

LENT

S E E K & W O N D E R

FAMILY DEVOTIONAL

DAILY BOOKLET

the
SEASON *of*
LENT

"...From dust we are made and to dust we shall return..."
On Ash Wednesday we stand before our priest, marked with a cross made from the ashes of last year's palms, and hear these words: from dust we are made, and to dust we shall return.

Lent is a season in our church calendar to think about our dustiness and to meditate on three practices: fasting, prayer, and giving. Generally, it is a time to be simple, a time to reflect, and a time to refrain from indulgence and special treats. We are preparing for Easter. When Easter comes there will be so much to celebrate. We fast, but soon we will feast. (The season of Easter is 50 days long. 10 days longer than Lent!)

Lent, while somber, can be a season to help your family grow more in their knowledge and love of Jesus. As adults, we possess a knowledge of the world and sin and life and death that our children haven't yet fully learned. They need our shepherding to engage in a season that lasts for 40 days—a span of time that is too long for any young one to fully grasp by merely attending church each Sunday. Teaching our children through Lent is like preparing a garden in spring. We need to tend to our children at home to help them connect the dustiness of Ash Wednesday to the Joy of Easter.

In this booklet you will find a daily liturgy as well as scripture readings and questions for each day of Lent. Online at Rezchurch.org you will find a document with more lenten resources. Each week there is a suggestion for an activity, fasting, seeking art, and feasting on Sundays. These suggestions correlate with the scripture theme for the week. Follow [@seekandwonder](https://www.instagram.com/seekandwonder) on Instagram, and look for the Spotify playlist which has all the music mentioned in this resource.

A S H W E D N E S D A Y

Reading: John 14:1-7

Questions for Children: I wonder what kind of place Jesus is going to prepare? I wonder if His disciples know where He is going? I wonder, how do we come close to God the Father? I wonder who are we following?

Parents: As you follow Jesus through Lent, remind yourself of who He is by meditating on His words; who does Jesus say He is? How do His claims comfort you? How do they challenge you? What do you want to say to God about this?

T H U R S D A Y

Reading: Exodus 3:13-15

Questions for Children: I wonder why Moses wanted to know God's name? I wonder why God says His name is "I am who I am?" I wonder how you would describe God? I wonder how Moses felt when he knew the God of Abraham, Isaac, and Jacob was the God who was speaking to him?

Parents: Naming has importance in the Bible; in naming, one's character is revealed. Who does God say He is and what does that reveal about His character? Who is the God of Abraham, Isaac, and Jacob? What is it like for Moses to be in the presence of God?

F R I D A Y

Reading: Matthew 4:18-20

Questions for Children: I wonder why Jesus was walking by the Sea of Galilee? I wonder what it was like to be a fisherman? I wonder why Simon and Andrew followed Jesus? I wonder if Simon and Andrew had to give up anything to follow Jesus? I wonder what following Jesus is like? I wonder how you can follow Jesus?

Parents: Imagine yourself in the boat and Jesus approaches you, what will your response be? What can I let go of or leave in my life to more closely follow Jesus? How do I feel about what I may need to give up to follow Jesus? Can I talk to God about this?

S A T U R D A Y

Reading: Matthew 16:13-20

Questions for Children: I wonder why some people were confused about who Jesus was? I wonder how Simon Peter knew Jesus was the Christ? I wonder why Jesus called Peter a rock? I wonder if Peter was a rock?

Parents: Who do you say Jesus is? How does Jesus' claim to be Christ comfort you? Does it leave you unsettled? Bring your thoughts to God in prayer today.

W E E K 1 : I A M T H E W A Y



Jesus says I am the way, the truth, and the life. Just as the disciples we are called to follow Jesus. This week, explore with your children what it means to follow Jesus. Wonder together how Jesus is the way, the truth, and the life.

M O N D A Y

Reading: Exodus 16: 4,13-18

Questions for Children: I wonder what the ground looked like every morning? I wonder how the people of God felt every morning as they gathered their daily bread? I wonder what the bread tasted like?

