



"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."

MATTHEW 6:31-33

LET'S GET STARTED.

At Grace, we want to partner with you to take your next step towards Christ. We pray that this Family Lent Guide will do just that!

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 of 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.

This Family Lent Guide matches the Adult Lent Guide provided in the Adult Worship Service. Some activities are modified to be more kid-friendly and a scripture is provided for you to read as a family.



Questions? E-mail us at graceKIDS@discovergrace.com or gracestudents@discovergrace.com



Also, please post pictures of your family doing the devotions and activities on facebook and instagram, just tag [@discovergrace](https://www.instagram.com/discovergrace)

JOB 42:5-6

"I had heard of You only by the hearing of the ear, but now my eye sees You. So I hate the things that I have said. And I put dust and ashes on myself to show how sorry I am."



FEBRUARY 17

Lent begins on Ash Wednesday, a day of remembering our sin. Many Christians throughout the centuries have attended Lent services to be marked with a cross of ashes on their foreheads, and this has been a Grace tradition each year as well. It is a special service to express sorrow over sin and to remind us that Jesus brings freedom from sin. The following 40 days of Lent, then, are an opportunity to remember Jesus' death.

Like many churches who regularly observe this tradition, we won't be hosting an Ash Wednesday service this year due to Covid precautions. But that doesn't mean that we can't observe this day in holy silence, repentance, and reverence for what it means – a chance to pause, to pray, and to prepare our hearts for the Lenten and Easter seasons.

**GRACE
ONLINE**




Head to discovergrace.com to find resources to help your family observe this Christian tradition.



1 CHRONICLES 16:23-31

"Sing to the Lord, all the earth!
Tell of his salvation from day to
day. Declare his glory among the
nations, his marvelous works
among all the peoples! For great
is the Lord, and greatly
to be praised..."



FEBRUARY 18

FAMILY CHALLENGE:

Build a Lenten worship playlist with your child/family that you listen to often during these 40 days. Use songs you love, or find our Spotify playlists at:



[DISCOVERGRACE.COM/LENT2021](https://discovergrace.com/LENT2021)

[DISCOVERGRACE.COM/ECH_PLAYLIST](https://discovergrace.com/ECH_PLAYLIST)

[DISCOVERGRACE.COM/ELEM_PLAYLIST](https://discovergrace.com/ELEM_PLAYLIST)

[DISCOVERGRACE.COM/STUDENTS_PLAYLIST](https://discovergrace.com/STUDENTS_PLAYLIST)

“He himself took our sins” in his
body on the cross, so that we
might die to sins and live for
righteousness; “by his wounds
you have been healed.”

1 PETER 2:24



FEBRUARY 19

KIDS:

Pick out a cross that is in your home or have your child draw a cross. Place the cross somewhere where you will see it regularly during Lent and thank Jesus every time you see it.

STUDENTS:

Download a picture of a cross and use it as a wallpaper on your device or print it off and place it in a place you will regularly see it.

ADULTS:

Place a cross somewhere where you will see it regularly during Lent – on your desk, by your bed – even draw one and tape it to your mirror. Thank Jesus for His love whenever you see it.



“Love the Lord your God with all
your soul. Love Him with all your
mind and all your strength.”

MARK 12:30

FEBRUARY 20/21

KIDS:

Make today a screen-free day. During the time your family would typically use technology, challenge one another to memorize the verse for today.

STUDENTS:

Make today a screen-free day. During the time your family would typically use your phone, TV, or video game system, challenge one another to memorize the verse for today.

ADULTS:

Spend a day with no screens – computer, phone, or TV. Take time to pray for God's peace every time you want to turn it back on.

“At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord’s people.”

EPHESIANS 6:18



FEBRUARY 22

KIDS:

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. Invite these people to Easter Services with you.

STUDENTS:

Write down the names of at least three friends at school, in your neighborhood, or on your leagues or teams whom you could invite to Easter services with your family. Pray for them each day and ask God to give you an opportunity to ask them to come.

ADULTS:

Pray for God to show you a family member, friend, neighbor or co-worker you could invite to Easter services with you. Then pray for the perfect opportunity to ask them to come.



MATTHEW 5:5

"Blessed are those
who are humble. They will
be given the earth."

