

Jesus' Sermons on the Mount & on the Plain

A LENTEN DEVOTIONAL CALENDAR FOR FAMILIES

SUN	MON	TUES	WED	THURS	FRI	SAT
			18	19	20	21
			MATTHEW 5:1-3	MATTHEW 5:4	MATTHEW 5:5	MATTHEW 5:6
22	23	24	25	26	27	28
MATTHEW 5:7	MATTHEW 5:8	MATTHEW 5:9	MATTHEW 5:10	MATTHEW 5:11-12	MATTHEW 5:13	MATTHEW 5:14-16
1	2	3	4	5	6	7
MATTHEW 5:17-20	MATTHEW 5:21-26	MATTHEW 5:27-30	MATTHEW 5:31-32	MATTHEW 5:33-37	MATTHEW 5:38-42	MATTHEW 5:43-48
8	9	10	11	12	13	14
MATTHEW 6:1-4	MATTHEW 6:5-6	MATTHEW 6:7-8	MATTHEW 6:9-15	MATTHEW 6:16-18	MATTHEW 6:19-21	MATTHEW 6:22-23
15	16	17	18	19	20	21
MATTHEW 6:24	MATTHEW 6:25-33	MATTHEW 6:34	MATTHEW 7:1-6	MATTHEW 7:7-11	MATTHEW 7:12	MATTHEW 7:13-14
22	23	24	25	26	27	28
MATTHEW 7:15-20	MATTHEW 7:21-23	MATTHEW 7:24-27	MATTHEW 7:28-29	LUKE 6:20	LUKE 6:21	LUKE 6:22-23
29	30	31	1	2	3	4
LUKE 6:24-26	LUKE 6:27-31	LUKE 6:32-36	LUKE 6:37-38	LUKE 6:39-43	LUKE 6:43-45	LUKE 6:46-49

WHAT IS LENT?

In the Church Year Calendar, the season of Lent is a 40-day period beginning on Ash Wednesday.

It is a penitential season of preparation as we look ahead to Christ's death on Good Friday and His resurrection on Easter Sunday!

During this time, we remember what Christ has done for us, by His death and resurrection, paying the price for our sins and accomplishing our salvation.



Participating in devotions at home keeps you connected to the gifts you received in the Divine Service all week long.

TIPS FOR STARTING A DAILY DEVOTIONAL PRACTICE

- Choose a time each day for daily family devotions.
- Read the daily Bible verse(s).
- Talk about it: What do these verses tell me about God? What do these verses tell me about humanity? How does this apply to my life?
- Respond with prayer.

Use your own words, the Lord's Prayer, or a prayer from pages 305-318 in the Lutheran Service Book (LSB).

- Sing a Lenten or Holy Week hymn (LSB 418-456).

LOOKING FOR MORE?

- If you're looking for more structure for your daily devotions, check out pages 294-298 in the *Lutheran Service Book*.

If you don't have a copy at home, ask about borrowing one from your congregation.

- Supplement with an additional Lenten devotion, like the ones from Lutheran Laymen's League of Canada, or CPH's *Portals of Prayer*.
- You can find more calendars like this at:
<https://blog.cph.org/serve/tag/everyday-faith-calendar>

TIPS FOR FAMILIES

- If family devotions are new to you, start small and build on the habit.
- For a visual way to mark the season, consider:

Colouring the calendar box or using a sticker to mark the date when you've finished your devotion.

- Repetition is a great learning tool, so come back to the reading throughout the day and talk about it.
- If children are having a hard time sitting still, give them a piece of paper and ask them to draw what they're hearing.
- Give older children a chance to read the verse(s).
- When praying, folding your hands and bowing your head is both a physical posture of worship and can help curb distractions.
- For younger children, use prayers they hear in church, have them repeat after you, or give them a prompt, e.g. "Thank you God for..." and let them complete the prayer.