

# FAMILY TIME

## Lent Activities



### Daily Family Devotions

Read a devotional with your family at breakfast or after dinner - or whenever you are all together in the day.



### Daily Prayer Time

Spend time at the end of each day in prayer together. Help kids feel that prayer is a natural thing to do.



### Daily Encouragement

Say things each day to build each other up.



### Give-it-Away

As a family, go through your possessions and find gently used items, then pray about how you can bless others with those things.



### Reach Out

Send a text, an email, a card with a line of encouragement to someone whom your family wants to reach out to.

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## Ways to Fast During Lent



### Screen Time

Give it up completely or cut down time watching tv, computer time (that's not work- or school-related)



### Eating Out

Avoid eating out during Lent. Perhaps you put aside that money and use it to bless others. Pray together as a family about where to put the money.



### A Vice

Take a break from caffeine, soda, sugary foods, social media - let each family member choose one thing to fast from. Use that time (or money) for spiritual good!



### Busyness

Look at your schedule and cut back on the things that make your life busy. Make sure you have time for rest and prayer.



### Spending

Take a break from excess spending, only buying the necessities during Lent.