

Conversation & Action Cards for Lent

Engaging families in faith conversation & action in the days leading up to Easter





Leader Guide



The "Why"

The Lenten season offers believers a time to prepare their hearts and minds for Good Friday and Easter. Lent spans 40 days from Ash Wednesday through Easter with six Sundays incorporated as "Sabbath" days. The cards are designed as a "grab and go" resource for families to focus on the key pillars of lent: giving, prayer, and fasting. This design empowers parents to guide conversations and prayers at home or on-the-go, without the pressure of "getting behind".

How to Share with Group

Each deck includes 38 cards. This is designed intentionally with the awareness that there are 46 total days of Lent and families may be able to pull a card on a Sunday or be unable to pull a card during certain days of the Lenten season. The 38 cards are comprised of: 10 cards about giving, 10 cards about praying, 6 cards about fasting, and an additional 12 "filler" Scripture cards that narrate the Easter story. The giving, prayer, and fasting cards each include: a bible verse, a reflection question, a simple action for the family to complete, and a prayer or blessing for closure.

Prep List

Things to gather:

- PDF of 38 Lent cards
- Cardstock
- Scissors
- Family Guide
- Lamination Paper & Laminator (optional)

How to:

Print and cut the Lent Cards and Family Guide. Each family unit needs one full set (38 cards) along with a printed family guide to take home.



Family Guide



Why?

We are so glad you're engaging with our Lenten cards this Easter season. Starting new habits or altering long-established ones can feel awkward - almost like trying to write with your non-dominant hand! The truth is, we can't just think our way into new behaviors; we must live our way into new ways of thinking. The things we say, do, and make a habit of reveal how we live and, ultimately, how closely we align with the love of Jesus. Sometimes it's necessary to assess our rhythms to ensure they're fostering change. We are praying that the next 46 days are filled with joy, rest, and renewal as we focus our hearts on the meaning of the season.

How?

This deck includes 38 cards: 10 focused on giving, 10 on prayer, 6 on fasting, and 12 Scripture cards. Each prayer, giving, and fasting topic card features a Bible verse, a reflection question, a simple action for your family to complete, and a blessing or prayer. The 12 bonus Scripture cards highlight verses about the death and resurrection of Jesus. The cards are non-sequential, meaning they can be completed in any order! Feel free to choose a random card based on a topic or shuffle the deck and pick on blindly each day.

When?

Lent is a 46-day period leading up to Easter Sunday. (You may have heard it referred to as 40 days, since the Lenten calendar does not include Sundays.) Followers of Jesus around the world typically observe Lent by fasting, praying, and focusing on their spiritual disciplines. Lent begins on Ash Wednesday, a day set aside for Christians to be reminded of our need for reconciliation with Jesus, and concludes on the day before Easter. The purpose of Lent is to encourage believers to deepen their commitment to God, draw closer to Jesus, and live in anticipation of the joyous celebration of Easter.

What's next?

You may be wondering, 'Why 38 cards for a 46 day thing?' And the simple answer is because we're parents too! There's no pressure to get something done each day or finish an assignment; this is simply an invitation to guide your family into a discovery during this season. So grab a topic card on most days, grab a Scripture card on your busiest days, and be free to skip a few days here and there.

As you continue on this journey, may you seek Jesus in all things, together, and allow Him to guide our rhythms and routines.

Fasting

Matthew 6:17-18

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."



reflection

Look at the first word of these verses. Jesus says, "when you fast". What do you think that means? Why did Jesus say that?

action

Fasting includes giving up something to make room for God. Choose something **DIGITAL** that you will give up for 24 hours, to increase focus on the Lord.

prayer

"Jesus, we are sorry for the times we've missed the mark. Help us to truly repent and accept Your grace."

Fasting

Joel 2:12

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."



reflection

This is a call from the Lord for people to return to Him. Why do you think it includes fasting AND weeping AND mourning?

action

Fasting includes going without something for a period of time. Challenge each family member to give up a food item (like a snack or desserts) for 24 hours.

prayer

"Lord Jesus, as I reflect on your final days on earth, prepare my heart for Easter by remembering Your life, compassion for others, and your sacrifice."