Parents: If you have time read all of Exodus 16. Imagine the scene. Imagine the chore of breakfast prep- just walking out of your tent and picking up bread from the ground. Today, look for ways that God provides you daily sustenance in the mundane moments of life.

T U E S D A Y

Reading: John 6: 26-36

Questions for Children: I wonder if you've ever felt hungry before? What does hunger feel like? When the people of God were wandering in the wilderness, God provided them bread (or manna) to sustain them. But Jesus says this is not the true bread from heaven. I wonder what the true bread of heaven is? I wonder what it means for Jesus to be the bread of life?

Parents: Imagine this scene, let your mind wonder-what is Jesus' posture while speaking to his disciples? How are the disciples hearing this? What does it look like for you to be in this scene?

W E D N E S D A Y

Reading: Matthew 14:13-21

Questions for Children: I wonder how the disciples felt when Jesus asked them to give the crowd something to eat, and they only had five loaves and two fish? I wonder how they felt when Jesus multiplied the bread and fish? I wonder what the fish and bread tasted like?

Parents: Imagine being in this story with your children and all their needs and having this man Jesus, meet all your needs. What concerns do you need to bring to God today, for yourself or for you family? Talk to Jesus about them.

W E E K 2 : I A M T H E B R E A D O F L I F E



Jesus says I am the bread of life. Jesus meets our most basic needs; He fills us and we are satisfied. Wonder with your children about God's provision during the second week of Lent.

T H U R S D A Y

Reading: Matthew 7: 7-12

Questions for Children: I wonder how you feel when you get something you ask for? I wonder what the knocking on this door sounds like? Is there anything you'd like to ask God the Father for today?

Parents: How does this passage connect with you as a parent? What do you seek? What are you asking God for today? Is there a part of your heart that doubts God's willingness to give you good gifts as His child? Can you talk to God about that today?

F R I D A Y

Reading: Matthew 13:33

Questions for Children: I wonder if this person has a name? I wonder what leaven does to bread? I wonder how the kingdom of God is like leaven?

Parents: When you bake bread this week, think about the yeast growing the dough. Where do you see the kingdom of God expanding in your life?

S A T U R D A Y

Reading: Luke 22:14-20

Questions for Children: I wonder what this reminds you of? I wonder what that bread tasted like? I wonder why Jesus says that the bread is His body?

Parents: Read all of chapter 22 if you have time, imagine yourself reclining at the table. How do you react to what Jesus is saying?

**Reminder: Start your bread dough tonight, see activity guide for instructions.*



M O N D A Y
Reading: John 10:1-10

Questions for Children: I wonder what the gate is for in the sheepfold? I wonder what the door looks like? I wonder if the sheep feel safe walking through the gate?

Parents: Imagine being in the sheepfold of the Lord this week. What does His voice sound like to you? Where is He calling you?

T U E S D A Y
Reading: Genesis 3:21-24

Questions for Children: I wonder how Adam and Eve felt when God closed the gate to the Garden of Eden? I wonder what that gate looked like? I wonder if it slammed shut?

Parents: Imagine that scene, God ushering Adam and Eve out of the Garden. What do you think the emotions were like in that moment? God closed the gate on Eden, but that was not the end of the story. What is your story with God?

W E D N E S D A Y
Reading: Revelation 21: 10-14, 25

Questions for Children: I wonder what this passage is describing? I wonder why there is no night? I wonder what the gates look like? I wonder why the gates never shut?

Parents: If you have time, read 10-25, imagine the New Jerusalem, imagine the gates wide open, and imagine the beauty here on earth. What do you feel?

T H U R S D A Y
Reading: Nehemiah 13:19-22

Questions for Children: The wall around Jerusalem was recently rebuilt, the gates could now be opened and closed. I wonder what it was like to build the wall and gates of Jerusalem? I wonder how they learned to build something so large? I wonder why the gates needed to be closed on the sabbath? I wonder what other times the gates would be closed?

