

# THE 40

## WHAT IS IT?

A calendar for families to connect with one another and grow in faith during the 40 days of Lent. *(Just in case you are wondering, Sundays are traditionally not included in the 40.)*

## WHEN DOES OUR FAMILY USE IT?

February 14 - March 29

## HOW DOES IT WORK?

The 40 is divided into 6 sections. Each section has a different focus with a related set of activities to be completed as a family.

## HERE ARE SOME WAYS TO USE THE 40

*(choose one, two, or all of the options):*

Use the focus and Scripture for each week as a family devotion.  
Complete as many of the daily activities as your schedule allows.  
Choose something to give up or do without individually or as a family.

**FOCUS:** God should be most important in my life.

**SCRIPTURE:** Matthew 6:31-33

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WEEK OF  
FEBRUARY  
14-21

Okay. So you're probably wondering a couple of things. First, what is Lent? What does it mean to fast? And why would anyone want anything to do with either?

Lent is the 40 days leading up to Easter—the day we celebrate the sacrifice Jesus made by giving His life on the cross so that we could be in God's family forever and His resurrection from the dead.

During these 40 days, some Jesus followers choose to make a sacrifice, too—by giving up something they enjoy to honor and remember what Jesus did for us. Another word for this is *fasting*.

But Lent isn't just about taking something away. It's about adding, too. You *add* extra focus on your relationship with God by praying, reading the Bible, or serving others—anything that grows your faith.

Whether you celebrate Lent or not, the 40 days leading up to Easter is the perfect time to reflect on what Jesus has done for us and bring an intentionality to this important season.

Before your family begins The 40, sit down together and consider doing without something like a food item or technology time. Talk about it now as a family and decide if you'd like to replace the time you would have spent (related to that item) with the daily activities below.

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## ACTIVITIES

**THURSDAY, 2/15**

Make a plan for what you will do with the extra time you have from giving something up. That plan should include ways to grow your faith.

**FRIDAY, 2/16**

Write down 10-20 names on strips of paper and put them in a jar. Each remaining evening of Lent, take turns drawing a name and praying for that person before bed. Return the name each night, knowing you'll pray for some people more than once.

**SATURDAY, 2/17**

Make today a screen-free day. During the time your family would typically use technology, challenge one another to memorize this Scripture: *"Love the Lord your God with all your soul. Love Him with all your mind and all your strength"* (Mark 12:30 NIRV).

**MONDAY, 2/19**

Any time you wait in line, let one person behind you pass ahead of you.

**TUESDAY, 2/20**

Thank God for your clothes and shoes and put them away neatly before you go to bed. If your closet or drawers are a mess, spend some time organizing them.

**WEDNESDAY, 2/21**

Tell God thanks every time you eat or drink—even if it's a snack or a sip of water.