

# 40 Days of Lent

## Activity Bundle

*For Kids & Families*

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### 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

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*Printable PDF | 8.5" x 11" Letter Size | US & A4 Friendly*

Shelzy's Designs

# How to Use This Bundle

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

*Ash Wednesday to Easter Sunday | Color each cross as you complete each day*

# 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.

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## My Prayer Today:

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## Today I'm Grateful For:

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# 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?

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## My Prayer Today:

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## Today I'm Grateful For:

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# 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?

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## My Prayer Today:

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## Today I'm Grateful For:

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# 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?

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### My Prayer Today:

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### Today I'm Grateful For:

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# 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.

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## My Prayer Today:

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## Today I'm Grateful For:

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# 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.

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## My Prayer Today:

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## Today I'm Grateful For:

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# 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?

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## My Prayer Today:

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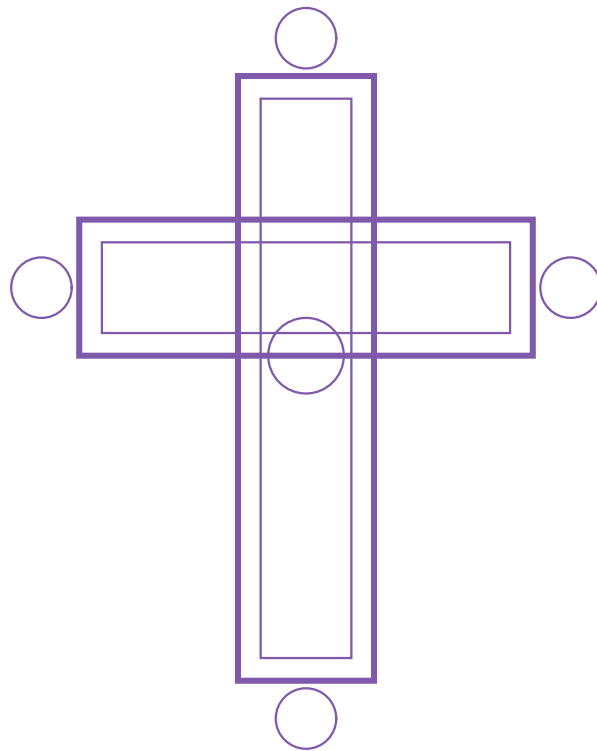
## Today I'm Grateful For:

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# The Cross of Christ

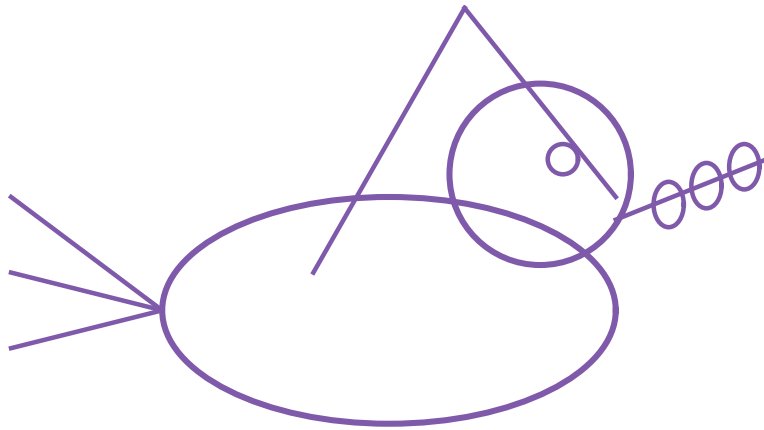
*Color this cross and remember Jesus' love for you*



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

# The Dove of Peace

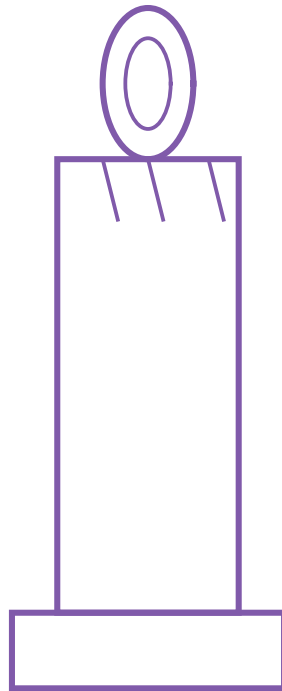
*The dove represents the Holy Spirit and God's peace*



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

# Light of the World

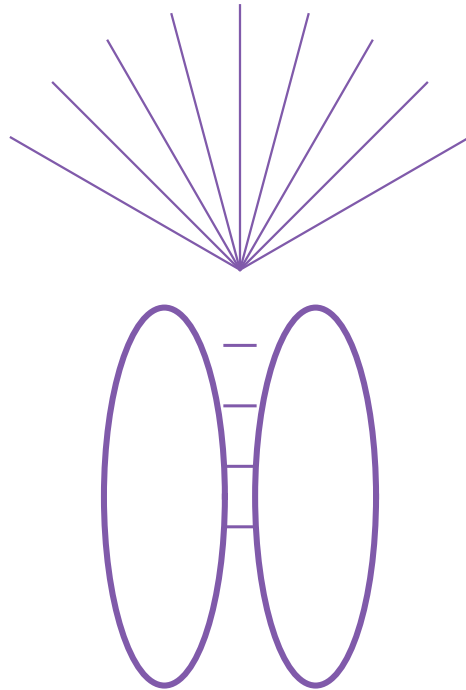
*Jesus said "I am the Light of the World"*



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

# Hands in Prayer

*Draw the light around the praying hands*



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

# Lenten Acts of Kindness

*Cut out these cards and complete one act each day!*

#1



Write a thank you note to someone



Done!

#2



Help with chores without being asked



Done!

#3



Pray for someone who is sick



Done!

#4



Share your toys or books



Done!

#5



Say something kind to a friend



Done!

#6



Help make dinner for your family



Done!

#7



Draw a picture for someone who is lonely



Done!

#8



Pick up trash at a park



Done!

#9



Give someone a hug



Done!

#10



Donate canned food to a food bank



Done!

#11



Write a letter to a grandparent



Done!

#12



Let someone go first



Done!

#13



Compliment three people today



Done!

#14



Help a younger child



Done!

#15



Pray for people around the world



Done!

#16



Make a card for a neighbor



Done!

#17



Share your snack with a friend



Done!

#18



Hold the door open for others



Done!

#19



Forgive someone who hurt your feelings



Done!

#20



Read a Bible story to someone



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:

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
*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



**Psalms 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

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

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

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

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

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

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**I Completed My 40 Days of Lent!**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