FEBRUARY 23

KIDS:



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

STUDENTS:



Think of one next step you can take today to put someone else's interest above your own.

ADULTS:

Grab a piece of paper or journal, then read Matthew 6:9-13 – The Lord's Prayer that we are studying each week at church. Choose the verse that impacts or intrigues you the most and write or draw your thoughts about it.



“And let us not give up meeting together. Some are in the habit of doing this. Instead, let us encourage one another with words of hope. Let us do this even more as you see Christ’s return approaching.”



HEBREWS 10:25

FEBRUARY 24

KIDS:

Have your child draw a picture of Grace Church. Have them hang it up in their room as a reminder to pray for the church and join in the fun on the weekends.

STUDENTS:

Write a short note of encouragement to one of your small group leaders at church and come this next week to Grace and give them the note.

ADULTS:

Make attending church during Lent a priority. Download the Grace app and tap Locations at the bottom to find a campus or a link to worship online each Sunday.



**GRACE
ONLINE**

If you are worshipping with us online you can watch the service at [YouTube.com/GraceChurchFL](https://www.youtube.com/GraceChurchFL) and download all of our Family Resources at [discovergrace.com/family](https://www.discovergrace.com/family).



"So encourage one another
with the hope you have. Build
each other up. In fact, that's
what you are doing."

1 THESSALONIANS 5:11

FEBRUARY 25

KIDS:

Draw a picture or write an encouraging note and leave it in a public place for someone to find.

STUDENTS:

Find a way today to encourage someone without them even knowing. Keep it anonymous.

ADULTS:

Think of a person who could use some encouragement. Write them a note, send them flowers, or surprise them with a gift card and a few words of kindness.

"From of old, no one has heard or perceived by the ear, no eye has seen a God besides you, who acts for those who wait for him. You meet him who joyfully works righteousness, those who remember you in your ways."

ISAIAH 64:4-5



FEBRUARY 26

KIDS:

Write down all the good things that God has done in your life. Pray and thank Him for those things. But most importantly thank God for sending Jesus, so we can have a perfect friendship with God in Heaven!

STUDENTS:

Tell a friend or family member at least one way God has been good to you.

ADULTS:

Thank God today that Good Is Ahead for those who love Him!



“Therefore welcome one another as Christ has welcomed you, for the glory of God.”

ROMANS 15:7

FEBRUARY 27/28

KIDS:

Look for a new kid in your class this weekend. Welcome them to Grace! Invite them to sit or play with you in your classroom.

STUDENTS:

Look for a new student today and introduce yourself to them. Invite them to sit with you.

ADULTS:

Meet someone new this weekend at church. Every time you do, you strengthen the family of God.



**GRACE
ONLINE**

Invite a friend to watch Grace Online this weekend! You can watch the service at [YouTube.com/GraceChurchFL](https://www.youtube.com/GraceChurchFL) and download all of our Family Resources at [discovergrace.com/family](https://www.discovergrace.com/family).

"Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you."

COLOSSIANS 3:13



MARCH 1

KIDS: Is there anyone you're angry with? Someone you need to forgive? Write their name down on a piece of paper. Then, as a sign of your forgiveness to them, rip up the paper and throw it away.

STUDENTS:

Is there anyone you're angry with? Someone you need to forgive? Write their name down on paper. Then, as a sign of your forgiveness to them, rip up the paper and throw it away.

ADULTS:

Write down the name of someone you are angry with and struggle to forgive. Put their name near the cross you placed in your home on Feb 19. Remember all for which God has forgiven you in Christ.



"The heavens tell
about the glory of God.
The skies show that
his hands created them."

PSALM 19:1

MARCH 2

KIDS: Have a picnic snack, lunch, or dinner together with your kids. Look around and thank God for each beautiful part of creation you see.

STUDENTS:

Go on a walk today after school and notice something unique about God's creation. Praise God for what you observe.

ADULTS:

Take your lunch outside today and thank God for the beauty of His creation.

“Grow in the grace and knowledge
of our Lord and Savior Jesus Christ.
Glory belongs to him both now and
forever. Amen.”

