but it is not like our usual special days. Usually on a special day, we get excited, decorate and eat good food. Today is a time to be quiet and think. This is time to reflect on the sins that we have committed. Sins are the mess ups, mistakes or times that we hurt someone else. This holiday, even though it is quiet, is very important. Say a prayer and ask God to forgive you for your sins.

## **Day 2**

*Psalms 99:3*

Yesterday, we talked about how we are celebrating something that is about being quiet and reflecting. In our Bible reading, the author is so excited about who God is. They want everyone to shout and praise God. During Lent, we do not say "alleluia". Alleluia is a great word to praise God, but this time is not about praising. It is about reflecting and thinking. Easter will be here soon and that is a time to celebrate like crazy! I think taking time to reflect makes the party of Easter even better. Say a prayer and thank God for time to think.

### **Day 3**

*Jeremiah 29:12*

During this time of Lent, it is a great time to pray to God. We get to talk to God. In our Bible verse, we learn that anytime we talk to God, He listens. It could be super late, super early, on a good day, on a bad day, when you are mad, when you are happy- we get to talk to God whenever. But the better part is that, He will listen to us whenever we call on Him.

### **Day 4**

*Saturday Activity*

Spend time with your family talking about the worst and best parts of this past week.

## **Day 5**

### *First Sunday of Lent*

Prayer: Dear God, thank you for a time to reflect and think about who you are and what you did for us. Thank you for sending Jesus to Earth to be our Savior. We are sorry for the sins and mistakes that we make. Help us to do better. We love you. In your name we pray, Amen.

## **Day 6**

### *John 1:29*

That is kind of like someone walking past you and saying that you are a celebrity. People knew the Savior was coming, but they did not know who it was. John the Baptist, Jesus' friend, says that Jesus is the "Lamb of God". This means that Jesus will be our Savior. In the temple, they used to offer up animals as sacrifices and pure white lamb was a great sacrifice. Jesus is like that pure white lamb for us. He will take away all the sins of the whole wide world! Say a prayer and thank God for Jesus for saving us.

## **Day 7**

*John 10:2-5*

Who do we follow? Who is someone that we worship and listen to? Jesus! Jesus is telling a story and showing people that He is the shepherd. Jesus is the good shepherd. He takes care of His sheep. We are the sheep! Jesus takes care of us. How does Jesus take care of you each day? Jesus shows us love every single day. Jesus loves us so much. He always gives us love. Jesus is a great shepherd that takes care of us each day. He never leaves us. He is always with us. Say a prayer and thank God for Jesus' love.

## **Day 8**

*John 10:7-10*

What things make you feel safe? You might feel safe when you know that doors are locked, your mom or dad are with you, or you have something that makes you happy with you. Nobody likes being scared or feeling unsafe. In the Bible, it tells us that Jesus will keep us safe. It can be comforting to know that Jesus is with us and will protect us from bad things. Jesus helps us when something bad happens, He is always there for us. Say a prayer and thank God for keeping us safe.

## **Day 9**

*John 10:11-13*

When something bad happens, we either want to fight it or run from it, we call this Flight or Fight. The Bible tells us that Jesus does not do that. Jesus is better. He stays with us. He does not leave us when something scary or bad happens, He stays right by us. He brings us comfort and peace, so we can feel better. Jesus is a good shepherd because He never abandons us. Say a prayer and tell God how much you love Him.

## **Day 10**

*John 10:14-15*

Who do you think knows you the best? They might know your favorite color, your favorite food, what you like to watch on TV, or what you like to eat on your pizza. It could be a family member or friend. I doubt that you said Jesus when you were thinking of people that know you well, but Jesus knows you. He knows everything about you. We also know a lot about Jesus because of the Bible. Jesus is our friend and He cares about us. He loves us so much that He died for us. He died to save us from sin, give us a spot in Heaven and show us that He loves us. Say a prayer and thank God for Jesus being our Savior.

## **Day 11**

### *Saturday Activity*

Draw a picture of Jesus tending to the flock of sheep (you and me).

## **Day 12**

### *Second Sunday of Lent*

Prayer: Jesus, thank you for being our good shepherd. We are happy that we have you in our lives. You do so much for us. Thank you everything that you do. We love you. In your name we pray, Amen.

