



ONELIFE FAMILY  
LENTEN DEVOS





Dear KidsLife & OneLife Families,

Lent is a time to slow down and create space to reflect and engage the death and resurrection of Jesus through fasting, prayer, and repentance.

During the season of Lent we are invited to subtract something so that God can add something new. It's a time to reorient our lives around Jesus, recognizing and denying the things that fill our hearts, minds, and time.

Together, we follow Jesus' model of spending 40 days in the wilderness. Through fasting and praying we can intentionally create space to reconnect with Jesus, reflect on the cross, and embrace repentance.

When it comes to the formation of our kids, a parent's influence is greater than anything else. Our prayer is that this season of Lent would provide space for your family to pray and reconnect with Jesus and each other in new and profound ways. To help you in this pursuit, we've created a resource that's full of unique and encouraging ways to fast, pray, and reflect as a family on the meaning of Easter, Jesus, and your lives. We hope it will be helpful.

May this season of Lent bring renewal to you and yours.

Grace + Peace,

The OneLife Community Church Staff & Elders

## **Fasting**

We encourage each family to choose something to fast from, either individually or collectively. We fast during Lent not to gain approval from God or others, but rather by denying ourselves we can intentionally replace whatever we're longing for with something new [prayer, reflection, repentance, or other experiences] that points us back to Jesus. This process helps us reorder and center our lives and family around Jesus as we journey toward Easter.

During the season of Lent there are 40 days of fasting and 6 Sundays of feasting/celebrating. Every Sunday during Lent your family will celebrate the resurrection by partaking in what you fasted from during the week. Have fun with this time and plan something together!

Choose one thing individually or as a family to fast from for the duration of Lent, or mix it up by choosing something different each week. Here are some examples of a rotating fast:

### **[Monday-Saturday]**

Week 1: One Food item

Week 2: Social Networking

Week 3: TV/Movies/Media on Phones/Tablets/Video Games

Week 4: Caffeine or Sweets

Week 5: Music/Podcasts/Radio

Week 6: Drinks [Water Only]

[Sunday] Feast + Celebrate as a family on Sunday, partaking in whatever you choose to deny yourself during the week.

## **Prayer + Reflection**

As we give something up, we also must replace it. During the week as you crave or long for the thing you gave up, may you recognize that feeling, pause, listen and redirect it toward Jesus in prayer and reflection.

Furthermore, we have provided morning and evening prayers that you can say and learn together as a family.

## **Experiences/Almsgiving**

Along with prayer, we can also replace our fast with new experiences. As a family, be creative and generous with your time and resources by investing into areas of need within your family, friends, city, and world.

For a list of experiences and examples see Appendix A.

## WEEK 1

**Scripture:** Mark 1v1-13, Psalm 47 [Optional]

Think about the Scripture throughout the week, and talk about it during family dinner night after preparing a meal together.

**Prayer + Blessing** [Morning, Bedtime, or Both]

- Morning Prayer: Almighty God, whose Son was led by the Spirit into the wilderness to be tempted by Satan: Come quickly to help us who face many temptations; and, as you know the weakness of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and rules with you and the Holy Spirit, one God, now and forever. Amen.  
—Adapted from the Book of Common Prayer
- Evening Prayer: Lord Jesus, stay with us, for evening is at hand and the day is past; be our friend in the way, light our hearts, and awake hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. Amen.  
—Adapted from the Book of Common Prayer

### Table Time

Choose a night during the week to cook and eat dinner together. Dinner time is formational to our kids and families. We hope you take some time to enjoy the process as a family.

### Discussion questions for Dinner Time:

- What weird food have you eaten in your life?
- Would you rather have to eat locusts for food or wear clothes made out of camel's hair?
- What would it be like to be in the wilderness for 40 days?
- If you could take one person into the wilderness for a while, who would you take?
- When did you feel close to God this week? When did you feel far away from God?

### Experience

Choose an experience from Appendix A or come up with your own activity for Week 1 to engage the season of Lent through giving and service.

## WEEK 2

**Scripture:** Mark 4v1-20, Psalm 62 [Optional]

Think about the Scripture throughout the week, and talk about it during family dinner night after preparing a meal together.

**Prayer + Blessing** [Morning, Bedtime, or Both]

- Morning Prayer: I give thanks before your face, O living and eternal King, for you have returned my life breath to me this morning with warmth and love. Great is your faithfulness.

—Ancient Jewish Blessing

- Evening Prayer: O God, you give life to all who live. We thank you for the gift of the day that is past, and ask for your protection through the coming night. Bring us in safety to the morning; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

—Adapted from the Book of Common Prayer

### Table Time

Choose a night during the week to cook and eat dinner together. Dinner time is formational to our kids and families. We hope you take some time to enjoy the process as a family.

Discussion questions for Dinner Time:

- Why do you think a large crowd was following Jesus?
- Why do you think Jesus told a parable about a sower and not something else?
- Which path do you identify with in your faith right now? Why? If you were to tell this parable another way, how would you tell it?
- When did you feel close to God this week? When did you feel far away from God?

### Experience

Choose an experience from Appendix A, or come up with your own activity for Week 2 to engage the season of Lent through giving and service.

## WEEK 3

**Scripture:** Psalm 51 [Families with young children, read Psalm 51v10], Mark 5v21-43 [Optional]

Think about the Scripture throughout the week, and talk about it during family dinner night after preparing a meal together.