2 PETER 3:18



MARCH 3

KIDS:

Check out our Gospel Guide Adventure Videos on the Grace app. These 5 videos help you understand what Jesus did for us. You can find these on the Families tab of the app. Download the app at discovergrace.com/app

STUDENTS:

Consider starting a Bible reading plan with your family or a close friend. Download the YouVersion app and find a reading plan.

ADULTS:

Download the Grace app and listen to one of the recent Next Steps podcasts from our teaching pastors.

**GRACE
ONLINE**



Download the app at discovergrace.com/app



"Love your neighbor
as you love yourself."

MARK 12:31

MARCH 4

FAMILY CHALLENGE:

Walk around your block. Pray for the people in each house as you pass by.

ACTS 3:19-20

“Repent therefore, and turn back,
that your sins may be blotted out,
that times of refreshing may come
from the presence of the Lord.”



MARCH 5

KIDS:

Write down some of your sins, then color over them in a black crayon or marker. Let this serve as a reminder that Jesus takes away our sins.

STUDENTS:

Listen to O Come to the Altar by Elevation Worship. As you do so, confess to God the ways you have wronged him and others.

ADULTS:

Memorize Acts 3:19-20 as you spend time in confession today.

“There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ.”

1 CORINTHIANS 12:12



MARCH 6/7

KIDS:

Make a thank you card for your teacher or small group leader and give it to them at church today.

STUDENTS:

Thank a volunteer for their commitment to serve you at church today. Talk to your parents or a small group leader about ways you can be part of serving others on Team Grace.

ADULTS:

Thank a volunteer for their commitment to serve you at church today. Consider serving others on Team Grace if you don't already: discovergrace.com/team-grace

**GRACE
ONLINE**



If you are joining an online small group or in the YouTube chat today, take some time to thank the volunteers that make our online services happen.



MATTHEW 4:4

"Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.' "

MARCH 8

KIDS:

Go through your room and choose some clothes or toys you can donate to a kid in need.

STUDENTS:

Buy someone's meal or consider giving up lunch today as a fast before God.

ADULTS:

Fast today (at least one meal) and ask God to nourish you with His words and presence and will instead of food.

“But here is what I tell you. Love
your enemies. Pray for those who
hurt you.”

MATTHEW 5:44



MARCH 9

KIDS:



Think of someone you have a hard time getting along with and write down three things you like about them. Then pray for them.

STUDENTS:



Think of someone you have a hard time getting along with and write down three things you like about them. Then pray for them.

ADULTS:

Pray for an enemy. Not for them to change – for God to bless them. Ask God if He wants to use you to do so.



“Do not gather for yourselves riches on earth. Moths and rats can destroy them. Thieves can break in and steal them. Instead, gather for yourselves riches in heaven. There, moths and rats do not destroy them. There, thieves do not break in and steal them.”



MATTHEW 6:19-20

MARCH 10

KIDS:

Fill a bag with things to donate to a charity or second-hand store.

STUDENTS:

Fill a bag with things to donate to a charity or second-hand store.

ADULTS:

Store up treasures in heaven instead of stuff in your closet: fill a trash bag with clothes or items you no longer use and donate them to help someone who can.

“Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things.”

PHILIPPIANS 4:8



MARCH 11

KIDS:

Declare today "No Complaining Day." Decide what each of you has to do each time you complain. (For example: 10 jumping jacks, pay \$1.00 to the family vacation fund, or add a chore to their to-do list.)

STUDENTS:

Every time you are tempted to complain today, think of one way you can turn around that complaint and be thankful.

ADULTS:

Every time you are tempted to complain today, change it to an expression of gratitude instead.



“Don’t forget to do good.
Don’t forget to share with others.
God is pleased with those
kinds of offerings.”

HEBREWS 13:16

MARCH 12

KIDS:

Help one of your parents or siblings with their chores.

STUDENTS:

Do something kind for a friend or family member remembering how God has been kind to you.

ADULTS:

Do something kind for a co-worker or family member with whom you don't always see eye to eye.



“Sing the praises of the Lord.
He rules from his throne in
Zion. Tell among the nations
what he has done.”

PSALM 9:11

MARCH 13/14



Watch this weekends *graceKIDS!* or *GraceStudents*
Lesson Videos at discovergrace.com/family

KIDS:

Tell a family member what you learned this week at church and one thing you will do to help you remember to live out what you learned.

