

40 Days of Lent

Activity Bundle

For Kids & Families



What's Inside:

- 40-Day Lent Countdown Calendar & Tracker
- Daily Devotional Journal Pages
- Stations of the Cross Coloring Pages
- Acts of Kindness Challenge Cards
- Lenten Promise & Prayer Pages
- Scripture Memory Verse Cards
- Holy Week Activity Pages
- Easter Reflection Pages

How to Use This Bundle

1 Print at Home

Print on standard 8.5" x 11" letter paper. We recommend cardstock for coloring pages and activity cards. Print all pages or just the ones you need!

2 Start on Ash Wednesday

Begin your 40-day journey on Ash Wednesday. Use the countdown calendar to track each day of Lent leading up to Easter Sunday.

3 Daily Devotion

Each day, complete one devotional journal page. Read the Scripture verse, reflect on the question, and write or draw your response.

4 Coloring & Activities

Use the coloring pages and activity sheets throughout Lent. The Stations of the Cross pages are perfect for Holy Week.

5 Acts of Kindness

Cut out the kindness cards and complete one act each day. Track your progress on the kindness tracker page.

6 Family Time

This bundle works great for family devotions, Sunday School, homeschool, or individual quiet time with God.

Tip: Laminate the countdown calendar and use dry-erase markers so you can reuse it each year!

40 Days of Lent

Countdown Calendar

Color in or check off each day as you journey through Lent!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	Day 32
Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40

Day 1

Returning to God

Today's Scripture:

"Yet even now," declares the Lord, "return to me with all your heart." - Joel 2:12

Reflect:

What does it mean to return to God with all your heart? Think about one thing you can change this Lent to be closer to God.

My Prayer Today:

Today I'm Grateful For:

Day 2

A Clean Heart

Today's Scripture:

"Create in me a pure heart, O God, and renew a steadfast spirit within me." - Psalm 51:10

Reflect:

Ask God to help you have a clean heart today. What is one thing you want God to help you change?

My Prayer Today:

Today I'm Grateful For:

Day 3

True Fasting

Today's Scripture:

"Is not this the kind of fasting I have chosen: to loose the chains of injustice?" - Isaiah 58:6

Reflect:

Fasting isn't just about food. What habit can you give up to focus more on helping others?

My Prayer Today:

Today I'm Grateful For:

Day 4

Secret Prayer

Today's Scripture:

"When you pray, go into your room and pray to your Father, who is unseen." - Matthew 6:6

Reflect:

Find a quiet spot today to talk to God. What would you like to tell Him?

My Prayer Today:

Today I'm Grateful For:

Day 5

Drawing Near

Today's Scripture:

"Come near to God and He will come near to you." - James 4:8

Reflect:

How can you spend extra time with God today? Write about a time you felt close to Him.

My Prayer Today:

Today I'm Grateful For:

Day 6

Helping Others

Today's Scripture:

"Bear one another's burdens, and so fulfill the law of Christ." - Galatians 6:2

Reflect:

Who needs your help today? Write about how you can be a helper and light for someone.

My Prayer Today:

Today I'm Grateful For:

Day 7

God Provides

Today's Scripture:

"The Lord is my shepherd; I shall not want." - Psalm 23:1

Reflect:

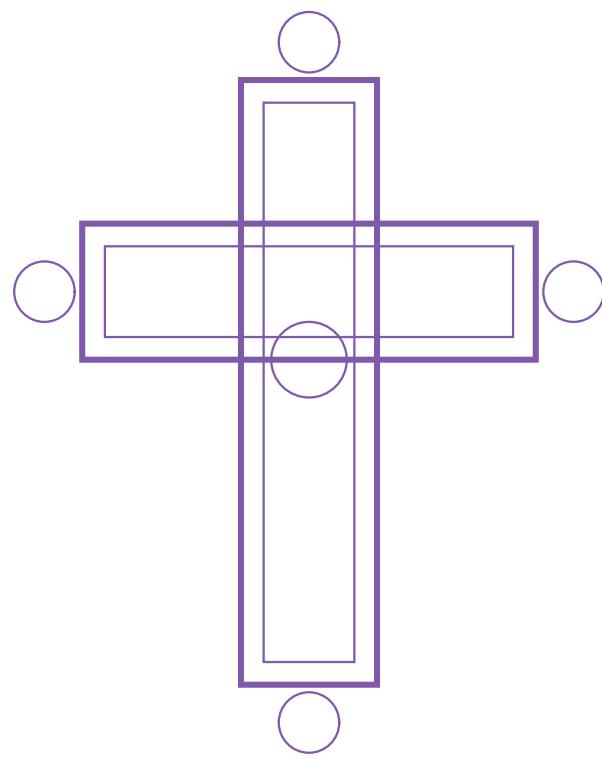
God takes care of us like a shepherd cares for sheep. What are you thankful for today?

