


A decorative illustration at the top of the page featuring a green vine with leaves and small berries, and a butterfly with patterned wings.

# FAMILY DEVO LENT 2025

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**LENT**  
AT POINT LOMA CHURCH

# INTRODUCTION

**We hope you enjoy these Lent family devotionals! Read one devotional per week, and use the corresponding object from the Lent bag for the extension activities.**

## MATERIALS

One per child/one take-home Lent bag per child

- Paper bag
- Tiny playdoh
- Prayer box
- Jersey cut-out
- Sidewalk chalk
- Coin pouch
- Balloon

# WEEK 1

## INCARNATION: GOD AT THE TABLE

Caleb loved dinner at his grandma's house. Every Sunday, his whole family squeezed around her long wooden table, where she served warm bread, steaming soup, and sweet fruit. Grandma always smiled as she passed the food around. "A table is a place to remember we belong to each other," she would say.

One Sunday, after dinner, Caleb's dad opened the Bible. "Tonight, let's read about another meal—one that Jesus shared with His disciples."

Caleb listened as his dad turned to **Luke 22** and began reading about **the night before Jesus died**.

"Jesus and His disciples were in a small upstairs room, gathered around a table. They had celebrated this meal before—it was the **Passover**, a special meal God's people ate to remember how He had rescued them. But this time, Jesus did something different."

Caleb leaned closer.

"Jesus picked up a loaf of bread, broke it into pieces, and passed it around. **'This is my body, given for you. Do this in remembrance of me.'**

Then, He lifted a cup of wine. **'This cup is the new promise, made with my blood. It is poured out for you.'**"

Caleb's eyes widened. "Jesus was talking about Himself?"

His dad nodded. "Yes. He wanted His disciples to understand that **He was about to give His life for them**. Just like real bread gives strength to our bodies, **Jesus gives life to our souls**. And just like they drank from the cup, **Jesus' blood would be poured out to wash away our sins and make**

**our hearts clean."**

Caleb thought for a moment. "So... every time they ate that bread and drank from that cup, they would remember Jesus?"

"Yes," his dad said. "Jesus wasn't far away. **He was with them.** Even after He died and rose again, He gave them this meal as a way to **stay connected to Him.**"

Caleb looked down at the table, where crumbs of bread were still scattered on his plate. "So when we take the Lord's Supper at church, it's like Jesus is sitting at the table with us?"

His dad smiled. "Exactly. **Jesus is God with us.** When He came to earth, He didn't stay far away—He sat at tables, ate with friends, and showed us God's love in a way we could touch, taste, and see."

Caleb grinned. "That's pretty amazing."

As his dad closed the Bible, Grandma stood up and started clearing the plates. "You know," she said, "Jesus loved sharing meals with His friends. Maybe we can make this table a place where we remember Him too."

Caleb nodded. **Jesus wasn't just far away in heaven. He was here, with them, even at their family table.**

And that made dinner even more special.

*Extension Activity:*

Use the playdoh provided to create food for a special meal you would like to share with Jesus.

# WEEK 2

## CONTEMPLATION: TALKING TO GOD

Greta loved talking. She talked to her mom about books, to her dad about her school projects, and to her best friend about their favorite music. But sometimes, when it was time to pray, she didn't know what to say.

One evening, Greta sat at the kitchen table with her grandmother, flipping through her old Bible. She stopped at a page with **red letters**—words Jesus had spoken.

"What's this part?" she asked.

Her grandmother smiled. "That's when Jesus taught His disciples how to pray."

She turned to **Luke 11** and read aloud:

"One day, Jesus was praying, and His disciples were watching Him. When He finished, one of them asked, 'Lord, teach us to pray.' So Jesus said, 'When you pray, say this...'"

Then, she read the words of the **Lord's Prayer**:

"Our Father in heaven, holy is Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread, and forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil."

Greta listened carefully. "Jesus *taught* them how to pray?"

"Yes," her grandmother said. "Prayer isn't about saying perfect words—it's about talking to God, just like you talk to me."

"But sometimes, I don't know what to say," Greta admitted.

Her grandmother nodded. "That's why Jesus gave us this prayer—to show us how. Look at the words. First, we call God our Father. That means He loves us like a parent. Then, we ask for His help, His guidance, and His forgiveness."

Greta thought for a moment. "So I can talk to God about anything?"

"Anything," she said. "When you're happy, when you're sad, when you need help, or when you just want to say thank you. Prayer is about being with God, not just asking for things."

Greta smiled. "I think I want to try talking to God more."

Her grandmother squeezed her hand. "Then let's start right now."