STUDENTS:

Share something you learned in today's message at Grace with a friend or your parent or post online to encourage your friends.

ADULTS:

Share something you learned in today's message at Grace via email, Facebook, Twitter or Instagram to encourage your friends.

“At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord’s people.”

EPHESIANS 6:18



MARCH 15

KIDS:

Pray for the families that are a part of our Commission 127 Foster Care ministry.

STUDENTS:

Pray for the families that are a part of our Commission 127 Foster Care ministry.

ADULTS:

Pray for the people who are being helped and healed through our brand new Grace Counseling Center.

JOHN 16:33

"I have told you these things, so that
you can have peace because of me.
In this world you will have trouble.
But be encouraged! I have won
the battle over the world."



MARCH 16

KIDS:



Have a parent help you find a picture of the world from space online. Then pray for peace in this world.

STUDENTS:



Go to Google Maps and zoom out until you see the whole world. Pray for God's peace in the world.

ADULTS:

Go to your favorite news site on the web and pray for the peace of the world as you read the articles.



“Then the master told his
servant, ‘Go out to the roads.
Go out to the country lanes.
Make the people come in.
I want my house to be full.”



LUKE 14:23

MARCH 17

KIDS:

Pick a name from the jar you made on February 22 and invite that person to church on Easter.

STUDENTS:

Haven't asked that person you chose on February 22 to Easter with you yet? Do it today.

ADULTS:

Haven't asked that person you chose on February 22 to Easter with you yet? Do it today.



1 CORINTHIANS 10:31

"Whatever you do,
do it all for the glory
of God."

MARCH 18

KIDS:

Give your child a set amount of money today. Ask them to think of ways that they can use that money to help someone else, instead of buying things for themselves.

STUDENTS:

Do you have your own money? If so, think of ways that you can use some of that money to help someone else, instead of buying things for yourself.

ADULTS:

Consider your budget today. How much do you spend on yourself? On others? Which expenses are greater than what you give, and why? Ask God how He wants you to use your money for His glory.



"We love because he
first loved us."

1 JOHN 4:19

MARCH 19

KIDS:

Make something or put together a care package and drop it off at someone's house.

STUDENTS:

Put together a care package and drop it off at someone's house.

ADULTS:

Invite friends to a park or to a coffee shop and practice hospitality – share a meal, share your heart, listen well.

“And pray in the Spirit on all occasions
with all kinds of prayers and requests.
With this in mind, be alert and always
keep on praying for all the Lord’s people.”

EPHESIANS 6:18



MARCH 20/21

KIDS:

Try and leave for church early this weekend. Before you get out of the car, pray as a family for the church service. If you didn't get a chance to pray before church, make it a point to pray after church for all the people that hear God's Word.

STUDENTS:

Try and leave for church early this weekend. Before you get out of the car, pray as a family for the church service. If you didn't get a chance to pray before church, make it a point to pray after church for all the people that hear God's Word.

ADULTS:

Spend five minutes today quietly praying for the service before church.

**GRACE
ONLINE**



If you are worshipping online, pray for all the people that will be watching our family and adult services this weekend.

“Turn all your worries over to
him. He cares about you.”

1 PETER 5:7



MARCH 22

KIDS:

Sit down by yourself or with a parent and write down all the things you want to pray for and give to God.

STUDENTS:

Write down on a card at least three things that you often worry about. Find today's verse in your Bible and place that card as a bookmark at this verse.

ADULTS:

Set aside time today to pray for an extended time – at least 30 minutes. Write down your prayers if you have trouble focusing. Give your cares to God.

PSALM 62:5

"For God alone, O my soul,
wait in silence, for my hope
is from him."



MARCH 23

KIDS:

Play the silent game with your kids today at home or in the car. Ask them if it was hard to be quiet? Did they hear other noises that they don't normally hear? Explain that sometimes in our Christian faith, we have to be quiet and wait on God.

STUDENTS:

Go a day without music and intentionally reflect on Psalm 62:5.

ADULTS:

Spend 15 minutes in silence. Turn off the radio on your commute.



“First, I want you to pray
for all people. Ask God
to help and bless them.
Give thanks for them.”