Parents: Nehemiah was restoring the law, by closing the gates he was helping the Israelites keep the Sabbath. What gates need to be closed in your life, what gates need to be opened in your life to restore your place of rest with Jesus?

W E E K 3 : I A M T H E G A T E



Jesus says I am the gate. In Genesis, God closes the gate to the Garden of Eden and in Revelation the gates never close. We live in between those times, and in that space our gate is Jesus.

F R I D A Y

Reading: Matthew 7:13-21

Questions for Children: I wonder what these gates look like? I wonder where the gates lead? I wonder why the gate is narrow?

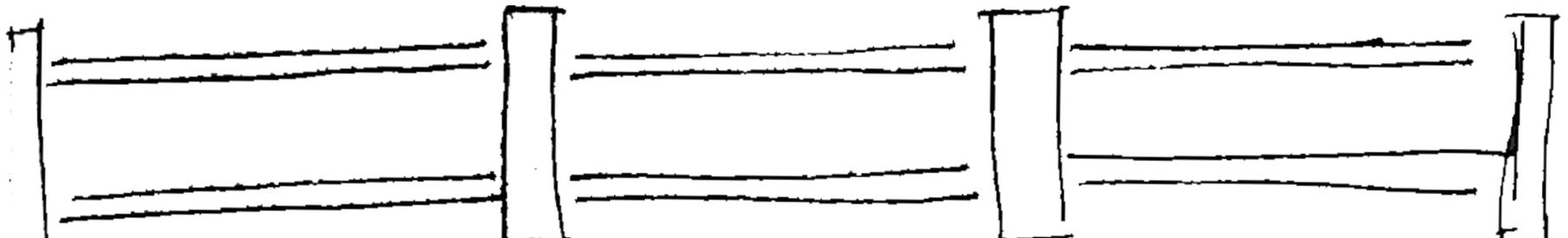
Parents: How are Jesus' words challenging you? In what ways in your life do you see the wide gate and in what ways do you see the narrow gate? What is leading you to life? Can you bring these reflections to God and ask Him to help you pursue His kingdom?

S A T U R D A Y

Reading: Psalm 118:19-21

Questions for Children: This is describing a royal procession. I wonder who is walking through these gates? I wonder if this is a parade? I wonder where the gates lead?

Parents: Imagine the procession through these gates. Imagine all of God's people walking through the gates of righteousness. Spend some time today thanking Jesus that He is our gate to righteousness and our salvation. Rest in this assurance.



W E E K 4 : I A M T H E L I G H T



Jesus says I am the Light of the World. Wonder this week with your children about the light and the dark. Be sensitive to your child's wondering, what lights illuminate their world?

M O N D A Y

Reading: John 8:12-14

Questions for Children: I wonder what the light of life is? I wonder who the Light of the world is? I wonder how we can follow Jesus and walk in His light?

Parents: Think about darkness and light. Where is the darkness around you now? Where is the light? Jesus beckons you to follow Him and walk in the light, how might you walk in His light this week?

T U E S D A Y

Reading: Genesis 1:1-5

Questions for Children: I wonder what was before light and darkness? I wonder what God's voice sounded like?

Parents: How is Jesus the Light of the world, even in creation? God spoke light into the creation, what light is He speaking into your life?

W E D N E S D A Y

Reading: John 9:1-7

Questions for Children: I wonder if the blind man's eyes hurt once he could see? I wonder when night will come? I wonder why Jesus says he is the Light of the world? I wonder who will be the Light of the world when Jesus goes back to the Father?

Parents: The blind man went from total darkness to light. How do you think he felt? Imagine that change as you meditate on Jesus' words—I am the Light.

T H U R S D A Y

Reading: Revelation 22:1-5

Questions for Children: I wonder where this place is? I wonder if we will sleep? I wonder what the light will look like?

Parents: Just imagine the beauty, read the words slowly and try to inhabit this space. How does the light hit you? What feelings and longings does this image awaken in you?