## **Day 13**

*Matthew 16:15-16, 20*

Who is Jesus to you? Jesus is the most special guy to ever walk the Earth. Jesus' disciples, his friends, knew that Jesus was not just an average man. He is important. He is the Savior of the whole wide world! Peter told Jesus that He knows that He is a special man. Jesus told all his friends not to tell anyone. Why would He say that? Jesus wanted to keep this a secret. Do you think you could keep a big secret like this? That would be really hard, but the good news is that Jesus is not a secret anymore. He is our God and we get to share that with everyone! Say a prayer and thank God for His son, Jesus.

## **Day 14**

*Matthew 11:25-27*

Knowing God the way that we do is so special, not all people know God and love Him like us. Jesus tells us that to know Him, we must know God too. God had a big plan with putting Jesus on this Earth. He knew what He was doing. Jesus made friends that got to know Him. We get to be like Jesus' friends now. We get to spend time getting to know Him more by reading our Bibles and praying to Him. Say a prayer and tell Jesus how you like being His friend.

## **Day 15**

*John 5:20*

Think about a time that someone showed you something. They might have shown you how to wash your hands, how to use a phone in an emergency or how to put away clean dishes. When someone takes the time to teach us something, it means they care. They do not want us to be lost or confused, they want us to understand what is going on. Jesus tells us that God is showing Him all the great things He is doing. Jesus is thankful to see that. And we should be too. God shows us awesome works all the time. He brings new believers to Him, He heals people and brings sad people comfort. Say a prayer and thank God for working in your life.

## **Day 16**

*John 14:6*

When a door is locked, how do you open it? You get a key. In this Bible reading, we hear that Jesus is the key! He is the key to everything. He tells us that He is the way, the truth and the life. He is everything. He shows us the way to go, He is honest with us, and He gives us Eternal Life. We only get to know God after we know who Jesus is. Jesus opens the door for us. Say a prayer and thank Jesus for being our key.

## **Day 17**

*John 3:16-17*

This is a common verse that you might have heard before. If you have not this is an important verse, it sums up everything that Jesus is about. It tells us why Jesus came to be with us and how everything will end. It tells us that Jesus did not come to Earth to hurt us, but to save us. Jesus was planning all along to save us from sin, death and the Devil. He had a plan and He was committed to completing that plan. I am so glad that Jesus did that for us! Say a prayer and thank Jesus for coming to Earth to be our Savior.

## **Day 18**

*Family Activity*

Make a list of your favorite things about Jesus.

## **Day 19**

### *Third Sunday Of Lent*

Prayer: God, thank for you sending Jesus to Earth. We know that you had a plan from the beginning to save us. We are so thankful for that. Thank you. In your name we pray, Amen.

## **Day 20**

### *John 17:3*

How long do you think Eternal Life is? It hurts my brain to think about Eternal Life because it goes on forever. It never ends. Jesus promises Eternal Life with Him which means that we get to be in Heaven with Jesus forever. It will not end. We get this special gift by knowing who Jesus is. There is a lot to know about Jesus, but the most important thing to remember is that He always loves you, He is always with you and He will never leave you. Jesus is our forever friend. Say a prayer and thank Jesus for being your forever friend.

## **Day 21**

*Romans 5:8*

What is love? How does it feel to be loved? God loves us more than we can imagine. God loves us so much that His son died for us. That is some big love. And that is exactly what God is all about. The Bible even goes so far to say that God is love. They are the same thing. That is how much God loves us. Say a prayer and thank God for His great, big, amazing love that He gives us freely.

## **Day 22**

*Romans 10:13*

How do you call someone? You use a phone. You can call your family or friends and talk to them about how your life is going. We get to do the same thing with God. We get to call on God whenever. He will listen to our prayers. Our verse for today tells us that God saves anyone that calls on Him. He has a special place in Heaven for all those that believe in Him. Let's call on the name of the Lord. Say a prayer and tell God something that is on your heart.

## **Day 23**

*John 11:57*

What happens if you make your teacher mad? You might have some consequences, right? Jesus was about to experience some consequences for making the teachers in the Temple mad. He could not help but tell everyone about God and helping those in need. It made some people mad and they thought Jesus should be punished. Jesus can do no wrong. These people were wrong, but it had to happen so that Jesus could die on the cross for us. Say a prayer and thank Jesus for dying for us.

