



# LIVING ON PURPOSE

Suncreek UMC

**40 Day Journey  
through Lent**  
*for Kids & Families*

# What is Lent?

Lent is a time of the year when followers of Jesus begin getting ready to celebrate Easter. Lent lasts 40 days just like the story of Jesus spending 40 days in the wilderness getting ready to begin preaching and teaching. He prayed and listened to God's Spirit so He would be the person God wanted Him to be.

# Why do we observe Lent?

Like Jesus, we spend 40 days during Lent praying and listening to God's Spirit so we can continue to grow into the person God wants us to be. We do this together as a family and as a church. You are loved!

**“Then Jesus was led by the Spirit  
into the wilderness...”**

**~ Matthew 4:1**

# Week I - Sunday, February 21<sup>st</sup>

## Following the Spirit on Purpose

### Matthew 4:1-11

# FAST

The purpose of a fast is to we stop doing something that is common in our life so we can spend time with God instead.

**Choose one fast per day (Monday-Saturday) OR choose one fast for the entire week.** During this week, take a few minutes to talk to your family about fasting.

Fast from sweets & share sweet notes with your family and friends

Fast from technology & read Bible stories

Fast from complaints & share compliments

Fast from feeling worried & spend one minute in prayer

Fast from excess & donate toys, clothes, or books you no longer need

Fast from busyness & spend 10 minutes of quiet time

Fast from negativity & make a list of 10 things for which you are thankful

Fast from TV or video games & spend 30 minutes outside enjoying nature

### Reflection Questions to discuss as a family.

- How did it feel to fast? What was the hardest thing to give up? Why?
- Which activity did you enjoy the most?
- What did you learn this week?
- Draw or sketch a picture to help you remember this week.

# Week 2 - Sunday, February 28<sup>th</sup>

## Following Jesus on Purpose

Mark 8:31-38

# SERVE

Jesus' life provides the example of what it means to serve others. He teaches those who follow him that they must take up their cross and serve others as he did. **Choose one act of service per day (Monday-Saturday) OR choose one for the entire week.** During this week, take a few moments to talk with your family about serving.

Help cook a meal and deliver it to someone who is lonely

Do something helpful in your home without being asked

Call a friend or family member and tell them what they mean to you

Hold the door for people when you go in and out of a building

Pick up trash as you take your daily walk

Write notes or make cards for nursing home residents

Bake some treats and deliver to a neighbor

Volunteer to help your parents or sibling(s) with a chore

## Reflection Questions to discuss as a family.

- How did it feel to do something kind for others this week?
- Which activity did you enjoy the most?
- What did you learn this week?
- Draw or sketch a picture to help you remember this week.

# Week 3 - Sunday, March 7<sup>th</sup>

## Worshiping on Purpose

John 2:13-22

### PRAY

Prayer is talking to God. We talk to God like we do our parents or our best friend. We tell God what is worrying us, we ask prayers for those we love, and we thank God for all the things that make us happy. Though we pray our own prayers each day, sometimes we pray other people's prayers. **We have provided a prayer for you to use each day.** During this week, take a few moments to talk with your family about prayer.

#### **MONDAY: Good Morning, Jesus**

Jesus, you are good and wise  
I will praise you when I rise.  
Jesus, hear this prayer I sent  
Bless my family and my friends.  
Jesus, help my eyes to see  
All the good you send to me.  
Jesus, help my ears to hear  
Calls for help from far and near.  
Jesus, help my feet to go  
In the way that You will show.  
Jesus, help my hands to do  
All things loving, kind, and true.  
Jesus, guard me through this day  
In all I do and all I say.

#### **TUESDAY: The Lord's Prayer**

Our Father, who art in heaven, Hallowed be thy Name.  
Thy Kingdom come. Thy will be done on earth, As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, as we forgive those who trespass  
against us.  
And lead us not into temptation but deliver us from evil.  
For thine is the kingdom, the power, and the glory, For ever and ever.  
Amen.

**WEDNESDAY: Thank you, Jesus, For Them All**

Round this table, here to pray  
First, we thank you for the day  
For our family and our friends  
Gifts of grace that heaven lends  
Living water, daily bread  
Countless blessings our God sends  
Thank you, Jesus, for them all  
For the great ones and the small  
When we're happy, when we're sad  
On the good days and the bad  
We are grateful, we are glad  
Amen.

**THURSDAY: Thank You God for Everything**

Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you, God, for everything.

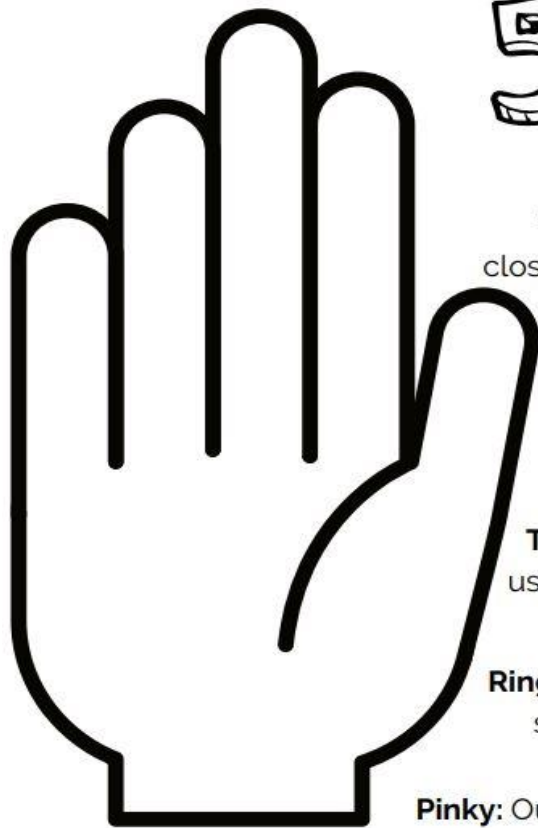
**FRIDAY: Thank You, O God**

God made the sun,  
And God made the trees,  
God made the mountains,  
And God made me.  
Thank you, O God,  
For the sun and the trees,  
For making the mountains,  
And for making me.

