

Digital/Printable Lent Take-Home Kit

During the season of Lent we take time to intentionally engage living our lives in light of Jesus' death and resurrection. We participate with what God is already doing by reorienting our hearts and minds on Him.

In this digital/printable Lent take-home kit you will find short daily prompts and activities that are meant to spur you in participating and engaging this season of Lent. Print off these pages (single-sided), and cut out the 34 prompts. Fold them up, put them in a jar or bag and you're ready to go! (Further instructions below). These are meant to be simple but reflective ways to hear the Easter story, to get practical about living this adventure of faith, to shift things we're doing to make room for Jesus in new ways and rely on Him, and to prepare our hearts and minds for the celebration of Easter during this waiting season leading up to it.

Each day draw one prompt at random, open it up, and do what is prompted. You can do these on your own or with your family. There are 34 prompts in total, enough to start on Ash Wednesday and do one every day except Sundays, up until Holy Week. We have intentionally left Sundays and Holy Week as time to catch up on prompts you may have missed, to try the optional devotional that is offered on Sundays, and to be intentional about engaging the services and experiences offered during Holy Week.

If you receive this kit after the start of Lent, just jump in! The way these prompts were created was in hopes that even if you are only able to do some of them, it will still be a valuable way to draw closer to Jesus during this season.

Thank you for participating alongside us, practicing wonder and curiosity about how God has worked and continues to work! May He bless your efforts to draw closer to Him this season!

As we reorient our hearts and minds to be more centered on Jesus today, take a minute to listen to this song: Holy Moment by Phil Wickham. Reflect on all the ways it points us to praise God for who He is. What part of who God is stands out to you today? Take a moment to praise Him for that on your own or through listening to this song a second time and turning your heart toward Him anew. (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



Sometimes the lyrics to music give us a poetic insight to the wonderful works of God. Pause and listen to this song: Flowers by Phil Wickham. The opening lines are: "You picked up all my ashes, Planted flowers in their place..." This is a testament to how God can create beautiful things even out of our broken stories. It's out of his broken body, and his beautiful resurrection that we get to continue being a part of this story he is weaving. Take a moment to thank him for how he has worked in your story. (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



During Lent we often practice putting things down, or fasting. This isn't just for the sake of not doing something – it's so that we might more intentionally turn our hearts toward Jesus, realigning our lives more closely with Him, and experiencing his presence with us in our every day in a different way. Listen to this song: Centering Prayer by The Porter's Gate. How does song invite you today to be more closely oriented to God in your own day to day life? This might not feel immediately obvious and that is ok. Take a moment in prayer to ask the Holy Spirit to nudge you closer to Him today as you continue to reflect on this invitation. (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



"There is a story, That echoes through the ages, There is a mercy, From One who died to save us, The cross of Jesus, the Lamb forever." These are lyrics that speak to the story of this season of Lent. As you listen to this song today, let the multiple verses of this story remind you of the goodness of the One whose name is over all names, the only One who can save, the One whose light enters into our stories. Listen and reflect on this song: One by Brooke Ligertwood (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



In a season that we seek to reorient our hearts and minds to be more on Jesus, what better way to do that then to pray how Jesus taught us to pray? While this is a prayer many of us are very familiar with, don't take these simply holy words for granted, pause and reflect on them in prayer. You can find these words in Matthew 6:9-13, or alternatively, you can listen along to the beautiful musical rendition of The Lord's Prayer by Paul Zach. (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



Recently we introduced the song Take a Moment by Will Reagan. It's a song that reminds us to pause, to go before the Lord, to remember who He is, to allow him to carry the burdens of the world that are not ours to carry. His love carries us. While the words don't hold a particular Lent-based theme, they do spur us to remember who God is and live in light of it. Take a moment (see what I did there?) to listen to this song today, and remember our God, remember what Jesus did, remember what he has so graciously offered to us, and remember how loved you are. (Scan the QR code for a link to our Lent Spotify Playlist where you can find this song)



Read Acts 3:19-20. What a gift it is that we are forgiven by what Jesus did on the cross. But with the reality of that forgiveness is an expectation that we would live in light of it, continuing to repent and turn back to Jesus. What does this verse remind us will come from our repentance? How might you consider the presence of the Holy Spirit with you always as a refreshing encouragement in your daily life today?