My Prayer Today:

Today I'm Grateful For:

The Cross of Christ

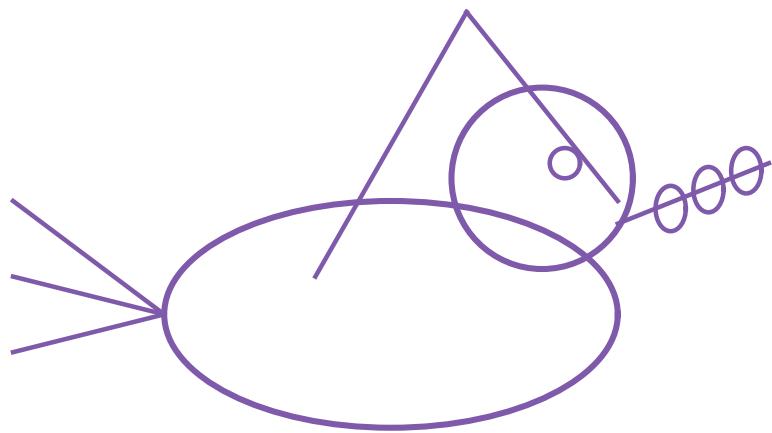
Color this cross and remember Jesus' love for you



Color this page and reflect on God's love during Lent

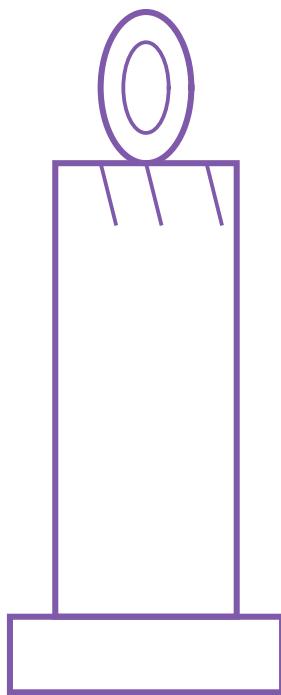
The Dove of Peace

The dove represents the Holy Spirit and God's peace



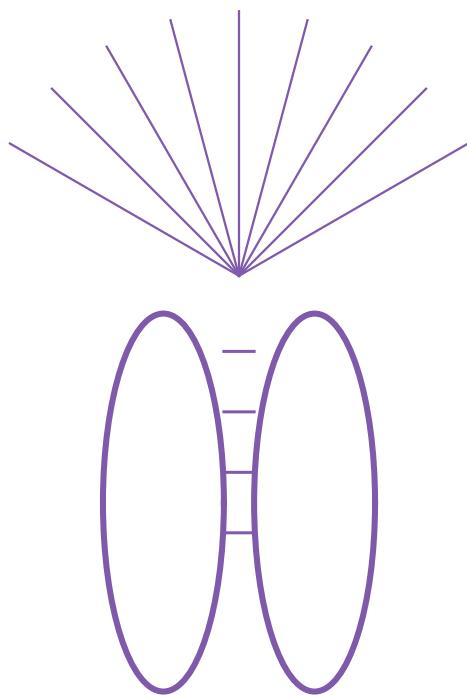
Light of the World

Jesus said 'I am the Light of the World'



Hands in Prayer

Draw the light around the praying hands



Lenten Acts of Kindness

Cut out these cards and complete one act each day!

