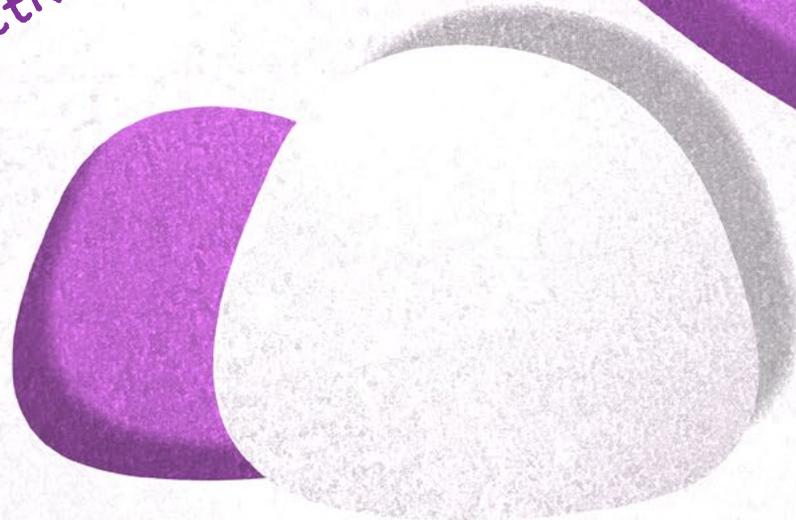


40-DAY
LENT
GUIDE
for
KIDS

Bible Verses, Prayers, and Activities



40-DAY LENT GUIDE for KIDS

Lent is a wonderful opportunity for children to learn more about Jesus, develop daily spiritual habits, and put their faith into action. This 40-day guide is designed to help kids experience Lent in a meaningful way through:

- **Bible verses that highlight important lessons from Jesus' life**
- **Simple prayers to help children talk to God**
- **Fun and engaging activities that encourage reflection and action**

Each day includes a short reading, a prayer, and a hands-on activity to help kids connect with their faith in an interactive way. The activities are designed to be age-appropriate and encourage practical ways to live out the lessons of Lent—whether by showing kindness, giving to others, or spending quiet time with God.

At the end of these 40 days, children will have a deeper understanding of Jesus' journey to the cross and the hope of the resurrection. More importantly, they will see how they can live out their faith every day, not just during Lent.

Let's get started on this exciting journey of faith together!



WEEK 1

PREPARING OUR HEARTS for LENT



DAY 1: ASH WEDNESDAY

BIBLE VERSE

“Return to me with all your heart.” – Joel 2:12

PRAYER

“Dear Jesus, help me to turn my heart toward You during Lent. Help me love You more each day.”

ACTIVITY

Make a Lenten prayer jar and write down prayer requests for each day.

DAY 2: THURSDAY

BIBLE VERSE

“Create in me a pure heart, O God.” – Psalm 51:10

PRAYER

“Lord, make my heart clean so I can follow You.”

ACTIVITY

Draw a picture of what it means to have a clean heart.

DAY 3: FRIDAY

BIBLE VERSE

“When you pray, go into your room, close the door and pray.” – Matthew 6:6

PRAYER

“Jesus, teach me to pray and spend time with You.”

ACTIVITY

Find a quiet place in your home and pray for 5 minutes.

DAY 4: SATURDAY

BIBLE VERSE

“Share your food with the hungry.” – Isaiah 58:6

PRAYER

“God, help me to share what I have with others.”

ACTIVITY

Choose a canned good to donate to a local food pantry.

WEEK 2

Learning about Jesus' Teachings

DAY 5: SUNDAY

BIBLE VERSE

“Love your neighbor as yourself.” – Matthew 22:39

PRAYER

“Jesus, help me to love others like You do.”

ACTIVITY

Do something kind for a family member today.

DAY 6: MONDAY

BIBLE VERSE

“Love the Lord your God with all your heart.” – Mark 12:30

PRAYER

“Lord, I love You! Help me to love You more every day.”

ACTIVITY

Write a love letter to God, thanking Him for who He is.

DAY 7: TUESDAY

BIBLE VERSE

“Be joyful in hope, patient in affliction, faithful in prayer.” – Romans 12:12

PRAYER

“God, help me to have joy, patience, and faith every day.”

ACTIVITY

Write down one thing you're hopeful for.

DAY 8: WEDNESDAY

BIBLE VERSE

“You are the light of the world.” – Matthew 5:14

PRAYER

“Jesus, help me shine Your light wherever I go.”