**SATURDAY: A Prayer for the Morning**

Now, before I run to play,  
Let me not forget to pray  
To God who kept me through the night  
And waked me with the morning light.  
Help me, Lord, to love you more  
Than I have ever loved before,  
In my work and in my play  
Please be with me through the day.  
Amen

Prayer is talking to God. When we pray, we tell God what is going on in our life, ask for help, thank and praise God, and seek forgiveness. Prayer is also about listening to God. There are many ways to pray. Below is a simple guide to praying for others.



## The 5-finger prayer

**Thumb:** Those who are closest to you & your family

**Pointer:** Those who point you in the right direction (like your teachers and pastors)-- pray for wisdom

**Tallest:** Those who lead us (like the government)-- pray for guidance

**Ring:** Those who are weak, sick, in trouble, or need healing

**Pinky:** Our prayers for ourselves

"Rejoice always, pray continually, and give thanks in all circumstances"

**1 Thessalonians 5:16-18**

As this week comes to a close, think about the time you have spent talking with God. Draw, doodle, or sketch your prayers for the week.

# Week 4 - Sunday, March 14<sup>th</sup>

## Believing on Purpose

John 3:14-21

# GRATITUDE

The Bible tells us, “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.” When someone loves us that much, we are grateful (thankful). **Choose one act of gratitude per day (Monday-Saturday).** During this week, take a few moments to talk with your family about things for which you are thankful.

Chalk your sidewalk or trail with positive messages

Write a note or draw a picture and share with someone special

When you notice something beautiful or special in your day, stop and say ‘thank you’ to God

Leave a letter of encouragement for a friend

Do something nice for your parents or siblings

Set a timer for two minutes and list everything for which you are thankful

Write a thank you note for a teacher, bus driver, pastor, or coach

Take a treat to share with police, firefighters, nurses, and doctors.

## Reflection Questions to discuss as a family.

- How did it feel to share gratitude this week?
- Which activity did you enjoy the most?
- What did you learn this week?
- Draw or sketch a picture to help you remember this week.



# **Week 5 - Sunday, March 21<sup>st</sup>**

## **Seeking on Purpose**

**John 8:20-36**

### **SEEK**

The life of a disciple is the life of seeking Jesus. We seek Jesus in our families. We seek Jesus in our school. We seek Jesus in our world. One way we find Jesus and find what God wants for us is by seeking in the scriptures. Read one chapter per day with your family and seek out what God might be saying to you.

**Monday – Joshua 24 – The story of Joshua who followed Moses as leader**

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**Tuesday – Luke 10 – The story of the Good Samaritan**

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**Wednesday – Psalm 46 – God is our refuge and our strength**

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**Thursday – Luke 15 – The story of the Prodigal Son**

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**Friday – Ecclesiastes 3 – There is a time for everything**

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**Saturday – Galatians 3 – Living by faith**

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# **Week 6 - Sunday, March 28<sup>th</sup>**

## **Sacrificing on Purpose**

**Mark 11:1-11**

# **GIVE**

As we come into this last week of Lent, we join the crowd welcoming Jesus into Jerusalem. With them, we give our praise and our voices and our lives, not realizing Jesus has come to give his life for us. It is fitting then that we focus this last week on giving. **Choose one act of giving per day (Monday-Saturday).** During this week, take a few moments to talk with your family about giving to God and others.

Love – Tell the people closest to you how much you love and appreciate them

Money – Give an offering to the church

Talents – You are really good at something. Use your talent to help others.

Kindness – Share kindness with someone who is alone and in need

Time – Volunteer to serve in a way that helps others

Faith – Invite at least one friend to come to church with you

## **Reflection Questions to discuss as a family.**

- How did it feel to give of your time, talents, and money this week?
- Which activity did you enjoy the most?
- What did you learn this week?
- Draw or sketch a picture to help you remember this week.

# Lent Reflection

As we reach the end of this journey, think back on all of the things you did each week. As we walk and pray, we find both questions and answers. Take a few minutes with your family to answer these questions.

- What are three things you learned during Lent?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- What did you do for the first time that was really fun or interesting?

- \_\_\_\_\_
- \_\_\_\_\_

- List two activities you will continue to do after Easter.

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- \_\_\_\_\_

Draw or sketch a picture of how you feel after sharing this journey with God and your family.

*Let's keep this going...*

Your Suncreek Discipleship Team invites you to continue in your spiritual growth. Go to the church website and check out the discipleship pages. You will find resources and ideas that will help you and your family continue to grow in your faith.



The Suncreek  
**DISCIPLESHIP TEAM**  
presents

**A Guide to  
Living in Faith**

*New & Improved!*

**Go Explore at [www.SuncreekUMC.org/path](http://www.SuncreekUMC.org/path)**



# HOLY WEEK

Upcoming Services - Online & In-Person

**PALM SUNDAY**  
March 28 at 11AM

**MAUNDY THURSDAY**  
April 1 at 7PM

**GOOD FRIDAY**  
April 2 at 7PM

[www.SuncreekUMC.org/holyweek](http://www.SuncreekUMC.org/holyweek)

CELEBRATE

**EASTER**

AT SUNCREEK UMC  
April 4 at 7:00, 8:00, 10:00 & 12:00



# SUNCREEK

## United Methodist Church

Living, Growing and Serving in Jesus Christ to change lives and the world.

[www.SuncreekUMC.org](http://www.SuncreekUMC.org)