In the Message translation of Joel 2:12-13 it says: But there's also this, it's not too late— God's personal Message!— "Come back to me and really mean it! Come fasting and weeping, sorry for your sins!" Change your life, not just your clothes. Come back to God, *your* God. And here's why: God is kind and merciful. He takes a deep breath, puts up with a lot, This most patient God, is extravagant in love, always ready to cancel catastrophe." These verses come in a prophecy about the time when God would come and invite us into this in a new way, through the Messiah... through Jesus. What part of this invitation stands out to you? Take a moment to ask God how He might want you to return to Him today.

Read Philippians 2:1-13. How is the gospel, the good news that of Jesus that changes everything, reflected in this passage? Notice how closely linked the truth of the good news is with the practice or reorienting our lives. The section of this letter ends with an encouragement to keep going, or as the Message translation puts it: live in "responsive obedience... be energetic in your life of salvation, reverent and sensitive before God." What might responsive obedience look like in your life today?

In this season of Lent we talk about reorienting our hearts and minds to be more on Jesus. While this can look like a big drastic life shift, more often it is the little things, repeated over and over intentionally that conform our hearts, minds, *and* daily practices to be more reflected of our Savior. Today, think of a habit you regularly practice— it could be as simple as brushing your teeth or eating a meal. Before you do this, take a moment to turn your heart to Jesus, thanking Him for His presence with you at all times, in all things... even these simple mundane moments. How might continuing this practice of presence in the little moments inform the rest of your life?

Our sermon series this season is on "misplaced worship," which is based in the idea that there are things that pull us away from worshipping Jesus— things of this world we may not even realize we worship through our actions. We might idolize comfort, stability, being entertained, time for ourselves, relationships looking a certain way, our preferences, food, success, money, being right, etc. Sometimes these are easy to identify in ourselves, and sometimes they aren't. These things can be sneaky because they aren't necessarily inherently "bad," but if our hearts and actions become a reflection of these pursuits instead of Jesus then our worship may be misplaced. As we turn toward Jesus this season, consider taking a good look at what your typical day or week looks like. Is there anything you notice that may be stealing your affection from Jesus? You can also spend a little time in prayer today simply asking God to reveal to you over the coming days what things may need to be laid down so that you can come to Him more freely.

Read Isaiah 58:6-12. Often we consider fasting during the season of Lent, and this section of scripture comes in the context of a warning to God's people about their shallow worship and fasting— He's telling them here about what it means to actually fast and worship in ways that glorify God and the blessings that go along with doing that. This can be a challenging section of scripture, and while it is written into a specific context, the heart of what is suggested here for these people still captures the heart of God for all of his people... for how he longs for us to worship Him with our lives and how to go about doing that. Was there any part of this that felt particularly challenging today? If so, take it to God in prayer. If you have time today, consider reading the whole of chapter 58 in the Message translation, there's something about reading these words in a more modern language that may resonate differently and spur different reflection on God's heart for his people— which includes us!

Romans 12:10 says: "Be devoted to one another in love. Honor one another above yourselves." When we think about what Jesus did in his death and resurrection, it is easy to see it as an act of love and devotion to save His people... to save us! Out of honoring what He did, we seek to follow in his ways, honoring one another above ourselves. In order to honor one another well in love, we must lead with the characteristics of how we see this suggested in scripture. Go read the entire chapter of Romans 12. What do you notice? How might these suggestions of love and honor encourage and challenge you to reflect Jesus more in your every day?

When we think about sacrifice, our greatest example is Christ, who died that we might have a right relationship with God and with others. In Matthew 5, in the Sermon on the Mount, Jesus talks about how we are to live in right relationship with those around us. He says: "Therefore, if you are offering a gift at the altar. First go and be reconciled to them; then come and offer your gift." He wants us to be reconciled to others, just as we are reconciled to Him. Let's hear this prompt from God today, from our Savior, and practice forgiveness by letting go of a grudge or resentment we may be holding on to. You can do this in prayer with God, and/or by reaching out to another for a reconciling conversation. Even practicing forgiveness and reconciliation in the small moments (like apologizing for not picking up your laundry off the floor), can help us to turn to this practice in harder times in the future.

1 John 4:7-8 says: "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love." As we consider these words during this season, we can see that true love is often exhibited through sacrifice, which takes intention and effort. Jesus did that for us through the way he lived, died, and rose again. Sometimes the idea of sacrifice, intention, and effort feels too big, like we can't do enough and so instead, we put it off or do nothing. Or we are so caught up in our distractions that we simply forget. Today, let's just start small. No matter how you are feeling today, no matter whether you are an introvert or an extrovert, make the effort to smile (or maybe even say hello) to every person you see, friend and stranger alike. Is there more to loving others well than smiling and saying hello? Of course. But you never know how these simple acts of love, like seeing and acknowledging others, of having a visual moment of connection, might brighten someone's day and bring them a moment of being loved.

