

Lent

PROVISION IN THE
WILDERNESS



Table of Contents

01	Welcome
02	Intro to Fasting
03	Daily Rhythm
04	More Questions?
05	Week of February 26
09	Week of March 5
13	Week of March 12
17	Week of March 19
21	Week of March 26
25	Week of April 2
29	Appendix: Lenten Seed Activity
29	Appendix: Resources

Welcome

Throughout the Bible, God regularly leads His people to the wilderness in preparation for something significant. Israel was in the desert for 40 years before entering the promised land. Moses spent 40 days on a mountain before receiving God's law. But the 40 days of Lent specifically remind us of the days Jesus spent fasting in the wilderness prior to his public ministry. The church has historically observed Lent as a 40-day period of preparation (fasting, prayer & generosity) for the great feast of Easter Sunday!

Provision in the Wilderness

In the wilderness, provisions for life are few and far between, our resources are stretched to the limit, and when they run out...they run out. So why would God lead anyone to such a dry, desolate place? It's in the wilderness we find that our own strength is simply not enough. In the wilderness, our trust in God's faithfulness is put to the test. Will God provide what I need? Is God enough to sustain me through the trials?

Will We Toil or Will We Trust?

When short on resources in the wilderness, we are often tempted to despair, to strive, to desperately cling to the little we have out of fear. But the Lord invites us to come to Him as a Father who is both capable and willing to provide for his children. This devotional focuses on the many ways God has promised to sustain His children in all of life. Rather than live in fear, we are invited to live out of a deep and abiding trust in His good and gracious heart. This Lenten season we will see that God has lavishly gifted us peace and hope, our daily bread, strength in temptation, comfort in affliction, and wisdom for daily living.

Christ, Our Greatest Provision

Yet, all these gifts point us to the greatest provision God has made in the Lord Jesus. In Christ, we have an incomparable treasure. Or as the Apostle Paul put it, "I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ" (Philippians 3:7-8). We pray this devotional will lead you to treasure Christ above all else, being nourished by his presence throughout this season of Lent.

Fasting

Fasting is the spiritual habit of temporarily giving up something good in order to feast on the greater good: Christ.

In fasting, we give up something that typically comforts us: food, caffeine, sugar, social media, video games. Fasting is not easy. Entering into the wilderness of fasting will be uncomfortable. But as we put away the distractions and the earthly things we find comfort in, we will be reminded of a much greater comfort: the presence of Christ. Whether fasting is new to you or you are someone who fasts regularly, our hope is that we will all take a step forward in fasting during this Lent season.

How to Fast

If this is your first time fasting, we'd like to provide you with a few options for giving up good things.

Fasting from Food (Whole Fast)

Choose a meal each week to skip. You may begin by skipping one meal one day during the first two weeks, one meal on two days during the second two weeks, and during the last two weeks, do a 24-hour fast each week.

Fasting from Food (Partial Fast)

Choose a food or drink you go to for comfort, such as caffeine or sugar. Remove this food from your diet during Lent. If needed, you can start gradually, removing it for part of the day for the first few weeks so that by the last three weeks of Lent, you can remove it completely from your diet.

Fasting from Activities

Choose an activity you go to for escape or comfort, such as social media or video games. Determine to give up that activity over the next six weeks, perhaps only engaging in that activity one day a week for a predetermined time.

Feasting while Fasting

No matter what type of fast you choose, remember that we fast to commune more deeply with our Father. This resource provides you with scripture and questions that lead to prayer and communion with our Father. We hope that as you put aside distractions of life and feel the loss of daily comforts, you will make time to seek after God and receive His comfort.

For more information on the biblical foundation for fasting, please see our resource list in the Appendix.

Daily Rhythm

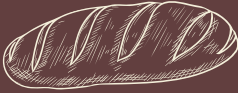


1) WATER LENTEN SEED

Gather the family and begin by watering the Lenten grass in anticipation of the new life that will come on Easter Sunday. (Evening Only) See Appendix for more about the Lenten seed.