F R I D A Y

Reading: John 1:1-10

Questions for Children: I wonder if you remember when we read about the beginning of the world? I wonder if this is the same light we read about in Genesis? I wonder why some people do not recognize this light?

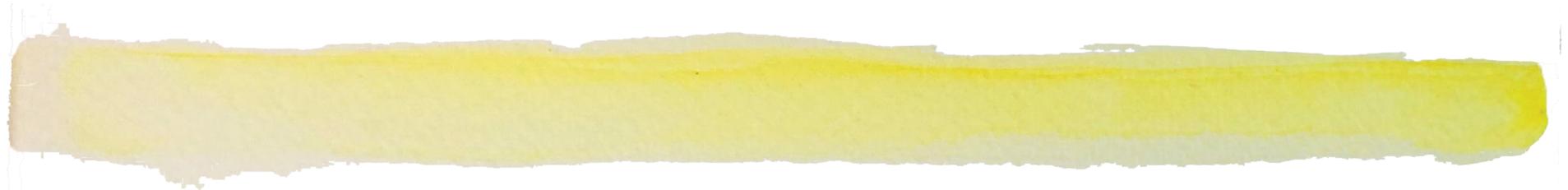
Parents: Meditate on this scripture. Think about the mystery of creation, and how it connects to the mystery of Jesus. Ask Jesus to give you a heart that receives Him this week.

S A T U R D A Y

Reading: John 12:35-36

Questions for Children: I wonder have you ever had to walk in the dark? What is it like? How did you feel? I wonder how much light we need to see?

Parents: Where are you walking? Are you walking with the light?





WEEK 5: I AM THE GOOD SHEPHERD

Jesus says I am the Good Shepherd. Spend the week wondering together about what it means to be the sheep in the pastures of our Good Shepherd.

M O N D A Y

Reading: John 10:11-18

Questions for Children: I wonder if the Good Shepherd's sheep have names? I wonder how the shepherd feels about His sheep? I wonder how the sheep feel about the Good Shepherd? I wonder what the Good Shepherd's voice sounds like?

Parents: Imagine hearing these words from Jesus. Imagine His posture. When do you hear the Shepherd's voice? Take a few moments today to sit in silence and listen to His voice.

T U E S D A Y

Reading: Psalm 23

Questions for Children: I wonder where this place is? I wonder if you have ever had cool clear waters touch you? I wonder if you have ever been in a place that feels like a dark valley. The Good Shepherd promises to be with us all the time, in peaceful times and in sad or scary times. When have you felt the Good Shepherd's presence near?

Parents: Do you let Him lead you to resting places?

W E D N E S D A Y

Reading: Luke 15:1-7

Questions for Children: I wonder if you have ever been lost? How did you feel? I wonder how it felt when you were found? I wonder what it feels like to find something that's been lost?

Parents: Imagine this scene, put yourself there, where do you find yourself? With the pharisees and the scribes or the tax collectors? What things do you need to repent of? When does Jesus rejoice with you?

T H U R S D A Y

Reading: Ezekiel 34:11-16

Questions for Children: I wonder where this mountain is? I wonder how many sheep will be there? I wonder where all these sheep came from?

Parents: Read verse 14 over and over, imagine that place. Where is that resting place for you? Meet Jesus there this morning.

F R I D A Y

Reading: Psalm 78:70-72

Questions for Children: I wonder how a shepherd is like a king? I wonder what you remember from what we have read this week? I wonder what this makes you think of Jesus?

Parents: Who is your king? Who is your shepherd? Are they the same person? As you think of Jesus as both king and shepherd, what thoughts or emotions arise? Can you bring those to Him in prayer?

S A T U R D A Y

Reading: 1 Samuel 17:34-37

Questions for Children: I wonder what it felt like to be a good shepherd? I wonder what it feels like to be a sheep with a good shepherd?

Parents: Imagine how God is fighting for you. Imagine how he protects you. Give thanks to Him for the ways you see His provision today.