Fasting

Luke 4:1-4

"Jesus, full of the Holy Spirit...was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to Him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone.'"



reflection

How did Jesus deal with temptations while he was fasting? Why do you think He did that? How did it work for Him?

action

Challenge each family member to choose a verse to begin memorizing! Write or draw a picture that will help you. Quiz each other over the next few weeks!

prayer

"Today, we speak a blessing over our family from the Word, that the Lord will make His face shine on us and be gracious to us."



Fasting

Esther 4:15-16

"Then Esther sent this reply to Mordecai: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do."

reflection

Esther called her people to fast before an important moment. Discuss and decide on something important that your family could seek the Lord about together.

action

As a family, decide on one or two drinks that you will all only drink for the next 24 hours, to seek more of the Lord when you crave that drink.

prayer

"Jesus, it is in our weakness that You are at work. We lean on Your always and forever love and kindness today."

Fasting

Daniel 9:3



"So I turned to the Lord God and pleaded with Him in prayer and petition, in fasting..."

reflection

Take a moment to think about Jesus' sacrifice on the cross, and how He prayed before making that sacrifice. Why did He do that?

action

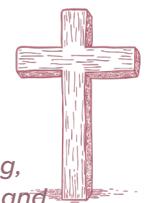
Together as a family, "turn" or change your usual posture of prayer (pray back-to-back or turned upside-down or laying flat).

prayer

"Lord, You defeated death and sin. Help me live in the joy of Your resurrection, filled with new hope and life."

Fasting

Acts 13:2-3



"While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off."

reflection

Fasting helps prepare our hearts for the mission of God in this world. What is something God is preparing you for?

action

Lay hands on each other and pray for what God is preparing each person for. After you pray, use your hands to high-five one another.

prayer

"We speak a blessing over each person in our family today, that they are set apart for good works that the Lord has prepared in advance."

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"Then one of the Twelve—the one called Judas Iscariot—went to the chief priests and asked, 'What are you willing to give me if I deliver Him over to you?' So they counted out for him thirty silver coins. From then on Judas watched for an opportunity to hand Him over."

- Matthew 26:14-16 -

Scripture

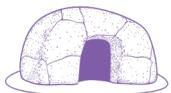


Check out this verse that's part of the Easter story we're preparing our hearts for:

"And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body, given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you.'"

- Luke 22:19-20 -

Scripture

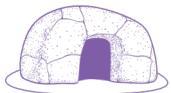


Check out this verse that's part of the Easter story we're preparing our hearts for:

"The disciples went and did as Jesus had instructed them. They brought the donkey and the colt and placed their cloaks on them, and Jesus sat on them. A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of Him and those that followed shouted, 'Hosanna to the Son of David!' 'Blessed is he who comes in the name of the Lord!' 'Hosanna in the highest heaven!'"

- Matthew 21:6-9 -

Scripture

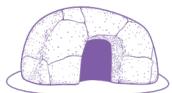


Check out this verse that's part of the Easter story we're preparing our hearts for:

"Going a little farther, he fell with his face to the ground and prayed, 'My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.'"

- Matthew 26:39 -

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"Then he released Barabbas to them. But he had Jesus flogged, and handed Him over to be crucified."

- Matthew 27:26 -

Scripture

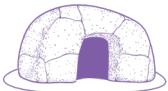


Check out this verse that's part of the Easter story we're preparing our hearts for:

"He withdrew about a stone's throw beyond them, knelt down and prayed, 'Father, if you are willing, take this cup from me; yet not my will, but yours be done.' An angel from heaven appeared to Him and strengthened Him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground."

- Luke 22:41-44 -

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"When they came to the place called The Skull, they crucified Him there, along with the criminals—one on his right, the other on his left. Jesus said, 'Father, forgive them, for they do not know what they are doing.'"