2) READ & OBSERVE

Read the day's scripture passage to your family slowly and thoughtfully. What words, ideas, or phrases stand out? (Morning & Evening)



3) REMEMBER GOD'S PROVISION

Read the scripture passage again. Use the reflection question to recall how God has generously provided. (Morning & Evening)

4) LAMENT

Read the scripture passage once more. Where is the gap between the Lord's promise and your experience of His provision? Express that honestly to your Father; He welcomes your lament and longs to meet you in the midst of it. (Morning & Evening)



5) REMEMBER GOD'S PROMISES

Then recite the included prayer of faith that God will be faithful to His word and provide in the way that is truly best. (Morning & Evening)

6) JOURNAL OR DRAW

Finally, put on some music (from the linked Lent playlist) and encourage younger kids to draw while older kids and adults can journal their thoughts and prayers to the Lord. (Morning & Evening)



More Questions?

Why are the morning and evening reflections the same?

We lead others best when we have first walked the path ourselves. As the Lord ministers to you in your personal morning devotion, be attentive to how you might guide your family along the same path that evening, but in a way that speaks to their ages and temperaments. Additionally, just as you see new things each time you repeat a movie, purposeful repetition in God's Word is sure to produce new insights each time you engage it.

Why water Lenten grass?

First, it's fun for kids (and adults!) to have a tactile activity to reinforce the truth we are engaging. Second, we remember far more when our bodies are involved. God made us embodied creatures shaped not only by what we think but also by what we do.

As kids water the seeds each day and hear Christ's words read, they are reminded that although Lent leads to the death of Christ on Good Friday, the story ends with a resurrected Jesus! But more than that, Jesus's story becomes our own! In his death, we die to our former, sinful self and in his resurrection we're raised to eternal life! Refer to the Appendix of this booklet for more on this activity.

Why do we read the scripture 3 times?

This is a way of reading the scriptures called *Lectio Divina* that dates back to the early centuries of the Church. The Bible speaks of "meditating" on the word of God, (Ps 1:3, 119:15). Rather than doing a "flyby" of the passage or even an in-depth study (both valuable), in this practice we slow down significantly and receive the text as a gift to be savored more than a problem to be dissected. To meditate is to reflect on, to ponder, to mull over, to talk about, to hear and re-hear the passage as God's very words to you. You'll also notice we encourage you to slowly and thoughtfully pray the final prayer (also based on the scripture) 3 times as a way of focusing your heart and mind on the Lord's provision that's in view.

Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides His word



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Timothy 3:16 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 2 Timothy 3:16 slowly again. **Remember God's Provision of His Word.** What benefits have you experienced from God's Word?



Read 2 Timothy 3:16 slowly again. Is the Bible ever hard to read or understand? In what ways? **Lament.** Lord, sometimes I struggle to read the Bible because _____. Open my eyes to the wondrous things in Your word.



Meditate on God's Promises. (Pray slowly 3 times.) You bless me with Your Word; shape me in its ways.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist and encourage younger kids to **draw** a picture of **a Bible** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides redemption



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.” Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Colossians 1:13–14 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Colossians 1:13–14 slowly again. **Remember God's Provision of Redemption.** Redemption is the deliverance from sin. What are some of the sins in your life that God has freed you from?



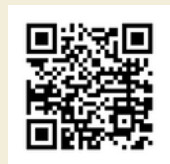
Read Colossians 1:13–14 slowly again. Are there sins you struggle to believe God has forgiven you for? **Lament.** Father, sometimes I doubt you have forgiven me for _____.



Meditate on God's Promises. (Pray slowly 3 times.) You have rescued me; I belong to You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a castle** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides unbreakable love



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.” Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Romans 8:38–39 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Romans 8:38–39 slowly again. **Remember God's Provision of Unbreakable Love.** How has God proven His great love for us in Jesus?



Read Romans 8:38–39 slowly again. Are there times you feel unloveable? **Lament.** Heavenly Father, I feel unworthy of love when I _____. Help me know Your love can't be broken.