Psalm 51:10-12 says: "Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit." Read this verse again. What stands out to you today? Use this verse as a prayer today. Consider even setting an alarm for every couple of hours to pray through this verse again as we practice reorienting our minds and hearts on the Lord.

In *Journey to the Cross, a Lenten Devotional* by Paul David Tripp, the author suggests that "God intends suffering to pry open our hands so we let go of the things of this earth and hold more tightly to Jesus." While this isn't a comfortable statement, it is one in line with what we aim to consider this season— how might our lives need to be reoriented that we might better know and reflect our Savior. Read Luke 9:21-25. How might Jesus' words spur you to consider a practice of fasting during this season? What things can you put down for a time? If you are already practicing some sort of fasting, consider this an encouragement to prayerfully keep going.

While it is often not our emphasis here at Adventure because we believe Jesus didn't just rescue us for some future reality, but to live into his Kingdom now... the fact remains that in this broken world, the empty tomb, and our belief in Jesus and what he did, gives us a new heaven and new earth in our future. We can let our hearts take a moment to be crushed at what sin has done in our lives and in our world, and then feel the hope of God working not just now in our midst, but also in the victory we know has already been won through Jesus. Read Revelation 21:1-7 and rejoice in what God has promised.

The world can seem to offer us so many outs for our wrongdoings and sufferings – "it's not that big of a deal," "just work a little harder and it will be fine," "just look the other way and it won't be your problem," "this quick fix will solve all your problems." Not only are many of these just plain falsehoods, they also condition us to be skeptical. Because these "solutions" don't tend to work (or don't work for long), they make us doubt the reconciling hope and power of what Jesus did on the cross. We doubt the necessity of God's plan. Yet, every aspect of Jesus' suffering, death, and resurrection were necessary. It was all essential because there was no other way to reverse the damage that sin had caused – there was no quick fix. Read Romans 5:1-11. How does this truth of the gospel speak to you today? How does it speak into your personal story or spur you to trust Jesus more during this season? Consider sharing that insight with a friend or family member. Or if it feels too challenging to do that, consider emailing one of us on staff at Adventure (like me!) so we can be a safe space for you to share. Our email addresses follow the same format: our first names @faithadventure.com.

During Lent, and especially highlighted in our series on Misplaced Worship, we take time to consider where our hearts, minds, and lives are focused. Are they focused on Jesus and following in his ways? Or have become too focused on the things of this world? Read Colossians 3:1-4 (if you have time, read all the way through verse 17!). This verse (and this whole big section) is a great reminder of where our attention should be, how we can practically do that, and the fruit that we may see and experience because of that practice. As a reminder of this, consider trying to memorize either part, or all, of verses 1-2. (This may take more than one day, put a sticky note on your bathroom mirror or wherever you'll see it to spur yourself on!). As you remember these words more, notice how your focus shifts.

Through Jesus' death and resurrection we were given the gift of the Holy Spirit with us always. As an act of gratitude for this immeasurable gift, take a moment now to simply say a prayer of thanks for His presence with you in each moment. As a challenge for the rest of the day, consider setting a timer for a regular interval and taking a very short pause when that timer ends to simply acknowledge the Spirit's presence with you and turn toward him. This doesn't have to include words, it is a simple reorientation amidst our every day lives.

One of the best ways we can prepare our hearts during this waiting season as we approach Easter, remembering Christ's life, death, and resurrection is by spending time in God's word and in prayer. By doing this it becomes less about us doing the preparing, but God working out that preparation in us. Author Anne Lamott suggested that often our prayers can be simplified down to three types, or three words: Help, Thanks, and Wow. While she affirms many different types of prayers, she also suggests that sometimes our own words can get in the way, or even prevent us from turning to God at all because of our tendency to overthink things. In those moments, she suggests to simply turn toward God and offer one of these words. Help. Thanks. Wow. Perhaps this simple fundamental practice, done more regularly, can put us in a different kind of posture for God to work in us during this season. Try offering one of these prayers now, and as often as you think of it in the coming days.