M O N D A Y

Reading: John 15:1-8

Questions for Children: Have you ever seen a plant or fruit growing on a vine before? Have you noticed the different parts, the fruit, the branch, the vine? How are they different? I wonder what Jesus means when He says that He is a vine? I wonder what it means for me to be a branch?

Parents: What does a vine look like when it has been pruned? Have you ever felt like that kind of branch? What does that say about God's love? Are there areas of your heart that God is pruning? What fruit do you see in your life?

T U E S D A Y

Reading: Psalm 80:8-11

Questions for Children: Remember that God is the gardener. Here it says that He found a vine and wanted to move it to a new place. What does a gardener have to do to get ready to plant something? I wonder why a gardener would move a plant? I wonder once that vine was planted, would it grow and flourish and bear fruit?

Parents: I wonder how the Israelites felt to be delivered from "known slavery" into "unknown freedom?" Is it hard to see yourself as a transplanted vine? Do your branches reach to the sea? How do you see God tending to you?

W E D N E S D A Y

Reading: Isaiah 5:1-7

Questions for Children: I wonder how wild grapes taste different from cultivated grapes? I wonder why the vineyard only produced wild grapes? I wonder how the person who tended the vineyard feels?

Parents: Consider the way in which God was looking for His people to be like "sweet grapes." On our own, our efforts to bear fruit is futile. What areas in your life are you trying to bear fruit apart from Christ? Bring this to God in prayer today, trusting and abiding in Him to work despite your weakness.

T H U R S D A Y

Reading: Matthew 20:1-16

Questions for Children: I wonder how the workers felt when they got paid? I wonder if they could be friends with each other? I wonder what it means for the last to be first, and the first last?

Parents: Which set of workers do you identify with more easily? Why? Ask God to reveal more of His generous nature to you, and as you stay connected to Jesus, ask the Spirit to help you in your generosity with others.

W E E K 6 : I A M T H E V I N E



Jesus says I am the Vine and you are the branches. In order for us to live fully we must be fully connected to Him.

F R I D A Y

Reading: Matthew 21:28-32

Questions for Children: I wonder what it is like for them to work in this vineyard? I wonder why one son said yes and one said no? I wonder why one did the work and one did not? I wonder how the father feels about his sons? I wonder which son you'd like to be in this story?

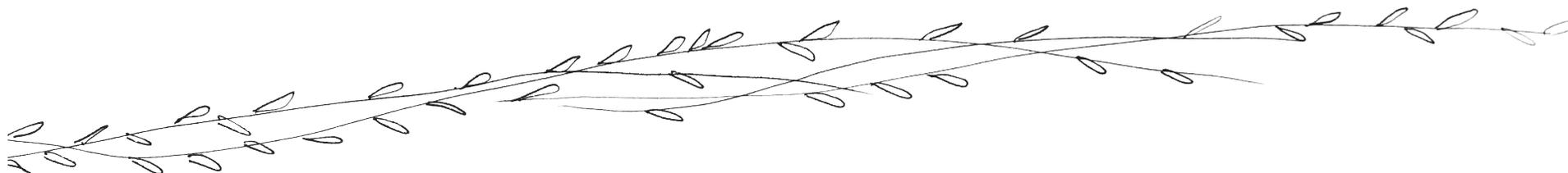
Parents: Most of us probably identify with both sons, consider how God, our Father, feels about us when we answer Him yes or no. What things have God called you to that you know and believe to be true but that you haven't acted on?

S A T U R D A Y

Reading: Jeremiah 2:21

Questions for Children: I wonder how a vine that has been planted and tended carefully "goes bad" and yields only bad fruit? I wonder if you have planted something that didn't grow even though you took very good care of it? I wonder what happens when seeds just don't grow?

Parents: Consider the slow manner of plant growth. I wonder how this might take place in our lives in small, slow steps rather than in big, dramatic choices? What small steps of growth are in front of you today? Can you offer them to God in prayer?



