

COUNTDOWN
TO EASTER

LENT

KiDS

WHAT IS IT?

A guided calendar for families to connect with one another and grow in faith during the 40 days of Lent. (Sundays are traditionally not included in the 40).

WHEN DOES OUR FAMILY USE IT?

February 18 — April 2

HOW DOES IT WORK?

The Countdown is divided into 6 weeks. Each section has a different focus with a related activity to be completed as a family.

HOW TO USE THE COUNTDOWN

- Read the 'Big Thoughts' and 'Big Idea' as a family devotional.
- The Memory Verses all link together to create one connected scripture at the end!
- Complete as many of the weekly activities as your schedule allows.
- Choose something to give up or do without, individually, or as a family.

1 WEEK OF FEBRUARY 18-24

BIG THOUGHTS:

You may be asking yourself, what is Lent? That is a great question! Lent is a season of 40 days which leads up to Easter weekend. Easter is a special, holy time when we remember Christ's death and burial, and celebrate His resurrection. Christian believers observe Lent to focus on what God has done for us and Christ's big love that was shown by His defeating sin and death for us on the cross—once and for all! Which is really something to celebrate!

BIG IDEA:

God's love is bigger than our sin.

MEMORY VERSE (PART 1):

The Lord's love never ends. His mercies never stop.
Lamentations 3:22

FAMILY ACTIVITY:

As a family consider giving something up for Lent together, like a special food or a form of technology. Replace it with an idea like the one below:

- Write 10-20 names on strips of paper and place them in a jar. Pull a name each night as a family and pray for that person before bed. Replace the strip back in the jar. It's okay if you pray for some people more than once!

2

WEEK OF FEBRUARY 25-MARCH 3

BIG THOUGHTS:

Another great question to ask during Lent is what is fasting and why do Christians do it? Fasting is a sacrifice that you make that helps you focus on God instead of placing your attention on something else. A sacrifice means you are choosing to give something up for a special reason. Fasting during Lent is done by Christian Believers to help us remember Christ's sacrifice for us and helps us to honor Him. Many people in the Bible fasted, including Jesus himself (Matthew 6:16-18)! Fasting is a way to draw us closer to God and further away from our own wants and needs.

BIG IDEA:

Jesus sacrificed His life for everyone.

MEMORY VERSE (PART 2):

They are new every morning. Lord, your loyalty is great.
Lamentations 3:23

FAMILY ACTIVITY:

Choose a day this week to be screen-free as a family. Use this extra time to challenge each other to remember the weekly Memory Verse!

3 WEEK OF MARCH 4-10

BIG THOUGHTS:

What is sin? Sins are mistakes that people make that pull us away from God and hurt other people. People make mistakes everyday. The Bible says that everyone sins and no one is perfect. Only Jesus lived a perfect life! But when Jesus died on the cross, He took all the sins ever made and offered Himself as a willing sacrifice to cover these mistakes. His sacrifice defeated all sin and death so that we can be forgiven when we ask. Asking for forgiveness is called repentance. Jesus' forgiveness means that we can live in freedom and in joy: these are gifts that He gives us if we accept His forgiveness. He gives us the strength to be more like Him everyday!

BIG IDEA:

God is always ready to forgive me when I repent.

MEMORY VERSE (PART 3):

I say to myself, "The Lord is what I have left. So I have hope." Lamentations 3:24

FAMILY ACTIVITY:

Is there anyone you're angry with? Someone you need to forgive? Write their name down on paper. Then, as a sign of your forgiveness to them, rip up the paper and throw it away, and ask God to help you to forgive. Is there something you need forgiven for? Go to the person you hurt and ask for their forgiveness.

4 WEEK OF MARCH 11-17

BIG THOUGHTS:

When we understand how much Jesus really loves us it makes us want to love people in big ways! Jesus gives us the ability to help other people and love like Him. Jesus said one of the most important commands in the Bible is to love people just as much as we love ourselves! Wow! Also, you should love yourself a lot because you are made in God's image! That means you are made to reflect God's love to everyone around you, just like a mirror reflects an image. Sometimes at Lent, Christians show love to others as an act of almsgiving, which means you want to BLESS other people in the name of Jesus!

BIG IDEA:

Jesus' love for me is so great, that if I share His love to other people, His love never goes away or gets smaller.

MEMORY VERSE (PART 4):

The Lord is good to those who put their hope in Him.
He is good to those who look to him for help.
Lamentations 3:25

FAMILY ACTIVITY:

Look at the list of BLESS activities by scanning the QR code or visiting MountainCC.org/BLESS and complete one act as a family.



5 WEEK OF MARCH 18-24

BIG THOUGHTS:

Have you ever had exciting news that you couldn't wait to share with everyone? Maybe it was your birthday, or maybe it was a special surprise that you found out about! When you have amazing news, it makes you want to share it with everyone you know! When Jesus died on the cross, it was sad news, but when He was resurrected (alive again), the women who found the empty tomb couldn't wait to tell everyone they knew that He wasn't dead anymore! It was the happiest news EVER! Lent is a great time to remember that Jesus loves everyone, and we get to share that exciting news with everyone, everywhere! We get to look forward to celebrating Jesus' resurrection with happy excitement!

BIG IDEA:

Lent is a time to remember what Christ did for us and to look forward with happy excitement to celebrating His life, death, and resurrection.

MEMORY VERSE (PART 5):

It is good to wait quietly for the Lord to save.
Lamentations 3:26

FAMILY ACTIVITY:

After discovering that Jesus' body was missing, Jesus actually appeared to Mary and told her He was alive. As a family, talk about how you would have felt if you were Mary. What would you have said to Jesus?

6 WEEK OF MARCH 25-APRIL 2

BIG THOUGHTS:

Have you ever made a promise that you forgot to keep? Well, God made a promise to people long before Jesus was ever born! God made a special promise to Abraham that through his descendants, all people would be blessed! Jesus was the answer to that special promise! God always keeps His promises and Jesus also made a special promise: He promised to always be with us, and to never leave us, and that is something to really celebrate all year long!

BIG IDEA:

God makes and keeps His promises.

SCRIPTURE READING FOR HOLY WEEK:

- Palm Sunday — Matthew 21:1-11
- The Last Supper — Matthew 26:17-30
- In the Garden — Matthew 26:31-75
- It is Finished — Matthew 27:27-66
- A Happy Sunday! — Matthew 28:1-10

FAMILY ACTIVITY:

Watch the Bible stories (Scan QR Code) after you read them together as a family, then attend church together as a family! As you sing or listen to the message, close your eyes and remind yourself of all that Jesus has done for you.



**Looking for simple, meaningful ways
to celebrate Lent each day?**

Scan the QR code or visit MountainCC.org/Lent
for a Lent calendar filled with fun, easy ideas for
kids and families to try together!



**Invite, serve, and worship at
Mountain for Easter!**

Find the campus and service time that works
best for you at **MountainCC.org/Easter**.



