

Daily Challenge Guide



WALK
his ways

a children's lent experience

Dear Friends,

Welcome to Lent! It's a 40 day journey (not counting Sundays!) to focus on God and prepare to remember and celebrate Jesus dying on the cross and rising from the grave to save each of us. Many people decide to "give up" things for Lent to help them remember that Jesus gave his life for us, but you can also "take on" doing good things, just like Jesus did.

If you are up for "taking on" Lent, then use this guide to complete a challenge each day (except Sundays) beginning February 17 and ending April 3. Put stickers or draw shapes on the chart on the next page to keep track of each challenge you complete.

Come on! TAKE ON Lent, join in, and WALK HIS WAYS!

Each day of the week the challenge has a different theme:



A home and family challenge



A school or daycare challenge



An environment challenge



A neighborhood challenge



A global or world challenge



A devotional (God!) challenge

challenge chart

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	

Week 1



challenge 1

**Go to Ash
Wednesday
worship at church**

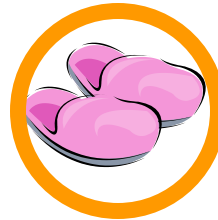


**Do an extra chore
(sweep, set the
table, pick up toys...)**



challenge 3

**Sit by someone at lunch
who is lonely or sad**



challenge 2



challenge 4

**Smile at
a stranger**



**Learn to say
something new
in a foreign
language**



challenge 5



challenge 6

**Turn out
the lights**

Week 2

Say something
NICE behind
someone's back



challenge 7

Donate old toys &
clothes to charity



challenge 10



Challenge 8

Teach an adult how to do
something new

Write a
prayer



challenge 11



Read a story or
watch a movie
about a
different
culture



challenge 9



challenge 12

Do
something
nice for
your
neighbor

Week 3

Find coins to bring
to church for Sunday
School offering



challenge 16

Find out what
“Fair Trade” is
all about.



challenge 13



Walk or ride
your bike
instead of
going in the car



challenge 14

Eat dinner
together and share
“highs” and “lows” of
the day.



challenge 17

Do something to show your
teacher they
are appreciated!



challenge 18



challenge 15

Sing a song about God

Week 4

Let someone else go before you



challenge 19



challenge 20

Use cloth napkins and towels instead of paper



challenge 21

Eat ethnic food and find out about the country it's from



Play a game as a family



challenge 22



challenge 23

Spend five quiet minutes thinking about God



challenge 24

Visit people in a nursing home

Week 5

Find out about
where your
clothes are made



challenge 25



Don't spend any
time in front
Of a
screen



challenge 28

Pick up trash
at a park



challenge 26

Use a reusable
bag for lunch or
shopping



challenge 29



challenge 27

Bring a treat to
someone at
school



challenge 30

Say thank you to
God for three
things

Week 6



challenge 31

Tell your family members why you love them

Say you are sorry to someone



challenge 32



challenge 33

Learn about refugees and sleep in a tent



Write a letter thanking someone for helping you



challenge 34

Turn off water while you brush teeth



challenge 35



challenge 36

Read a story to a younger child

Week 7 Holy Week

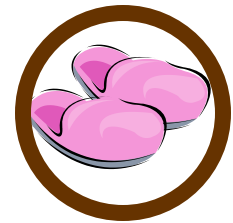


challenge 37

**Plant Easter
flowers**



**Make a cross
to display in
your house**



challenge 39



**Decorate Easter eggs
with Christian
symbols**



challenge 38

Polish someone's shoes



challenge 40

Holy Week Facts

Holy Week is when Christians remember the last days of Jesus' life. It begins on the sixth Sunday of Lent with Palm Sunday and ends the night before Easter with Holy Saturday.

Palm Sunday

Palm Sunday marks Jesus' triumphal entry into Jerusalem. Jesus, riding on a donkey, was cheered by the crowds, who waved palm branches and placed them in his path, crying 'Hosanna to the Son of David!' ('Hosanna' is a cry of praise meaning 'Please save' in Hebrew). But only a few days later, the same crowds would call for



Jesus to be crucified.

Read the story in Matthew 21:1-16

Maundy Thursday

Maundy Thursday marks Jesus' Last Supper with his disciples. 'Maundy' comes from 'mandatum', which is Latin for 'command', because at this meal Jesus washed the disciples' feet and told them that they should love one another. As they celebrated the meal together, Jesus gave thanks, broke the unleavened bread and shared it with his disciples. He then took the cup of wine, blessed it and shared it. We do the same things at communion to remember Jesus.



Read the story in John 13:1-15 or Mark 14:12-26

Good Friday

Good Friday marks the event of Jesus' death on the cross. It is called 'good' because Christians believe that Jesus showed God's love by dying on the cross.



Read the story in John 18 and 19.

Holy Saturday

This remembers the day when Jesus lay in the tomb. It is a day to reflect on Jesus' death and to prepare for the marking of his resurrection on Easter Sunday.

Celebrate Easter Sunday!

This marks Jesus' resurrection from the dead. It is a day of celebration and joy! Have an Easter egg hunt. Eggs are a symbol of new life! Greet others saying, "Alleluia! Christ is Risen!"