WEEK 7: I AM THE RESURRECTION



Holy Week is a week of extremes. In Palm Sunday we rejoice and shout “Hosanna”, and on Good Friday we hear “Crucify Him!” The story goes from the emotional high to a devastating low. Life to death. But, Jesus says I am the Resurrection. Jesus brings life to the physically, mentally, emotionally, and spiritually dead.

M O N D A Y

Pray together the collect for Monday of Holy Week (BCP)

Almighty God, Whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

Reading: John 11: 1-16

Questions for Children: I wonder how the sisters feel as they watch Lazarus die? I wonder what they think when Jesus didn't come right away?

Parents: Imagine being in this story, what feelings arise as you picture yourself in the story? Reread vs. 5 with your own name in it. Receive that love.

T U E S D A Y

Pray together the collect for Tuesday of Holy Week (BCP)

O Lord our God, whose blessed Son gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord, who reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reading: John 11: 17-26

Questions for Children: I wonder how Martha feels when she sees Jesus? I wonder why Jesus loves Mary, Martha and Lazarus?

Parents: Imagine being in this story, who do you identify with? What posture do you imagine Jesus taking when talking with Martha? Jesus was meeting Martha in her grief, where do you need Jesus to meet you?

W E D N E S D A Y

Pray together the collect for Wednesday of Holy Week (BCP)

Assist us mercifully with your grace, Lord God of our salvation that we may enter with joy upon the meditation of those mighty acts by which you have promised us life and immortality; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reading: John 11: 25-27, 39-46

Questions for Children: I wonder how Martha knows Jesus is the Christ? I wonder how it feels to come to life again? I wonder how all the people that were around felt when they saw Lazarus alive again?

Parents: Remember those words in vs. 5, Jesus loves you, then imagine the roller coaster of this story. Do you see the glory of God? What areas of your life are broken or dead? Where do you long to see a resurrection?

M A U N D Y T H U R S D A Y

Pray together the collect for Maundy Thursday (BCP)

Almighty Father, whose most dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it in thankful remembrance of Jesus Christ our Savior, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reading: John 13: 5-20

Questions for Children: I wonder how the disciples felt having their teacher wash their feet? I wonder if the water was warm or cold?

Parents: How do you feel seeing Jesus humbly washing his disciples' feet? Are you like Peter, saying no to this act of service? Are you able to receive help from others when offered? Who are you serving? How do you serve?

G O O D F R I D A Y

Pray together the collect for Good Friday (BCP)

Almighty God, we beseech you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the Cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Reading: John 13: 5-20

Questions for Children: I wonder how Jesus felt in the garden all alone? I wonder if He felt sleepy? I wonder what He means when He tells God "not what I will, but what you will?"

Parents: Imagine the garden, the path Jesus walks from His prayer point to His disciples, the smells and the sounds of the night.

H O L Y S A T U R D A Y

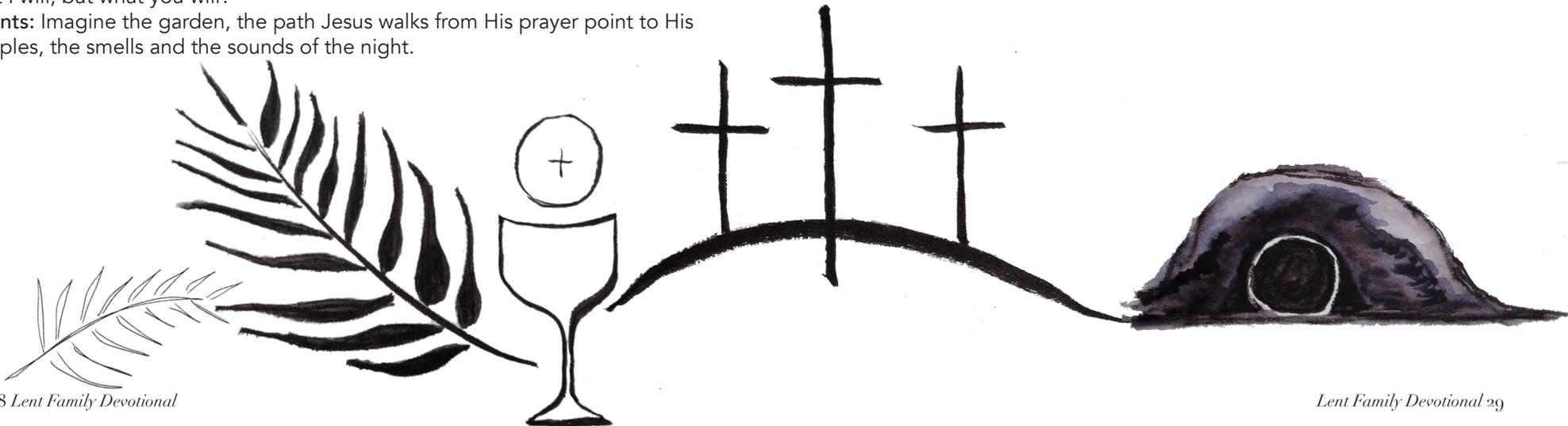
Pray together the collect for Holy Saturday (BCP)

