



## 40 Lent ideas for kids: printable version

Instructions: Print. Cut apart and put together as a paper chain in your preferred order. Rip off one per day during Lent and do it! Remove some of mine or add your own as desired. (NOTE: This came out of my brain. Please don't distribute it without permission! You rock, thank you.)

Source: <http://www.christiethomaswriter.com/kids-ideas-blog/40-lent-ideas-kids/>

The season of Lent covers the 40 day period before Easter. Each year it starts on a different date (because Easter moves around), although always on Ash Wednesday. It is said that the 40 days reflect Jesus' time of fasting and prayer in the wilderness after his baptism. Many people sacrifice something during Lent (like coffee, sweets, or shopping) as a way to tune their hearts back to God. The point of sacrificing something important is to remember that God wants to be the most important aspect of our lives. When we come to depend on a sugary snack rather than prayer during the mid-afternoon slump, Lent reminds us of our waywardness and calls us back to our first love.

### **Are you considering celebrating Lent with your kids?**

It seems like a very adult thing to celebrate, but it is possible to make Lent meaningful for children as well. The three pillars of Lent are prayer, fasting, and almsgiving. These three practices are to help us grow in holiness, and kids can participate in all three, to various degrees.

Since kids don't typically have a lot of money for almsgiving, I will be encouraging them to think of ways they can simply give to others. It may be a smile, their favourite treat, or a compliment. With fasting, I will talk to them each individually and see what they would like to give up for a day. It could be dessert, TV, or a car ride home (taking the bus instead). They'll be encouraged to choose their fast. As for the prayer days, any child can pray! What follows are some ideas that families can use to create your own list, or can be simply printed off as-is and used.

# **GiViNG**

Do someone else's chore

Give someone a hug

Help someone (you decide how!)

Make a card for someone

Make a craft for someone

Do something kind for Mom/Dad

Do something kind for the earth

Read a book to a sibling

Say something kind to a family member

Say something kind to a friend

Play with someone different at recess

Tell your teacher one thing you like about  
him/her

Smile at as many people as you can

Write a letter/draw a picture for our  
sponsor child

Bring some baking to a neighbour

Give something of yours to a family member

Give something of yours to a friend

Wash someone's feet

Do someone else's laundry

Clean a bathroom

Make someone else's bed

Set aside some of your own money for giving to church

Use your own money to buy food for the food bank

# **FASTING**

Fast from TV

Fast from dessert

Fast from candy

Fast from a bad habit

Fast from sweet drinks

Fast from meat

Fast from reading anything but the Bible

# **PRAYING**

Praise God for who He is

Confess something to God that you feel  
bad about

Thank God for your favourite people

Pray for someone who is sick

Sing a song of praise to God

Kneel before God and pray

Pray for a refugee

Pray for someone who needs to know  
Jesus

Pray for your pastor

Read a Bible story together