



Family Talk Time: A Daily Lenten Activity for Families

What is Lent?

Lent prepares us for Easter! It begins on Ash Wednesday and ends the Saturday before Easter Sunday. That's a little over 40 days!

During Lent, we think about how much Jesus gave up for us. You see, Jesus is God's special Son. Though he was God, Jesus became human. Jesus gave up his life so we can be freed from the power of sin and death. (Jesus' friend, Paul, explains this more in Philippians 2:5-11. Check it out!)

During Lent, we remember Jesus' sacrifice for all people, and we choose to give up things, too. Some people choose to fast during Lent. That means they give up things like food, TV, or video games and choose to spend that time thinking and talking about Jesus instead. It's a little way for us to sacrifice something for Jesus to show our love and gratitude.

Want to give it a try with your family? Okay! Great idea!

During this season of Lent, carve out 10 minutes each day to spend time thinking about Jesus and talking with your family. It's okay if you miss a day or two—after all, things happen. But the time you do spend together with Jesus is sure to be sweeter than your favorite Easter candy!

Here's what you'll do:

Cut apart these prompts and choose one to read and talk about each day. Each of the questions will help you focus on Jesus and talk about things that matter to you as you live your life as his friend.

As a family, choose a special time to spend with Jesus and each other each day of Lent. It could be at breakfast, dinner, bedtime, drive time, or anytime! (Although teeth brushing time might be a little tricky. It's hard to talk and brush at the same time.)

Plus, consider making these special talks even more fun with these ideas!

Conversation Box

Cut apart each question, fold each paper strip several times, then put them all in a special container. It could be a box, some socks, a bowl or a hole, a hat or...something like that! Then as a family, take turns selecting a question to talk about each day.

Easter Count UP!

As a family, cut apart one question to talk about each day. After each conversation, staple the paper strips together to build a paper chain! Tape your chain to the ceiling or hang it over a doorway. Then watch it grow longer and longer as Easter approaches. Then, on Easter Sunday, break the chain apart as you celebrate how Jesus' death and resurrection breaks the chains of sin and death and frees us to live forever as God's friends.

Egg-cellent Talks

Cut apart each question, fold each paper strip several times, then place them inside plastic Easter eggs—one question per egg. Place the eggs in a basket (you'll need a big one!) then take turns choosing an egg each day. Then, ta-da! Open the egg and talk about the question with your family!

Jesus is friends with a lot of people! Who in your life is also friends with Jesus?
How does having a shared friendship with Jesus help your friendship?

Jesus can bring peace to stormy times. Who is someone you know who is going through stormy times? What's going on? Pause to pray for that person.

Tell about a great gift you were given. What was it, and who gave it to you? Why did you like the gift so much?

Jesus is our forever friend. Who's a friend you've liked having in your life? What has made that person a good friend?

Jesus is always with us—even in dark times. Tell about a time you were in the dark and it was scary. Where were you, and what happened?

God gave the world his one-and-only Son, Jesus. Tell about something in your home that could never, ever be replaced. Maybe it's a family heirloom like your great-great-grandfather's pocket watch. Or an old-time photo album. Or Whiskers, your cat. What is it, and why is it so special to you?

The Bible is God's true story of love that points to Jesus! Think of a Bible verse you know and like. How does that verse help you?

What's the most fun you've ever had with your family during Advent or the days leading up to Christmas?

Jesus invites us to follow him. Who's someone you like following? What makes that person a good leader?

Jesus brings people into our lives to talk to. When did you have a good talk with someone? Who was it? What was it about?

Let's thank Jesus for people in our lives! Tell about a time you were super-duper thankful for someone. Who was it, and what happened?

Jesus cares for you. Tell about a time someone jumped in to help or care for you. What was the situation? How did it all end?

Jesus said two rules are important: Love God and love people! Think of a rule you have at home. How does that rule show love to God or other people?

Jesus tells his friends to be generous! If you had a million dollars to give away, where would you donate it?

We're important to Jesus. Tell about a time you felt important. What made you feel that way?

Jesus is good news! Share the best news you've ever received. Why was it such good news?