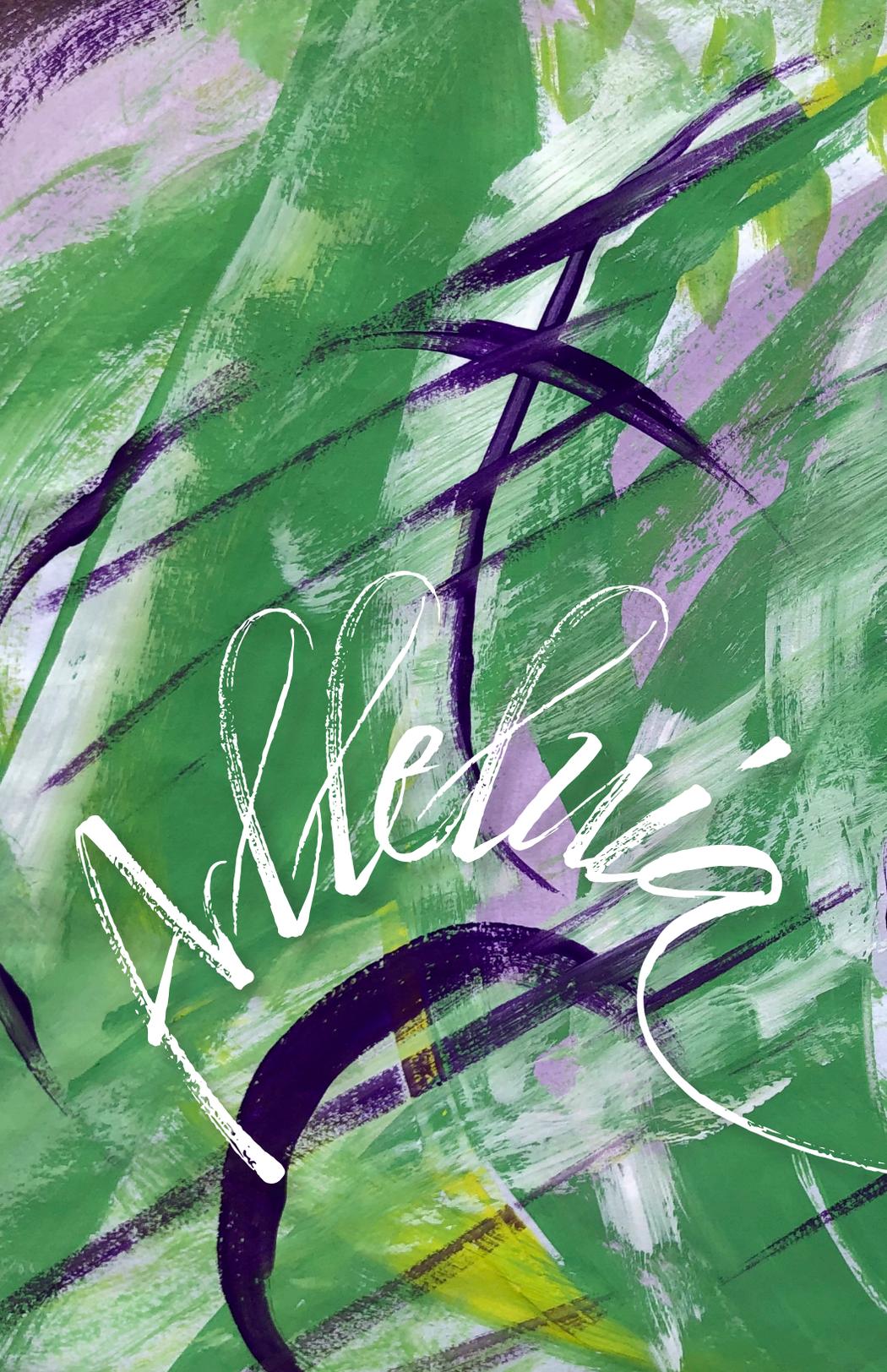
O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; through Jesus Christ or Lord. Amen.