Read Acts 1:3-9. What does Jesus tell his apostles? We often get caught up in the excitement of Easter, of praising our Lord for rising after death... and it is good to praise him for that! But let's not forget that it also ushered in something that moves beyond that miraculous moment... it allowed the Holy Spirit to be with us always. It was an invitation into partnering with Jesus in new ways to bring about His Kingdom here on earth. We **get** to be his witnesses! Thank him for those truths, and ask him to bolster you for living that out in your every day context.

Jesus tells us that after he goes he will gift us the Holy Spirit. And indeed what a gift it is to have His presence with us at all times. It is a gift we often take for granted as we busily go about our days or are distracted by the world. The practice of acknowledging his presence or of being present with other people can be challenging... but it is also SO worthwhile! We were designed to live in relationship and be present with those around us, this is a way we can love others as Jesus loved us. Today, in recognition of the Spirit's presence with you, how can you offer your presence to someone else as an act of love? This could be through your time, your intentionality, your distraction-less listening, your sacrifice of your own plans to come alongside someone... there is no one right way to do this, other than to just do it...

Get practical today. This season often spurs us to put something down, or fast from something, so that we might make room for God and be reminded to turn to him instead of whatever thing we are fasting from. It's a way of reorienting, of making sure that the "things" have not risen to the level of importance that Jesus is in our lives. For the next 24 hours, choose something to fast from that you often turn to during your day, and when you turn toward that thing, try to catch yourself and turn instead toward God. Spend a moment acknowledging his presence with you, his love for you, and recognizing your own need for Him. "The purpose of fasting is not to earn God's love, but to more deeply surrender to it." (*Journey to the Cross*, Paul Tripp). Not sure what to fast from? Consider things like: screens, social media, sugar, snacks, your favorite toy, having music or the news on, any drinks other than water, looking in the mirror, criticizing yourself or others (even in your head), from googling everything you're curious about, or anything else this list may have spurred you to think of.

Scattered throughout these daily prompts you will find sections of scripture to read and reflect on that walk through parts of the story of the days surrounding Jesus' death and resurrection. Some of these sections of scripture are parts of the story you've likely focused on before, but some sections might be things you've breezed by because of events that surround it. You likely will not draw these prompts in order, so take this opportunity to read these parts of the story in isolation and try to reflect on them with new eyes. Sometimes the magnitude of what happened surrounding the crucifixion keeps us from dwelling on other parts of this story, parts God might want us to learn from and see differently today. Ask the Holy Spirit to open your heart and mind to what He has for you today in this section of scripture and then read: John 12:12-36, 44-50

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After Jesus' last supper with the disciples, he finishes speaking to them and then lifted his eyes to heaven and prayed directly to the Father. This is Jesus' longest recorded prayer, and happens just prior to his prayers in the garden of Gethsemane and his subsequent betrayal and arrest. What stands out to you about this prayer and Jesus' heart? How can some of these words become your own prayer today? Read John, chapter 17. Take a few minutes to pray in reflection of how Jesus prayed.

After Jesus' resurrection he appeared to many different people. As you read some of these accounts, what do you notice? What assurances does Jesus bring? What does he charge them with? How might we continue to carry Jesus' good news with us to the world? Read John 20:11-23 and Mark 16:14-19. Be encouraged! ***Jesus is Risen!***

Read this poetic interpretation of the Easter story by Paul David Tripp. It ends with a recognition of how the truth of this story spurs our gratitude. Take some time to list some of your own gratuities today, write them down or share them with a friend.

So many blessings,
so many graces,
so many gifts,
so much love.
There is no rational explanation;
there is no human reason;
there is no scientific formula;
no evolutionary theory;
no political machinations;
no cultural privilege;
no chance;
no fate;
nothing earned;
nothing achieved;
nothing deserved;
no right;
no entitlement;
no family inheritance;
no right of passage;
no reward for work done;
no prize for achievement;
no deserved recognition.
There is a miracle operating here;
there is amazing favor;
there is unprecedented mercy;
there is boundless love;
there is only one explanation;
there is but one rationale.

Blood was shed
outside the city walls,
a perfect man
with the criminal element
nailed to a torture tree,
hung there by those he made.
No words of defense,
no actions of resistance.
Favored Son,
now willing sufferer,
carrying the sin of multitudes.
Mocked by onlookers,
forsaken by the Father,
willing Lamb,
acceptable sacrifice,
planned from eternity,
accomplished in time,
so I would know
so many blessings,
so many graces,
so many gifts,
so much love.