During the Easter season, we celebrate Jesus and all he's done for us. Share a memory of something your family has celebrated together. It could be a special holiday, good news, or a big win!

Friendship with Jesus will never end! What's something that you wish would never end? Tell why.

Jesus is worthy of our praise! What's one thing you can praise Jesus for? Tell why.

Jesus is in charge of everything! Tell about a time that knowing Jesus was in charge helped you feel safe when life got hard.

On the night he was arrested, Jesus wanted his friends to go to a garden with him to pray. Tell about a time you chose to do something Jesus wanted you to do even if you weren't sure how it would turn out. What was the situation, and what happened?

Jesus called himself the Good Shepherd. He said he'd go after one sheep that was lost. Tell about a time you thought, "I'm lost!" What happened?

One time, Jesus provided food for a whole crowd of hungry people. Tell about a time Jesus provided for you or your family. What happened? How did you feel?

The religious leaders didn't always understand what Jesus was up to. But Jesus said he came to fulfill God's rules, not get rid of them. Tell about a rule you wish didn't exist. Why don't you like that rule? What might happen if it went away?

Jesus said to let our lights shine so people will see our good works and praise God! What's something you're good at? How could you use that skill to shine God's light into your world?

Jesus invited his friends to do amazing things through his power. Tell about a time you think Jesus may have worked through you.

Jesus is always with us and will help us. When has Jesus helped you in the past?

Jesus showed God's love for everyone! He hung out with a lot of different people when he lived on earth. Tell about someone you used to hang out with who you haven't thought about in a long time. Who was it? What did you like about that person?

Even before he was born, an angel told Jesus' parents what he'd grow up to be—the Messiah! Tell what you'd like to do when you grow up. (Grown-ups, share what you had in mind when you were a kid!)

We can trust that Jesus loves us and is with us. Who do you trust? What makes that person trustworthy?

Jesus knows what it's like to feel hurt and all alone. Tell about a time Jesus helped you when you were hurting.

We can't fix sin on our own—that's why Jesus died on the cross and came back to life again! Tell about a problem you tried to fix on your own. What happened?

Jesus is a friend who will stick with us, no matter what! If you could pick one friend to be stuck with in an elevator for an hour, who would you pick? Why that friend?

Even when people were mean to Jesus and lied about him, Jesus never got mad. He controlled his temper so he could show the world God's love. When do you find it really hard to control your temper?

Sin causes us to forget about God and his way, and it gets us in trouble. Thankfully, Jesus came to help us with our sin problem! Tell about a time you were going the wrong way. What happened? Who helped you?

Jesus is the king of everything! What's something you'd like about being a king or queen?

Jesus told his friends to love each other like he has loved them. Who are people you know who show Jesus' love really well?

People came from near and far to meet Jesus and ask him to help them or teach them about God. If you had the chance to meet your favorite YouTube star, singer, actor, or sports star, who would you pick? How would you let that person know you think they're the greatest? Then imagine you could meet Jesus in person here on earth. How would you compliment him?

One time, a man named Nicodemus asked Jesus a lot of questions about being born again. Jesus didn't mind at all! Who has helped you with your faith questions?

Jesus' friends were all different and unique. Some were men. Some were women. Some were fishermen. Some were tax collectors. But they all had friendship with Jesus in common. What's one thing that's different about you and your best friend? Why is that a good thing?

Wherever you go, you can show Jesus' love. Tell about three places you're planning to go this week. Who can you show Jesus' love to in each place?

Jesus gives us hope for the future! What's one thing you hope will happen to your family soon?

Jesus' friends weren't feeling so brave after Jesus was arrested. Tell about a time you were brave.

People cheered for Jesus when he rode into Jerusalem on a donkey! If you could pick one person to cheer you on constantly, who would you pick? Why that person? What would you want them to say?

God's people were waiting and waiting for Jesus, the Messiah, to come. What's something you'd wait in line all day to do?

Jesus spent a lot of time with his disciples. Who's someone you wish you could spend more time with?

The week leading up to Easter was filled with good times and bad times for Jesus. Tell about one good thing from the last week and one not-so-good-thing from the last week.

Jesus brings joy to the world! Tell about a time you felt joyful. When was it? What do you think caused you to feel joy?