Reading: John 19: 38-42

Questions for Children: I wonder why Joseph was afraid? I wonder why he took Jesus's body? I wonder where Jesus's other friends were? I wonder, what other stories do we know that talk about myrrh?

Parents: We know how this story ends, but on this Holy Saturday spend some time in quiet reflection, remember those 3 days of death. Prepare your heart for what is to come.





DAILY LITURGY

We light the candle to remind us of Christ.

Christ has died, Christ is risen, Christ will come again.

Bless the Lord who forgives all our sins.
His mercy endures for ever.

"Yet even now, says the Lord,
return to me with all your heart, with
fasting, with weeping, and with
mourning; rend your hearts and not
your clothing." *Joel 2:12*

God of all Mercy, you love all that you
have made.

You forgive the sins of all who are truly
sorry and humbly repent.

Sing Together

Create in me a clean heart, O God.
And renew a right spirit within me.
Create in me a clean heart, O God.
And renew a right spirit within me.
Cast me not away from thy presence O Lord.
Take not thy holy spirit from me.
Restore unto me the joy of thy salvation,
And renew a right spirit within me

Parents: Let's quiet our hearts and get ready
to listen to God's good words.
(take a Deep Breath as a way to calm
everyone)

Read today's scripture and wonder together.
At the end of your wondering blow out the
candle and say:

**May the bright sadness of Lent
prepare our hearts for the joy of
Easter**

EASTER LITURGY

Alleluia! Christ is risen!
The Lord is Risen indeed! Alleluia!
The light of Christ
Thanks be to God

Collect for Easter Day

Almighty God, who through your only-
begotten Son Jesus Christ overcame death
and opened to us the gate of everlasting life:
Grant that we, who celebrate with joy the day
of the Lord's resurrection, may, by your life-
giving Spirit, be delivered from sin and raised
from death; through Jesus Christ our Lord
who lives and reigns with you and the Holy
Spirit, on God, now and for ever. Amen.

*"We are Easter people! We stand on resurrection
ground. Easter is not only our greatest party...
Easter is the only reason we are here at all! We
should meet regularly for Easter parties. We should
drink champagne at breakfast. We should renew
baptismal vows with splashing water all over the
place. And we should sing and dance and blow
trumpets and put out banners in the streets. And
we should invite the homeless people to parties
and we should go around town doing random
acts of generosity and celebration. We should be
doing things which would make our sober and
serious neighbors say, 'What is the meaning of this
outrageous party?'"*

- N.T. Wright

Just as you were intentional about setting
aside time during Lent to fast and prepare
your families hearts for Easter, consider
how you might include feasting during
the 50 days of Easter. Perhaps your family
says the brief Easter liturgy each morning
during breakfast, maybe you listen to an
Easter playlist. We have additional activity
suggestions below.