



WAYS TO OBSERVE LENT INDIVIDUALLY OR WITH YOUR FAMILY AND FRIENDS...

So how do you get involved with observing Lent this year? Great question! Here are a couple of ideas. We encourage you to take them and make them your own. There are no set “rules”. Find what works best for you and how you feel led in observing Lent.

LAY SOMETHING DOWN OR PICK SOMETHING UP

Traditionally, Lent is observed by sacrificing something dear to you. That is still an option. *LAYING DOWN* a beloved food or activity or, to do something different this year is an option. How about considering *PICKING SOMETHING UP*?

If this is a new concept for you, consider doing something for one week. Then the next week either continue or try something new. The important thing is the willingness to alter our lives in an effort to draw closer to Jesus and depend on Him for strength. This will vary greatly from person to person and is a very personal decision with no right or wrong.

Ideas on what to lay down:



1. **A type of food (daily or weekly)** – Choose a type of food, like dessert or chips. You can consider doing a once a week fast, examples would be vegetarian Monday or no sweets on Fridays.
2. **Negativity** – This is a great choice to help families shift their focus to kindness and gratitude as you remember Jesus and choose to become more like him. Negativity includes complaining, arguing, gossiping, etc. To add to the mix, include a Kindness Challenge! If someone lets some negativity slip out, agree as a family to replace it with TWO positive comments.
3. **Stuff (toys, clothes, household items)** – Donate items to someone in need or to a local charity. Encourage the whole family to participate. One idea is to do 40 items in 40 days or even 40 bags in 40 days. Do what works best for you. This is also a great practice in gratitude. Share with each other what you are thankful for.
4. **Screen Time** – This applies to each person, not just the kids! Netflix, video games, social media, etc. These can be major distractions from what is truly important. Lent is a great time to practice restraint in these areas and invite God to transform hearts and minds. Consider even making a commitment as a family to go without screens during a certain time of the day or week and replace it with something that focuses on loving God or people.

Ideas on what to pick up: 

- 1. Family Worship or Devotional Time** – This is one of the best things you can do during Lent together, whether it is 10 minutes a day or an hour once a week. This can be a time of worship, reading the Bible together, talking about Jesus, praying together or a combination of all of them. Get creative! Include the entire family – split up the Scripture, act out a Bible story, play instruments, take turns praying, etc. Think outside the box and enjoy your time with family and God.
- 2. Do A Seder Meal** – It’s what many people believe Jesus was celebrating at the Last Supper. Let your family experience a “Last Supper” in a fun and educational way. (See the article on the Seder Meal in this booklet.)
- 3. Memorize Scripture** – This is a powerful tool and great way to fill your family with Truth during Lent. Commit as a family to memorize one Scripture verse per week during the six weeks of Lent.
- 4. Bless Others** – One of the best ways to align our hearts with God’s heart is to do what He would do... love others. This can be a little bit of challenge during a pandemic, but it is still doable. Some examples include: helping an elderly neighbor with food or mow their yard (Spring is just around the corner), tell essential workers thank you for all they are doing and offer a short prayer of blessing to them, if you are musical organize a front porch concert for your neighbors, write encouraging Scripture on sidewalks, and these are just a few examples.



LENT