### **Prayer + Blessing** [Morning, Bedtime, or Both]

- Morning Prayer: Lord God, almighty and everlasting Father, you have brought me in safety to the beginning of this day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by the difficulties of this life; and in all I do, direct me to live in your path; through Jesus Christ my Lord. Amen.

—Adapted from the Divine Hours

- Evening Prayer: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

—Book of Common Prayer

### **Table Time**

Choose a night during the week to cook and eat dinner together. Dinner time is formational to our kids and families. We hope you take some time to enjoy the process as a family.

Discussion questions for Dinner Time:

- Why do you think the Psalmist wrote a song about his sin?
- Steadfast means true or constant. What does it mean to have a steadfast spirit? What do you think it means for God to create a pure heart in you and renew a steadfast spirit in you [v.10]?
- What does it look like to have a pure heart?
- When did you feel close to God this week? When did you feel far away from God?

### **Experience**

Choose an experience from Appendix A, or come up with your own activity for Week 3 to engage the season of Lent through giving and service.

## WEEK 4

**Scripture:** John 3v1-21 [Families with young children, read John 3v16-17], Psalm 103 [Optional]

Think about the Scripture throughout the week, and talk about it during family dinner night after preparing a meal together.

### **Prayer + Blessing** [Morning, Bedtime, or Both]

- Morning Prayer: Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases. Praise the Lord, my soul.  
—Psalm 103v1-3, 22b
- Evening Prayer: I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let our foot slip—he who watches over us will not slumber; indeed, he who watches over his people will neither slumber nor sleep. As we rest this evening, O Lord, watch over us and sustain us to the morning’s light.  
—Based on Psalm 121v1-4

### **Table Time**

Choose a night during the week to cook and eat dinner together. Dinner time is formational to our kids and families. We hope you take some time to enjoy the process as a family.

Discussion questions for Dinner Time:

- What word, phrase, or idea stood out to you from this passage?
- What do you think it means to be born of the Spirit?
- Perish means to die or pass away. Eternal means forever/always. How do we have eternal life?
- Condemn means to punish or get into trouble. How did Jesus save the world?
- What do you think it means to have eternal life?
- When did you feel close to God this week? When did you feel far away from God?

### **Experience**

Choose an experience from Appendix A, or come up with your own activity for Week 4 to engage the season of Lent through giving and service.



## WEEK 5

**Scripture:** Mark 15, Psalm 22 [Optional] [Families with young children: Use a Storybook Bible to read about the death + burial of Jesus]

Think about the Scripture throughout the week, and talk about it during family dinner night after preparing a meal together.

**Prayer + Blessing** [Morning, Bedtime, or Both]

Almighty God, you alone can bring order to the unruly wills and affection of sinners: grant your people grace to love what you have commanded and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever, Amen. —The Book of Common Prayer

### Table Time

Choose a night during the week to cook and eat dinner together. Dinner time is formational to our kids and families. We hope you take some time to enjoy the process as a family.

Discussion questions for Dinner Time:

- Have you ever been accused of something in front of other people? How did it make you feel?
- Have you ever gotten in trouble for something you did not do? How did it make you feel?
- Why do you think Mark writes about the story of Jesus' death?
- Why do you think Jesus had to die?
- How does hearing this story make you feel?
- When did you feel close to God this week? When did you feel far away from God?

### Experience

Choose an experience from Appendix A, or come up with your own activity for Week 5 to engage the season of Lent through giving and service.

## APPENDIX A

As we provide space for God to form and move us, we can also take this time to pray and give towards others. Part of the tradition of Lent is Almsgiving, where we give our time and resources in ways we might not normally think to do. Serving and giving as a family can form our kids in profound ways, so during this season of Lent take time to engage new experiences together. Come up with experiences on your own or choose from the ideas below.

- Visit [20liters.org](http://20liters.org) to read information and watch videos about our world's water crisis. Talk about how you might be able to donate and help during this season of Lent.
- Neighborhood Walk—Take a walk and pray for your neighbors. Consider baking cookies and delivering them.
- Write a note of encouragement or color a picture for someone you know.
- Go to a local coffee shop and buy someone a cup of coffee. Talk about being generous and selfless as a family.
- Take extra change and bottle returns and donate it to a local or global cause.
- Sabbath Saturday—Regardless of what you fast from, plan intentional rest and family time each Saturday through Lent.
- Cook dinner for another family and invite them into your home.
- Take time to plan a family vacation for the summer.
- Color a picture for someone in your school.
- Create a journal and write encouraging notes to each person in your family. On Easter Sunday take turns reading your notes to each person in the family.
- Throughout the season of Lent, write small notes of what God is teaching you and put it in a Memory Jar. Read all the memories and things God has taught you on Easter Sunday.
- Take a walk-in nature and pray the selected prayers provided in this guide.
- Create and write your own prayer as a family. Wake up 20 minutes early to pray and listen to God.

## APPENDIX B

Dinner time is important for every family. Throughout Lent, you're invited to carve out some time each week to prepare and eat a meal together. During this time, you can recap your day, read the Scripture for the week and discuss it as a family. Here are some tips on how your children can assist in this process [with adult supervision, of course]

Toddlers	Can help measure, mix, and spread ingredients
Preschoolers	All of the above, plus grating ingredients, tearing the leaves off of herbs, and setting the table
Elementary Student	All of the above, plus chopping and slicing ingredients Students
	All of the above, plus operating kitchen appliances, & grocery shopping



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