## **Day 24**

*John 10:31-33*

Have you ever told a lie? Of course, we all mess up and lie from time to time. Lies do not make us feel good. We feel guilty later for making up the truth. In the Bible, people accused Jesus of lying about Him being God. Jesus was not lying, but these people could not understand that He was God. They wanted to hurt Him for lying. We know the truth though. We know that Jesus is God. He does not lie. He only tells the truth. Say a prayer and thank Jesus for being our God.

## **Day 25**

### *Family Activity*

Talk your family about how much Jesus loves you. It is a lot!

## **Day 26**

### *Fourth Sunday Of Lent*

Prayer: Jesus, thank you for loving us so much. Thank you for making sacrifices for us. We love you. Thank you for being our God. In your name we pray, Amen.

## **Day 27**

*John 7:40-41, 44*

What is the craziest thing that someone told you that you believed? In Bible times people had a hard time understanding that Jesus was the Savior that they were waiting for. It's like if I told you that my friend was the Savior of the whole world, you would probably doubt it. After watching Jesus some people started to believe but others continued to doubt. Lying about being God was a serious issue and could get you in a lot of trouble, that is why people wanted to arrest Him. Say a prayer and thank Jesus for being honest even when it was hard.

## **Day 28**

*Mark 3:5-6*

What makes you feel better when you are hurt? The Bible tells us that Jesus is the Great Healer. He can heal anyone. In our story for today, Jesus heals a man with a hurt hand. Jesus healed a man on the Sabbath though. The Sabbath was a holy day and rules told the people that they could not work on that day. Jesus worked anyway. He knew the man needed healing and did so. It made people mad that Jesus did not follow all of the rules. Jesus knew that the rules were not as important as helping someone that was hurting. Say a prayer and thank Jesus for being the Great Healer.

## **Day 29**

*John 2:18-19*

Destroy the temple and rebuild it in 3 days! What is Jesus talking about? Jesus is not talking about a building. He is talking about Him. He is telling us that He will die on the cross and three days later rise. He is telling us what He is going to do on Easter. No one understood though. This was too early for them to understand what Jesus was talking about. We know what Jesus means. He is telling them that He will die and rise for them. Say a prayer and thank Jesus for going to the cross for us.

## **Day 30**

*Mark 9:35*

How many of you like or liked being line leader? It is so fun to be first for things. I like being first to get my slice of pizza or in line in a store. Jesus tells us that if anyone would be first, they must be last. That is confusing. Jesus wants us to know that we have to be servants. Being a servant of God is an important job and God rewards those that do His work. Being a servant of God is helping those in need, loving people or sharing Jesus with anyone that you meet. By doing these things, God makes you first even when you feel like you are last. Say a prayer and ask Jesus to help you be a servant to others.

## **Day 31**

*Luke 17:25*

Have you ever felt rejected? Maybe someone did not let you play with them or you did not get to sit by a friend. Being rejected feels awful, but even worse than being rejected, suffering feels worse. Jesus had to feel those things. He had to suffer on the cross for us and He had to be rejected by people. It was important that Jesus died in this way. It can be hard to hear about because we love Jesus. You never want the people you love to suffer. Jesus suffered because He loves us. Say a prayer and thank Jesus for suffering for you.

## **Day 32**

*Family Activity*

Eat a meal as a family and talk about what you have learned from these devotions.

## **Day 33**

### *Fifth Sunday Of Lent*

Prayer: Dear Jesus, thank you for loving us so much. Thank you for taking all the sin and shame of the world away. Thank you for dying on the cross so we could be free and know your love. We love you. In your name we pray, Amen.

## **Day 34**

### *Matthew 17:22-23*

Do you remember a time that someone told you something and it made you sad? It can be really sad to hear that Jesus died for us. Jesus told his friends what He had to do and they were so sad for him. If you knew that someone you cared about was going to suffer, you would be sad. Jesus' friends felt the same way. Jesus knew what He had to do for us. He was very brave about dying for us. He was brave in the middle of a scary thing. Say a prayer and ask Jesus to make you brave when things are scary.