#1  Write a thank you note to someone <input type="checkbox"/> Done!	#2  Help with chores without being asked <input type="checkbox"/> Done!	#3  Pray for someone who is sick <input type="checkbox"/> Done!	#4  Share your toys or books <input type="checkbox"/> Done!
#5  Say something kind to a friend <input type="checkbox"/> Done!	#6  Help make dinner for your family <input type="checkbox"/> Done!	#7  Draw a picture for someone who is lonely <input type="checkbox"/> Done!	#8  Pick up trash at a park <input type="checkbox"/> Done!
#9  Give someone a hug <input type="checkbox"/> Done!	#10  Donate canned food to a food bank <input type="checkbox"/> Done!	#11  Write a letter to a grandparent <input type="checkbox"/> Done!	#12  Let someone go first <input type="checkbox"/> Done!
#13  Compliment three people today <input type="checkbox"/> Done!	#14  Help a younger child <input type="checkbox"/> Done!	#15  Pray for people around the world <input type="checkbox"/> Done!	#16  Make a card for a neighbor <input type="checkbox"/> Done!
#17  Share your snack with a friend <input type="checkbox"/> Done!	#18  Hold the door open for others <input type="checkbox"/> Done!	#19  Forgive someone who hurt your feelings <input type="checkbox"/> Done!	#20  Read a Bible story to someone <input type="checkbox"/> Done!

My Kindness Tracker

Color in a heart for each act of kindness you complete!



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



Day 11



Day 12



Day 13



Day 14



Day 15



Day 16



Day 17



Day 18



Day 19



Day 20



Day 21



Day 22



Day 23



Day 24



Day 25



Day 26



Day 27



Day 28



Day 29



Day 30



Day 31



Day 32



Day 33



Day 34



Day 35



Day 36



Day 37



Day 38



Day 39



Day 40

"Be kind to one another, tenderhearted, forgiving one another" - Ephesians 4:32



My Lenten Promises



What I Will Give Up for Lent:

(Fasting from something helps us focus on God)

1

2.

3.

4

What I Will Do More Of:

(Prayer, giving, serving others)

1

2.

3.

4

My Special Prayer Intention:

Signed

Date



Scripture Memory Verse Cards

Cut out and memorize one verse each week of Lent!



Joel 2:13

Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love.

Week 1 of Lent



Psalm 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Week 2 of Lent



Isaiah 58:6

Is not this the kind of fasting I have chosen: to loose the chains of injustice and set the oppressed free?

Week 3 of Lent



Matthew 6:6

When you pray, go into your room, close the door and pray to your Father, who sees what is done in secret.

Week 4 of Lent



James 4:8

Come near to God and He will come near to you.

Week 5 of Lent



Philippians 4:13

I can do all things through Christ who strengthens me.

Week 6 of Lent

Holy Week Journey

Follow Jesus through the most important week in history

Palm Sunday

Jesus enters Jerusalem on a donkey while people wave palm branches and shout 'Hosanna!'

Draw palm branches and write 'Hosanna!'

Monday

Jesus teaches in the temple and drives out the money changers.

What does Jesus teach us about prayer?

Tuesday

Jesus tells parables and answers questions from the religious leaders.

Draw or write about your favorite parable.

Wednesday

A woman anoints Jesus with expensive perfume as an act of love.

How can you show love to Jesus today?

Holy Thursday

Jesus washes His disciples' feet and shares the Last Supper.

Draw the bread and cup. What does communion mean?

Good Friday

Jesus carries His cross and dies for our sins.

Write a prayer thanking Jesus for His sacrifice.

Holy Saturday

A day of waiting and hope. Jesus' friends are sad but God has a plan.

What are you waiting and hoping for?

Easter Sunday!

Jesus is RISEN! The tomb is empty! He conquered death!

Draw the empty tomb. He is Risen!

He Is Risen!

Easter Reflection

+++ + + + + + + + +

1. What is the most important thing I learned during Lent?

2. How did I grow closer to God in these 40 days?

3. What act of kindness made me feel the happiest?

4. What was the hardest part of my Lenten journey?

5. How will I carry what I learned into the rest of the year?

I Completed My 40 Days of Lent!

Name: _____ Date: _____