ACTIVITY

Make a lantern craft to remember to shine for Jesus.

DAY 9: THURSDAY

BIBLE VERSE

“Do to others as you would have them do to you.” – Luke 6:31

PRAYER

“Help me treat others with kindness and respect.”

ACTIVITY

Practice kindness with a friend by sharing or giving a compliment.

DAY 10: FRIDAY

BIBLE VERSE

“A new command I give you: Love one another.” – John 13:34

PRAYER

“Jesus, help me show love to everyone around me.”

ACTIVITY

Make a list of ways to show love to others.

DAY 11: SATURDAY

BIBLE VERSE

“This, then, is how you should pray...” – Matthew 6:9–13

PRAYER

“Thank You for teaching me how to pray, Lord.”

ACTIVITY

Learn and recite the Lord's Prayer.

WEEK 3

Trusting in God

DAY 12: SUNDAY

BIBLE VERSE

“Let the little children come to me.” – Mark 10:14

PRAYER

“Jesus, thank You for loving children just like me.”

ACTIVITY

Help a younger sibling or friend with something today.

DAY 13: MONDAY

BIBLE VERSE

“For the Son of Man came to seek and to save the lost.” – Luke 19:10

PRAYER

“Thank You for finding and loving me, Jesus.”

ACTIVITY

Invite a new friend to play or sit with you at lunch.

DAY 14: TUESDAY

BIBLE VERSE

“I am the vine; you are the branches.” – John 15:5

PRAYER

“Help me stay connected to You, Jesus.”

ACTIVITY

Draw a picture of a fruit tree and label ways you can “bear fruit” for God.

DAY 15: WEDNESDAY

BIBLE VERSE

“Trust in the Lord with all your heart.” – Proverbs 3:5

PRAYER

“God, help me to trust You in all things.”

ACTIVITY

Memorize Proverbs 3:5 and say it throughout the day.

DAY 16: THURSDAY

BIBLE VERSE

“The Lord is my shepherd; I shall not want.” – Psalm 23:1

PRAYER

“Jesus, thank You for always taking care of me.”

ACTIVITY

Draw a shepherd and some sheep to remember Jesus’ care.

DAY 17: FRIDAY

BIBLE VERSE

“Come,” He said. Then Peter got down out of the boat, walked on the water, and came toward Jesus.” – Matthew 14:29

PRAYER

“Lord, help me have faith like Peter.”

ACTIVITY

Write about a time you trusted God in a tough situation.

DAY 18: SATURDAY

BIBLE VERSE

“Do not fear, for I am with you.” – Isaiah 41:10

PRAYER

“Thank You, God, for always being with me.”

ACTIVITY

Make a “Trust in God” poster with this verse.

WEEK 4

Following Jesus' Example

DAY 19: SUNDAY

BIBLE VERSE

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:6

PRAYER

“God, help me give You my worries.”

ACTIVITY

Write down something that makes you anxious and pray about it.

DAY 20: MONDAY

BIBLE VERSE

“For we live by faith, not by sight.” – 2 Corinthians 5:7

PRAYER

“Jesus, help me to walk by faith each day.”

ACTIVITY

Take a walk outside and talk to God as you walk.

DAY 21: TUESDAY

BIBLE VERSE

“Be strong and courageous. Do not be afraid.” – Deuteronomy 31:6

PRAYER

“God, give me courage to follow You.”

ACTIVITY

Tell someone why you trust in Jesus.

DAY 22: WEDNESDAY

BIBLE VERSE

“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.” – John 13:14

PRAYER

“Jesus, help me to serve others with love.”

ACTIVITY

Help clean up or do a chore without being asked.

DAY 23: THURSDAY

BIBLE VERSE

“Do nothing out of selfish ambition...rather, in humility value others above yourselves.” – Philippians 2:3

PRAYER

“God, help me to think of others before myself.”

ACTIVITY

Do a secret act of kindness for someone today.

DAY 24: FRIDAY

BIBLE VERSE

“For I was hungry and you gave me something to eat.” – Matthew 25:35

PRAYER

“Jesus, help me care for those in need.”

ACTIVITY

Donate food to someone in need or a food pantry.

DAY 25: SATURDAY

BIBLE VERSE

“Love your enemies and pray for those who persecute you.” – Matthew 5:44

PRAYER

“God, help me to love even those who are hard to love.”

ACTIVITY

Pray for someone who has been mean to you.

