

A photograph of a weathered stone wall with a crown of thorns and a palm frond. The wall is made of rough, grey stone with white mortar. A crown of thorns is placed on the wall, and a palm frond is visible in the bottom right corner.

Journey to the Cross

 HILLCREST
COVENANT CHURCH

A 7-Week Digital Guide for Lent

Our 7 Week Journey

Lent often means giving something up like chocolate, caffeine, social media, or TV, to remind us of Jesus' sacrifice. But what if, instead of just focusing on what we lose, we focused on what we can give back to God?

Lent isn't just about what we let go of, it's about what we make room for. We want to shift the focus from self-denial to God-centered action, small, meaningful ways to grow in faith as a family.

Each week, your family will take a small step together on the journey toward Easter. These simple devotions are designed to fit into your routine, whether it's over a meal, before bedtime, or in the car. Each devotion includes:

- **READ:** A short Bible verse to read together.
- **REFLECT:** A reflection question to spark conversation.
- **RESPOND:** A simple action step to help put faith into practice.
- **PRAY:** Special words are not necessary, speak your heart.
- **B.L.E.S.S. FOCUS:** A reminder of how we can share God's love in everyday ways.



LIVING OUT THE B.L.E.S.S. RHYTHM:

- **B**egin with prayer
- **L**isten with care
- **E**at together
- **S**erve in love
- **S**hare the story of Jesus.

This isn't about adding another to-do to your list, it's about making space for Jesus in the middle of real life. Start where you can, and let the journey to the cross shape your family's faith in a way that is natural and meaningful.

Traditional Lent "Giving Up"

"Giving Back" to God Instead

Giving up the need to worry	Giving your trust to God
Giving up sweets	Giving encouraging words
Giving up TV or Video Games	Giving God more time in prayer
Giving up complaining	Giving help to others
Giving up selfishness	Giving love selflessly

By choosing to give rather than take away, we still participate in the spirit of Lent, but in a way that helps us see faith as active, joyful, and full of purpose.



Week 1

Give God Your Trust

Trusting God isn't always easy, especially when life feels uncertain. This week, we will focus on placing our worries and fears in His hands, knowing that He is faithful. Together, let's learn how to lean on Him in all circumstances.

READ: Proverbs 3:5-6

"Trust in the Lord with all your heart . . ."

REFLECT: Trusting God when we have a problem or feel worried isn't always easy. When you start to worry, what helps you remember that God is with you?

RESPOND: Write down a worry you have on a sticky note and place it somewhere visible.

PRAY: As a family, ask God to help you trust Him with your concerns and worries.

B.L.E.S.S. ~ Begin with prayer, trusting God and bringing our worries to Him.



Week 2

Give God Your Words

Our words have power, to build up or tear down. This week, we'll practice using our words to encourage and bless others, just as Jesus speaks truth and life into us.

READ: Ephesians 4:29

"Let everything you say be good and helpful..."

REFLECT: How can our words help others?

RESPOND: Each family member writes an encouraging note to someone, maybe a neighbor, teacher, or friend. Deliver or mail it together.

PRAY: Talk to God about helping you speak encouraging words more often with your family and others.

B.L.E.S.S. ~ Listen with care, pay attention to how God may be calling you to encourage others with your words or actions.



Week 3

Give God Your Time

Life moves fast, and it's easy to get caught up in the rush. This week, we'll slow down and intentionally spend time with God, learning that being still in His presence is one of the best ways to grow in our faith.

READ: Psalm 46:10

"Be still and know that I am God."

REFLECT: How can we slow down to spend time with God this week?

RESPOND: Set aside 10 minutes to sit quietly together, no distractions, no screens. Play soft worship music or simply listen to the sounds around you.

PRAY: Sit and listen, then talk to God about helping you learn to listen to daily.

B.L.E.S.S. ~ Eat together, use a shared meal or special snack as a time to connect and reflect on God's presence.



Week 4

Give God Your Service

Jesus showed us that serving others is one of the greatest ways to reflect His love. This week, we'll focus on looking beyond ourselves and finding ways to serve others with joy.

READ: Galatians 6:9

"Let us not grow weary in doing good..."

REFLECT: What is one way you can serve others as a family?

RESPOND: Choose a simple way to serve; help a neighbor, volunteer together, or do an act of kindness.

PRAY: Talk to God about how you can serve your family and others to show His love to them.

B.L.E.S.S. ~ Serve in love, finding joy in helping others as Jesus did.



Week 5

Give God Your Gratitude

Gratitude shifts our focus from what we lack to what God has already given us. This week, we'll take time to thank God and recognize His blessings, big and small.

READ: 1 Thessalonians 5:18

"Give thanks in all circumstances..."

REFLECT: What's something surprising we can be thankful for?

RESPONSE: Make a Gratitude Chain, each family member writes something they're thankful for on a strip of paper. Link them together to create a visual reminder of God's blessings.

PRAY: Talk to God about all the things you are grateful for on this day. It's a great way to start every conversation with God.

B.L.E.S.S. ~ Share the story of Jesus and express gratitude by telling others how God has been at work in your life.



Week 6

Give God Your Love

Jesus loved us unconditionally, and He calls us to love others the same way. This week, we'll explore how we can show love, even when it's difficult, and reflect Christ's love to the people around us.

READ: John 13:34

"Love one another as I have loved you."

REFLECT: How did Jesus show love to people who were not easy to love?

RESPONSE: As a family, choose one way to show love this week, pray for someone, invite a friend to church, or do something generous in Jesus' name.

PRAY: Talk to God about how you can show love to others.

B.L.E.S.S. ~ Serve in love, showing love through actions as Jesus commanded.



Week 7

Give God Your Whole Heart (*Holy Week*)

As we enter Holy Week, we reflect on Jesus' ultimate sacrifice and love for us. This week, we'll consider what it means to fully commit our lives to Him and follow Him beyond Lent.

READ: Matthew 22:37

"Love the Lord your God with all your heart, soul, and mind."

REFLECT: How can we love God with our whole lives?

RESPOND: As a family, make a commitment card and write one way each person will continue to follow Jesus beyond Lent. Keep the cards somewhere visible as a reminder.

PRAY: Talk to God about how you continue in the commitment made on your card.

B.L.E.S.S. ~ Share the story of Jesus, tell others about His love and what Easter means to you.



Keep Blessing

Lent has been about taking small steps toward Jesus as a family. Some weeks probably felt meaningful, and others may have felt rushed or even forgotten, and that's okay. What really matters is that you made space for Jesus during these past seven weeks.

Easter is almost here, but this isn't the finish line. Jesus gave everything for us because He loves us, and that love doesn't stop when Lent ends. So keep going.

Keep looking for ways to trust Him, serve others, love well, and share His story. Keep living out B.L.E.S.S., BEGIN with prayer, LISTEN with care, EAT together, SERVE in love, and SHARE the story of Jesus. Keep making space for Jesus, not because you have to, but because life with Him is better.

Want to go deeper? Scan the QR code below for a worship playlist and family prayer video!