1 TIMOTHY 2:1



MARCH 24

KIDS:

Go on a walk with your child today pray for the people you see.

STUDENTS:

Pray for your classmates today. As you walk by people today at school or see them on Zoom, pray for them.

ADULTS:

Pray for the strangers in line with you today at the store, seated near you at a restaurant, driving next to you down the street. Ask God to show you the hurting hearts around you.



"Anyone who is kind to
those in need honors God."

PROVERBS 14:31

MARCH 25

KIDS:

Set an extra place at your dinner table and pray for those in need.

STUDENTS:

Set an extra place at your dinner table and pray for those in need.

ADULTS:

Set an extra place at your dinner table tonight as a reminder to pray God would fill up the emptiness of those in need.



“Every good and perfect gift is from God. This kind of gift comes down from the Father who created the heavenly lights. These lights create shadows that move. But the Father does not change like these shadows.”

JAMES 1:17

MARCH 26

KIDS:

Go around as a family and say all the things you love about each other.

STUDENTS:

Make a list of 10 things God has blessed you with. Thank him for these things.

ADULTS:

Write it down: what can you find today to love about your spouse? Your children? Your boss? Your job? Your church? Your God?



“The next day the large crowd that had come for the feast heard that Jesus was on his way to Jerusalem. So they took branches from palm trees and went out to meet him. They shouted, “Hosanna!” “Blessed is the one who comes in the name of the Lord!” “Blessed is the king of Israel!”

JOHN 12:12-13



MARCH 27/28

FAMILY CHALLENGE:

Join your Grace Family for
Palm Sunday weekend in
person or online and
celebrate the beginning of
Holy Week.



MATTHEW 5:16

"In the same way, let your light shine so others can see it. Then they will see the good things you do. And they will bring glory to your Father who is in heaven."

MARCH 29

KIDS:

Ask your child to take \$10 out of their piggy bank or give them \$10 and have them pay for a meal of the person behind them at a fastfood place.

STUDENTS:

Purchase a gift card at a fastfood place. Give it to a stranger and bless them.

ADULTS:

Pick up someone's lunch check today or pay for the person behind you in line at the drive through.

If you aren't eating out, pick a friend to send a meal to.

“In you, Lord my God, I put
my trust.”

PSALM 25:1



MARCH 30

KIDS:

Write Trust God on your child's hand. Then look for moments to encourage them to trust God throughout the day.

STUDENTS:

Write Trust God on your hand. Then look for moments to trust God throughout the day.

ADULTS:

Pray Psalm 25 for your life.

“So those who are last will be first. And those who are first will be last.”

MATTHEW 20:16



MARCH 31

KIDS:

Look for ways to put others first and make yourself last today.

Give your sibling the last cookie, let them play with your toys, go to the back of the line, etc.

STUDENTS:

Look for ways to put others first and make yourself last today.

ADULTS:

Make a conscious choice to put yourself last today – give up your seat, go to the back of line, park in the farthest spot.



"Be imitators of God."

EPHESIANS 5:1

APRIL 1

KIDS:

Ask your child, what is one thing they can do every day to grow closer to God. Make it a practice for the rest of the school year.

STUDENTS:

Pray about which one of these practices you've done during this season of Lent that you'd like to make a habit in your life going forward.

ADULTS:

Pray about which one of these Lenten practices you'd like to make a habit in your life going forward.

JOHN 19:30

“After Jesus drank he said, ‘It is finished.’ Then he bowed his head and died.”



APRIL 2

KIDS:

Go outside and find a rock or stone. Using markers or paint, decorate and draw a cross or a heart on it. Place it somewhere you will see it regularly. Every time you do, thank Jesus for His sacrifice for us. Elementary kids are welcomed to come participate in the Good Friday Experience today.

STUDENTS:

Join us for our Good Friday Experience at the Orlando campus, 2300 Pembroke Dr. See discovergrace.com for times and details.

ADULTS:

Meditate on the sacrifice of Christ at Good Friday Experience at the Orlando campus, 2300 Pembroke Dr. See discovergrace.com for times and details.



“They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus.”

LUKE 24:2-3

APRIL 3/4

HE IS RISEN!

Join us for our Easter
celebration this weekend!
Go to discovergrace.com for
in-person and online service
times and locations.