-Luke 23:33-34

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"So the other disciples told him, 'We have seen the Lord!' But he said to them, 'Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.' A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, 'Peace be with you!' Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.'"

- John 20:25-27 -

Scripture

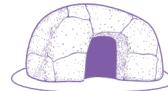


Check out this verse that's part of the Easter story we're preparing our hearts for:

"Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water."

- John 19:34 -

Scripture

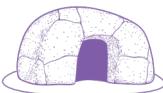


Check out this verse that's part of the Easter story we're preparing our hearts for:

"Now there was a man named Joseph, a member of the Council, a good and upright man, who had not consented to their decision and action. He came from the Judean town of Arimathea, and he himself was waiting for the kingdom of God. Going to Pilate, he asked for Jesus' body. Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock, one in which no one had yet been laid."

- Luke 23:50-53 -

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"They stripped Him and put a scarlet robe on Him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of Him and mocked Him. 'Hail, King of the Jews!' they said."

-Matthew 27:28-29-

Scripture



Check out this verse that's part of the Easter story we're preparing our hearts for:

"After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it."

- Matthew 28:1-2 -

Giving



Matthew 25:35-36

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

reflection

Why do you think Jesus says that when we help others, we are helping Him?

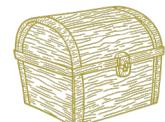
action

Look for someone to help today: a friend or a stranger. What real need can you meet? Then reflect on how it made you feel to live generously.

prayer

"Jesus, as we are learning to abide in You, help us to see others like You see them and speak blessings over them."

Giving



Matthew 28:19-20

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

reflection

What does it mean to be a disciple?

action

Write/draw today's scripture on a small piece of paper. Put the paper in your pocket and share the verse with someone today.

prayer

"Jesus, we think about Your suffering and sacrifice. Let Your cross be a sign of hope, love and compassion for all people in all nations."

Giving

Acts 20:35



“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus Himself said: ‘It is more blessed to give than to receive.’”

reflection

Think of a time when you felt really happy after helping someone or giving something to someone else. Share the story with your family.

action

Call or message someone today to share your joy. Tell them a joke or a funny story!

prayer

“Jesus, help us focus on what really matters: Your love, mercy, and compassion for others. May we grow closer to You through prayer, fasting, and giving.”

Giving

1 John 3:17-18



“If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth”

reflection

What does it mean to show God’s love through actions instead of words?

action

Consider a friend in need. Bake, create, or give something to encourage them!

prayer

“Today we speak blessing over our friend _____. Help us serve with kindness, compassion and humility.”

Giving

Luke 12:33-34



“Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.”

reflection

What does it mean to have treasure in heaven? Why should we focus on heavenly possessions?

action

Find a way you can give to the poor: money or physical donations. Donate to an organization that supports your community (shelter, food bank, etc.)

prayer

“Jesus, help us get closer to You through fasting, prayer, and helping others. Open our hearts to see the needs of those around us.”

Giving

Isaiah 52:7



“How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, ‘Your God reigns!’”

reflection

How do you feel when you share about God’s love with others? What do we believe about sharing God’s love with others?

action

Share the news of who Christ is with a friend today. Afterwards, write or draw about the experience.

prayer

“Jesus, bless each member of our family, that we can be a blessing to others.”

Giving



1 Corinthians 12:4-7

“There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord....Now to each one the manifestation of the Spirit is given for the common good.”

reflection

What special gifts has God given you? How can you use those gifts to bless others?

action

Use your gifts to be generous to others! Sing a song for a family member, draw a picture, or play a sport with a younger sibling.

prayer

“Jesus, fill us today with Your Holy Spirit. Open our hearts, our ears, and our hands to respond as the Spirit leads us.”

Giving



Acts 4:32

“All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.”

reflection

What would the world look like if we always shared with our family or friends? How could our generosity change the world for the better?

action

Think of a possession you love and share it with a friend or sibling for the day. Ask each other to make a face that shows how you feel about sharing that object.

prayer

“Jesus, help us be patient with each other and bring us all together as a family. Teach us to work together with kind hearts, understanding, and care.”