Meditate on God's Promises. (Pray slowly 3 times.) You claim me with Your love; I am forever Yours.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a heart** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides rest for our souls



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Matthew 11:29–30 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Matthew 11:29–30 slowly again. **Remember God's Provision of Rest for our Souls.** In what ways does Jesus provide rest for our souls?



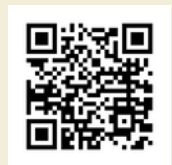
Read Matthew 11:29–30 slowly again. Where in life are you feeling anxious or burdened? **Lament.** Father, I feel burdened and anxious by _____. Give me rest as I come to You now.



Meditate on God's Promises. (Pray slowly 3 times.) Your humble yoke is light; I receive the gift of Your rest.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **two oxen yoked together** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides joy in His presence



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Psalm 16:11 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Psalm 16:11 slowly again. **Remember God's Provision of Joy in His Presence.** Share a time in your life that you experienced the "abundant joy" of God being with you.



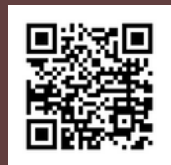
Read Psalm 16:11 slowly again. What situation are you currently facing that feels joyless? **Lament.** Father, right now I don't feel joy in _____. Remind me of the joy found in being with You.



Meditate on God's Promises. (Pray slowly 3 times.) You lead me to abundant life; I am satisfied with You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a path leading to the sun** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides contentment in all circumstances



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday.

In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Philippians 4:12b–13 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Philippians 4:12b–13 slowly again. **Remember God's Provision of Contentment in all Circumstances.** Share about a difficult situation in which you found strength and contentment in Christ.



Read Philippians 4:12b–13 slowly again. When do you tend to complain or feel most discontent? **Lament.** Father, I feel really discontent about _____. Meet me in this situation with Your strength and endurance.



Meditate on God's Promises. (Pray slowly 3 times.) You are a God of abundant strength; I have all I need in You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a child smiling** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides courage over fear



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Timothy 1:7 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 2 Timothy 1:7 slowly again. **Remember God's Provision of Courage over Fear.** Share a time the Lord helped you do something you were really scared to do.



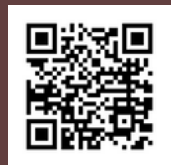
Read 2 Timothy 1:7 slowly again. **Lament.** Lord, I feel most afraid when _____. Let me know the courage You give.



Meditate on God's Promises. (Pray slowly 3 times.) You make me brave; I receive Your spirit of peace.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a superhero** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides comfort in affliction



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Corinthians 1:4 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 2 Corinthians 1:4 slowly again. **Remember God's Provision of Comfort in Affliction.** When have you experienced comfort from God in a difficult time? (Through His word, someone's encouragement, a song, a sense of His nearness, etc.)



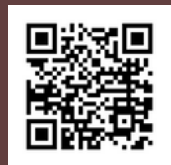
Read 2 Corinthians 1:4 slowly again. How are you currently experiencing pain or affliction? **Lament.** Father, I'm really hurting because _____. Comfort me by Your Holy Spirit.



Meditate on God's Promises. (Pray slowly 3 times.) You draw near me in my sorrow; I am comforted by Your presence.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **two people hugging** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides for your physical needs



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Matthew 6:31–33 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Matthew 6:31–33 slowly again. **Remember God's Provision of Meeting Your Physical Needs.** How has God provided for the physical needs of your family?



Read Matthew 6:31–33 slowly again. What physical need do you spend the most time worrying about? (food, money, safety, etc.)

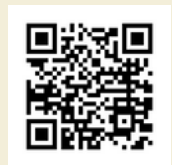
Lament. Lord, I ask You to provide _____. I trust You for what I truly need.