## **Day 35**

*Mark 8:31*

We learned a couple of days ago that being rejected is not fun. It hurts. It is hard to imagine being rejected by everyone though. If we are rejected, it is typically by a couple of people and not the whole world. Jesus was rejected by everyone, but a couple of friends. He stood alone as He went to die. Jesus took all the pain of the world with Him when He died. That is a big job for one person. Say a prayer and thank Jesus for taking the pain of the world away.

## **Day 36**

*Mark 8:34*

What does it mean to be a follower of Jesus? Jesus tells us that to follow Him, we must take up our own crosses. That seems a little wild. It means that we must be ready for suffering as followers of Jesus. Jesus does not promise us a perfect life, He promises us that He will always be with us and that He loves us no matter what we do. Our lives will not always be easy, but Jesus does not abandon us. Taking up our cross is a fancy way of saying that we might suffer in this life. The most important thing is that we follow Jesus though. He is there for us. He loves us. Say a prayer and ask Jesus to help you live a life that makes Jesus happy.

## **Day 37**

*John 12:1-3*

What is the most expensive thing that you own? Can you imagine dumping that thing out or putting it in a dirty place? No way! Jesus' feet would have been dirty because He wore sandals on dirt roads, but Mary dumped expensive perfume on his feet anyway. Then she used her hair to wipe it up. It sounds nasty, but Mary was doing a good thing. She was caring for Jesus. She was showing that she loved and respected Him. This was just days before Jesus would die on the cross and Mary showed that she wanted to honor Jesus. Say a prayer and ask Jesus to help you honor Him.

## **Day 38**

*John 12:4-8*

Do you like having money? I think having money is nice, but it is important we do not become obsessed with money. Judas, one of Jesus' disciples, was greedy. He was obsessed with money and He was upset that Mary used that expensive perfume to clean Jesus' feet. Jesus thought this was a good thing. He tells Judas that Mary did the right thing. Jesus was not going to be with them for much longer and Mary was showing that she respected Jesus. Mary did the right thing even though, it seemed silly to Judas. Say a prayer and ask Jesus to help you be generous like Mary.

## **Day 39**

### *Family Activity*

Sit down with your family and make a plan about how you will celebrate Easter.

## **Palm Sunday - Day 40**

### *Mark 11:1-11*

Do you like going to parades? I think parades are so fun with people yelling and cheering. Sometimes you even get a treat. Palm Sunday is kind of like a parade. Jesus rode in on a donkey. People shouted and praised Him. People were shouting this special word, Hosanna. Hosanna means “save us” or “help us”. These people cheering on Jesus knew that He was the Savior of the world. They knew that Jesus could save them and they wanted that. We also want that. We know that Jesus can do awesome things and we get to shout hosanna to Him too. Jesus was praised and celebrated by many on Palm Sunday. Let’s see how they treat Him the rest of the week. Say a prayer and praise Jesus.

## Want to do more family devotions?

Trinity will have Holy Week devotions with crafts.  
Email Haley Rasmussen at  
rasmussenh@trinityroselle.com if you are interested.

Pick up will be on **March 26** from 3-4 pm  
and **March 27** from 3-4 pm.

## We invite you to join us for Holy Week Worship!

Find detailed information about Lent and Holy Week Services on our website ***trinityroselle.com*** including a children's Good Friday service on April 2.

# FAMILY LENT BINGO

Watch a Sunday School lesson on Trinity's YouTube	Make a list of things you are thankful for	Say bedtime prayers together	Attend or watch a worship service together as a family	Dance to your favorite worship song
Attend Ash Wednesday service	Meal time prayers	Family movie night	Get ashes	Morning prayers
Read a book together	Read your favorite Bible story	FREE SPACE	Act out a Bible Story	Call someone and tell them about Jesus' love
Write a letter to a friend	Do something nice for a stranger	Go on a walk	Make a meal together	Memorize a favorite Bible verse
Pray for the ministry at Trinity	Read a Bible story that you've never heard of	Help each other with chores	Pray for someone in need	Give 3 compliments to each other

Did you get a bingo? Email Haley Rasmussen at [rasmussenh@trinityroselle.com](mailto:rasmussenh@trinityroselle.com) to get your prize!