WEEK 5

Living Out Our Faith Before Holy Week

DAY 26: SUNDAY

BIBLE VERSE

“Come with me by yourselves to a quiet place and get some rest.” – Mark 6:31

PRAYER

“Lord, remind me to rest and spend quiet time with You.”

ACTIVITY

Find a peaceful place and sit quietly, talking to Jesus.

DAY 27: MONDAY

BIBLE VERSE

“When He saw the crowds, He had compassion on them.” – Matthew 9:36

PRAYER

“Jesus, help me to be compassionate like You.”

ACTIVITY

Make a card for someone who needs encouragement.

DAY 28: TUESDAY

BIBLE VERSE

“Bear with each other and forgive one another.” – Colossians 3:13

PRAYER

“God, help me to forgive others as You forgive me.”

ACTIVITY

Forgive someone today and let go of any hard feelings.

DAY 29: WEDNESDAY

BIBLE VERSE

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” – Matthew 5:16

PRAYER

“Jesus, help me shine Your light in everything I do.”

ACTIVITY

Do a surprise act of kindness for someone today.

DAY 30: THURSDAY

BIBLE VERSE

“Blessed are the peacemakers, for they will be called children of God.” – Matthew 5:9

PRAYER

“God, help me bring peace wherever I go.”

ACTIVITY

Be a peacemaker today—help solve a disagreement kindly.

DAY 31: FRIDAY

BIBLE VERSE

“Rejoice in the Lord always. I will say it again: Rejoice!” – Philippians 4:4

PRAYER

“Thank You, Lord, for the joy You give me.”

ACTIVITY

Write or draw three things you're thankful for today.

DAY 32: SATURDAY

BIBLE VERSE

“Go into all the world and preach the gospel to all creation.” – Mark 16:15

PRAYER

“Jesus, help me tell others about Your love.”

ACTIVITY

Tell a friend or family member something you've learned about Jesus.

WEEK 6
HOLY
WEEK



DAY 33: PALM SUNDAY

BIBLE VERSE

“Hosanna! Blessed is He who comes in the name of the Lord!” – Matthew 21:9

PRAYER

“Jesus, I praise You as my King!”

ACTIVITY

Make palm branches and wave them in celebration.

DAY 34: HOLY MONDAY

BIBLE VERSE

“Let us not become weary in doing good.” – Galatians 6:9

PRAYER

“God, help me keep doing what is right, even when it’s hard.”

ACTIVITY

Finish a task or chore that you’ve been putting off.

DAY 35: HOLY TUESDAY

BIBLE VERSE

“This is my body given for you; do this in remembrance of me.” – Luke 22:19

PRAYER

“Jesus, thank You for giving Your life for me.”

ACTIVITY

Read about the Last Supper and draw a picture of Jesus with His disciples.

DAY 36: HOLY WEDNESDAY

BIBLE VERSE

“He poured water into a basin and began to wash His disciples’ feet.” – John 13:5

PRAYER

“Help me to serve others like You did, Jesus.”

ACTIVITY

Wash a family member’s feet or help them in a special way.

DAY 37: MAUNDY THURSDAY

BIBLE VERSE

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.” – Luke 22:42

PRAYER

“Jesus, help me to trust God’s plan, even when it’s hard.”

ACTIVITY

Spend 5 minutes in silent prayer, like Jesus did in the Garden of Gethsemane.

DAY 38: GOOD FRIDAY

BIBLE VERSE

“Father, forgive them, for they do not know what they are doing.” – Luke 23:34

PRAYER

“Thank You, Jesus, for Your great love and sacrifice.”

ACTIVITY

Make a cross craft to remember Jesus’ sacrifice.

DAY 39: HOLY SATURDAY

BIBLE VERSE

“It is finished.” – John 19:30

PRAYER

“Jesus, thank You for completing the work of salvation.”

ACTIVITY

Light a candle and sit quietly, thinking about Jesus’ sacrifice.

DAY 40: EASTER SUNDAY

BIBLE VERSE

“He is not here; He has risen!” – Luke 24:6

PRAYER

“Jesus, You are alive! Thank You for saving us!”

ACTIVITY

Celebrate by singing a joyful worship song and sharing the good news with someone!

Happy Easter!

Whether this is the first or fiftieth time you and your family are observing Lent, our prayer is that this 40-Day Lent Guide for Kids with daily Bible verses, prayers, and activities will help your family, and especially your children, deepen their faith during this important season.

By engaging regularly with Scripture and living out their faith through acts of kindness, kids can grow closer to Jesus and understand the true meaning of His death, burial, and resurrection.