Meditate on God's Promises. (Pray slowly 3 times.) You see my every need; I am freed to seek Your kingdom.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a crown** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides a way out of temptation



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 1 Corinthians 10:13 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 1 Corinthians 10:13 slowly again. **Remember God Provides a Way out of Temptation.** Share a time you've experienced victory over temptation.



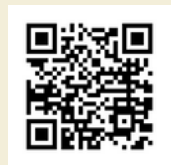
Read 1 Corinthians 10:13 slowly again. Where are you currently being tempted toward sin most often? **Lament.** Lord, I am feeling tempted by _____. Help me walk in obedience to You.



Meditate on God's Promises. (Pray slowly 3 times.) You know I will be tempted; I know You'll provide a way out.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **walking away from temptation** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides the spirit of adoption



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Romans 8:15–16 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Romans 8:15–16 slowly again. **Remember God's Provision of the Spirit of Adoption.** How has God proven Himself to be a good Father in the Bible & your own life?



Read Romans 8:15–16 slowly again. When do you struggle to believe God is a good father? **Lament.** Father, I can struggle to believe I'm Your beloved child when _____. Holy Spirit, assure me of my adoption.



Meditate on God's Promises. (Pray slowly 3 times.) You are my Good Father; I bear Your family name with pride.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **two wrists with a broken chain between** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides assurance of sanctification



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Philippians 1:6 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Philippians 1:6 slowly again. **Remember God's Provision of Assurance of Sanctification.** Where have you seen growth in

character and godliness in you and your family members this past year?



Read Philippians 1:6 slowly again. What areas of your character do you fear will never change? **Lament.** God, I really need to change in this way: _____. I trust Your promise to continue making me like Jesus.



Meditate on God's Promises. (Pray slowly 3 times.) Your Spirit changes me; I'm free to trust Your work.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a finish sign at end of a race** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides a secure future



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Psalm 16:5 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Psalm 16:5 slowly again. **Remember God's Provision of a Secure Future.** What is comforting about knowing God holds your future?



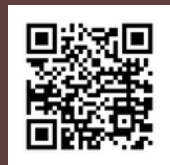
Read Psalm 16:5 slowly again. Share something you are anxious about in regards to the future. **Lament.** Father, I'm worried about _____ . Help me to be comforted by the knowledge that You hold my future.



Meditate on God's Promises. (Pray slowly 3 times.) You are the end of my story; my future is secure.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a man holding the world** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides power to testify



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Acts 1:8 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Acts 1:8 slowly again. **Remember God's Provision of Power to Testify.** Share a story of when you have shared the gospel boldly with someone.



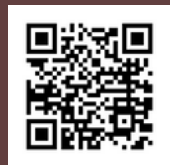
Read Acts 1:8 slowly again. When do you feel afraid or powerless to share Jesus with others? **Lament.** Jesus, sometimes I'm afraid to share You with others because _____. Fill me with boldness and power.



Meditate on God's Promises. (Pray slowly 3 times.) You pour out Your Spirit on me; I love to speak of Your name.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a person with a megaphone** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides atonement for sins



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 1 John 2:1-2 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 1 John 2:1-2 slowly again. **Remember God's Provision of Atonement for Sins.** What does it mean that Jesus is our advocate and our atoning sacrifice? Why is this good news?



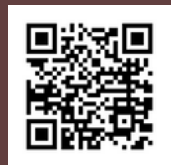
Read 1 John 2:1-2 slowly again. What sin are you struggling with right now? **Lament.** Heavenly Father, I confess _____ to You. Thank You for taking the punishment my sin deserves and forgiving me.



Meditate on God's Promises. (Pray slowly 3 times.) You are my Advocate; I am made blameless in You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **the cross** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides grace to do good works



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Corinthians 9:8 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 2 Corinthians 9:8 slowly again. **Remember God's Provision of Grace to Do Good Works.** Tell a story of when the Lord used you or your family to advance God's kingdom (blessing someone, showing hospitality, sharing the gospel, etc.)