Giving



2 Corinthians 9:10

“Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.”

reflection

What do you think “harvest of righteousness” means? How could that look in our lives?

action

Give TIME to a family member today: do a sibling’s chore, or clean a space without being asked. Use your time to be a blessing to others.

prayer

“Jesus, work in our hearts today so that we can be kind and caring to everyone, both the people we know and those we may never meet.”

Giving



Matthew 9:37-38

“Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”

reflection

Who do you know that might need to hear about Jesus? How can you share with them?

action

Visit foursquaremissions.org. Click ‘Pray for FMI workers’ and choose someone on the page. Pray for that worker’s safety and strength.

prayer

“Jesus, we know that so many haven’t heard of Your love. We pray that You raise up more missionaries to go reach all people groups, sharing Your love with them.”

Praying

2 Thessalonians 3:5

“May the Lord direct your hearts into God’s love and Christ’s perseverance.”



reflection

How does spending time in prayer help us stay focused on God’s love?

action

Shout, whisper, AND sing a praise to God today for His love!

prayer

“Jesus, with hearts full of gratitude, we thank you for all the blessings You have given us, and for the love and care you have shown us.”

Praying

Romans 8:26-27

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”



reflection

How does the Holy Spirit help us pray, even when we don’t know what to say?

action

Pray for an area where you need God’s strength this week.

prayer

“Jesus, give us strength, through Your Spirit, to get through the challenges of this Lent season.”

Praying

Ephesians 6:18



“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.”

reflection

Why does praying in the Spirit help you pray for others?

action

Pray for a group of people who have not yet heard the message of Christ.

prayer

“Oh God, let our neighbors see that You are the Way, the Truth and the Life. We pray for those around us, that You would send Holy Spirit to help them recognize You.”

Praying

Luke 11:13



“So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him.”

reflection

Why do you think God gives us the Holy Spirit when we ask?

action

Pray for the children in your family.

prayer

“Jesus, I pray that my child will always know that You are with them. Stir within them a desire to become transformed by the power of Your Holy Spirit.”

Praying

Galatians 4:6



“Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, ‘Abba, Father.’”

reflection

What do the words “Abba, Father” mean to you?

action

Pray for male role-models in your life (Dad, Uncle, Grandpa, pastor).

prayer

“We speak Ephesians 3:18 over (insert name), that out of His glorious riches, God would strengthen him with power through His Spirit in his inner being.”

Praying



1 Corinthians 14:14

“For if I pray in a tongue, my spirit prays, but my mind is unfruitful. So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding.”

reflection

Why do you think singing and prayer are included in this verse?

action

Try singing a prayer today by adding the words of a prayer to a familiar tune!

prayer

“We speak a blessing over the leaders of our community, that they would know Jesus more and model His ways.”

Praying

Acts 2:4



“All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

reflection

Have you heard the words, “speaking in tongues?” What does it mean?

action

Pray to receive a spiritual gift. Ask the Lord to fill you with the Holy Spirit.

prayer

“Dear Lord, we pray that You fill us with Your Holy Spirit so that we radiate Your love and grace throughout the day.”

Praying



Praying

Mark 11:24



“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

reflection

How can believing that God will answer our prayers, help us pray with more confidence?

action

Pray for a specific request that's on your heart today. Ask for the Lord, with confidence, for favor and help.

prayer

“Dear Father, thank You for being our God and Shepherd, and for leading us beside calm and peaceful places (Psalm 23).”

Praying

Acts 4:31



"After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly."

reflection

What does it mean to pray "boldly?"

action

Pray for your own church and its leaders by name.

prayer

"We speak blessing over our church and the leaders who serve there. Give them courage, strength, passion, and peace."

Praying

John 16:13



"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."

reflection

Share about a time when the Holy Spirit helped you understand something more clearly.

action

Pray for your female role models in your life (Mom, Aunt, Grandma, pastor).

prayer

"Jesus, please guide and help our family. Give us the strength to face our problems and work together to solve them."