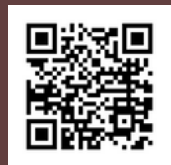
Read 2 Corinthians 9:8 slowly again. What is a specific act of love or obedience you are struggling to do? **Lament.** Father, I see an opportunity for good work in this way: _____. Give me grace to walk as Jesus walked.



Meditate on God's Promises. (Pray slowly 3 times.) You shower me with grace; I am equipped to work for Your Kingdom.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a waterfall** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides wisdom



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read James 1:5 slowly. **Observe.** What words, ideas, or phrases stand out?



Read James 1:5 slowly again. **Remember God's Provision of**

Wisdom. Share a few ways that God provides us with wisdom and counsel (Bible, godly friends, pastors, Holy Spirit, etc.) Do you have a specific example to share?



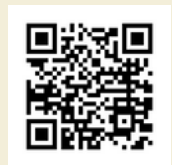
Read James 1:5 slowly again. What is an area of your life where you feel like you don't understand what to do? **Lament.** Lord, I don't know what to do about _____. Guide me with discernment to choose wisely.



Meditate on God's Promises. (Pray slowly 3 times.) You are the God of wisdom; I incline my ears to Your counsel.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a candle in a dark room** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides all needed for a godly life



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Peter 1:3 slowly. Observe. What words, ideas, or phrases stand out?



Read 2 Peter 1:3 slowly again. Remember God's Provision of All Needed for a Godly Life. How are you encouraged by knowing that in Christ you have everything needed to please God?



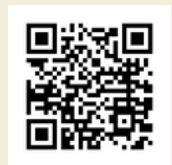
Read 2 Peter 1:3 slowly again. In what areas do you feel discouraged about how you are living? (anger, lack of love, self-control, etc.) **Lament.** Father, I sometimes doubt You have given me a new nature in Christ because _____.



Meditate on God's Promises. (Pray slowly 3 times.) You make Yourself known to me; my heart responds to Your call.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a present** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides power in our weakness



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read 2 Corinthians 12:9 slowly. **Observe.** What words, ideas, or phrases stand out?



Read 2 Corinthians 12:9 slowly again. **Remember God's Provision of Power in Weakness.** How has God used your weakness to show His power at work?



Read 2 Corinthians 12:9 slowly again. Where are you currently feeling weak? **Lament.** Lord, I feel weak in the area of _____. Help me embrace my weakness as a pathway to Your power in me.



Meditate on God's Promises. (Pray slowly 3 times.) You bless me with Your grace and power; I depend on You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a flexing arm** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides endurance for our faith



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Hebrews 12:1–3 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Hebrews 12:1–3 slowly again. **Remember God's Provision of Endurance for our Faith.** Is there a time in your life when God has given you endurance to obey him during a hard situation that lasted a long time? Share about that situation.



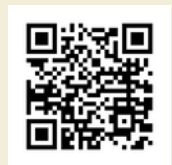
Read Hebrews 12:1–3 slowly again. Where are you currently struggling to obey? **Lament.** Father, I am tempted to give up obeying in the area of _____.



Meditate on God's Promises. (Pray slowly 3 times.) You are ever before me; I fix my eyes on You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a runner** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 1

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides peace



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read John 14:27 slowly. **Observe.** What words, ideas, or phrases stand out?



Read John 14:27 slowly again. **Remember God's Provision of Peace.** How is Jesus' peace different than the world's peace?



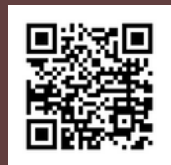
Read John 14:27 slowly again. What are you currently feeling troubled or fearful about? **Lament.** Jesus, I am fearful because _____. Fill me with your peace.



Meditate on God's Promises. (Pray slowly 3 times.) You give me perfect peace; I give my fears to You.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a peaceful scene** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 2

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides the Holy Spirit to teach us



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read John 14:26 slowly. **Observe.** What words, ideas, or phrases stand out?



Read John 14:26 slowly again. **Remember God's Provision of the Holy Spirit to Teach Us.** What has God reminded you about His word through the Holy Spirit?



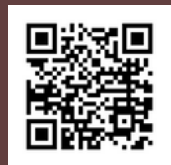
Read John 14:26 slowly again. What do you struggle to understand about God? **Lament.** Father, help me to trust that Your Spirit will teach me what I need to know about _____.



Meditate on God's Promises. (Pray slowly 3 times.) Your Spirit teaches and reminds me; I listen for Your wisdom.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a dove** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 3

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides us with sleep



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Psalm 4:8 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Psalm 4:8 slowly again. **Remember God's Provision of Sleep.** How has God kept you safe in the past?



Read Psalm 4:8 slowly again. When it is hard for you sleep at night?

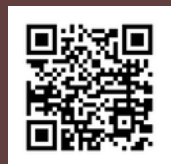
Lament. Father, I sometimes struggle to sleep because _____.
Give me deep rest tonight as I trust that You watch over me.



Meditate on God's Promises. (Pray slowly 3 times.) You watch over me at night; I rest secure in You.



Spend some time **reflecting**. Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a sleeping boy or girl** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Day 4

Follow these steps twice a day: Alone in the morning and with family in the evening.

God provides us with hope



Evening Only: Say these words as you **water the Lenten grass:**

Jesus said, “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

Jesus is the seed that died and was resurrected on Easter Sunday. In Christ, we also have died to our sinful nature and are now alive as new creations. The old is gone; the new has come.



Read Lamentations 3:24 slowly. **Observe.** What words, ideas, or phrases stand out?



Read Lamentations 3:24 slowly again. **Remember God's Provision of Hope.** When have you had to remember that God is good in the middle of hardship or suffering?



Read Lamentations 3:24 slowly again. What is a circumstance right now (in your life or someone else's) where it is difficult for you to remember that the Lord is your portion and that He is good?

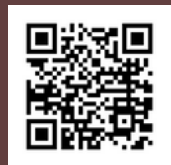
Lament. Father, I sometimes struggle to remember that You are my portion when _____ is happening.



Meditate on God's Promises. (Pray slowly 3 times.) You are my portion; I have all I could ever need.



Spend some time **reflecting.** Put on some **music** (from the linked Lent playlist) and encourage younger kids to **draw** a picture of **a cup** while older kids and adults can **journal** their thoughts and prayers to the Lord.



Appendix

Lenten Seed Activity

Planting grass seed on Ash Wednesday is an old Finnish tradition in which the people would tend to and care for the grass during the season of Lent—reminding them of Jesus' resurrected life on Easter Sunday. But where does this idea come from?

Jesus spoke to his disciples of his own death and resurrection by using this agricultural metaphor; "I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." (John 12:24) The good news of the gospel is that those who believe in Jesus become the "many seeds" that are given life through his resurrection. As Easter approaches, we remember and worship God because the resurrection of Jesus means our own resurrection. We are now to consider ourselves "dead to sin and alive to God in Christ Jesus." (Romans 6:11)

As a visual reminder of the life that is ours in Jesus, we invite you to plant "Lenten grass" at the beginning of Lent. Allow a different family member to water it daily at the start of family worship. As you watch it grow, reflect on how Lent is a season of dying to our old self, to the sinful nature, and awaking to new life in the Holy Spirit. By the time you arrive on Easter Sunday, the seeds will have grown before your eyes into a lush, vibrant bed of grass. May this daily activity serve as a tangible reminder of our own new life, even as we prepare to celebrate that of Jesus on Easter Sunday.

Resources on Lent & Fasting

The Good of Giving Up: Discovering the Freedom of Lent by Aaron Damiani (Book)

Habits of Grace: Enjoying Jesus through the Spiritual Disciplines by David Mathis (book about spiritual disciplines that includes a chapter on fasting)

A Hunger for God: Desiring God through Fasting and Prayer by John Piper

10 Things You Should Know about Fasting
by Sam Storms (article)



The Discipline of Fasting
by Donald Whitney (article)





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