Greta closed her eyes, took a deep breath, and whispered, **"Hi, God."**

And in that moment, she knew—**God was listening.**

*Extension Activity:*

Create and decorate a prayer box. Write or draw on slips of paper what you are thankful for and what you are asking God for. Then put your slips of paper in the box.

# WEEK 3

## HOLINESS

Ben loved playing soccer. He had just joined a new team, and his coach gave him a bright blue jersey. “When you wear this,” Coach said, “people will know you’re on our team. But more important than the jersey are the team rules—how we play together.”

Ben listened carefully. The coach talked about passing the ball, playing fair, and always encouraging teammates. “We don’t just play to win,” Coach said. “We play the right way.”

Later that day, Ben walked home, thinking. *Being on a team is more than just wearing the jersey—it’s about how I act!*

That night, Ben’s family read a Bible story together. His mom turned to **Matthew 5** and began to read about **Jesus’ Sermon on the Mount**.

“Jesus was teaching a big crowd on a hillside,” she explained. “He was telling them what it means to follow Him—to be on **Jesus’ team!**”

Ben sat up straight. “Jesus has a team?”

“Yes!” his mom smiled. “And His team has special rules, just like your soccer team. But instead of scoring goals, Jesus’ team is about living God’s way.”

Ben listened as she read:

- **“Be kind, even when others aren’t kind to you.”**
- **“Forgive people, even when they hurt your feelings.”**
- **“Help others, not so people will think you’re awesome, but because it’s the right thing to do.”**
- **“Trust God to take care of you.”**
- **“Love your enemies and pray for them.”**

Ben thought for a moment. “Those sound really hard!”

His mom nodded. “They are different from what the world teaches. But that’s what makes **Jesus’ team special**. Holiness means being set apart—living in a way that shows God’s love.”

Ben looked down at his soccer jersey. “So, if I’m on Jesus’ team, how will people know?”

His mom smiled. “Not by a jersey, but by how you live. When you choose kindness, forgiveness, and love, people will see Jesus in you.”

Ben grinned. “I want to be on Jesus’ team!”

“You already are,” his mom said.

As Ben drifted off to sleep that night, he thought about Jesus’ words. He didn’t need a jersey—he just needed to live like Jesus.

**And that’s what made him different.**

*Extension Activity:*

If Jesus and his followers did wear a jersey everyday, what do you think it would look like? Pick colors and symbols that remind you of Jesus and decorate the jersey provided.



# WEEK 4

## EVANGELISM: GO AND TELL

Mia sat on the front porch, swinging her legs and watching the sky turn pink as the sun set. Her big brother, Daniel, had just left for college, and the house felt strangely quiet without him.

"I miss him already," she said with a sigh.

Her mom sat down beside her. "I know, sweetheart. But remember what he said before he left?"

Mia nodded. "That he loves us, that he'll call, and that he wants me to take care of his dog while he's gone."

Her mom smiled. "That's right. Even though he's not here, his words remind us of his love—and they give us something to do while he's away."

She opened her Bible and turned to **John 14**. "Did you know that before Jesus left His disciples, He gave them words just like that?"

Mia leaned in, listening.

"Jesus knew He was going back to the Father soon, so He told His disciples something very important:

**'I am the way, the truth, and the life. No one comes to the Father except through me.'** (John 14:6)

That meant if they wanted to know God, they just needed to follow Jesus. Then He said:

**'If you love me, keep my commandments.'** (John 14:15)

That meant their love for Jesus would be seen in how they lived—choosing kindness, forgiveness, and truth.

And finally, Jesus gave them a promise:

**‘I will ask the Father, and He will give you another Helper, the Holy Spirit, who will be with you forever.’** (John 14:16)

That meant they wouldn’t have to follow Him alone. **The Holy Spirit would help them!**”

Mia thought for a moment. “So Jesus was telling them to keep going, even though He wasn’t going to be right there with them anymore?”

“Exactly,” her mom said. “He was sending them out to share His love with the world. And guess what? That’s our job too!”

Mia looked out at the neighborhood. “So, if I follow Jesus, I should tell others about Him?”

Her mom nodded. “Yes! We don’t have to be perfect at it—Jesus gave us the Holy Spirit to help. But when we love others, when we tell the truth, when we share His story... we’re showing the world **the way to Him.**”

Mia smiled. “Then I think I want to be on *His* mission.”

Her mom hugged her. “That’s exactly what Jesus hoped you’d say.”

As the stars began to shine in the darkening sky, Mia thought about **her brother’s words**—and about **Jesus’ words, too.** Even though she couldn’t see them, their love remained.

And now, **she had a mission to carry out.**

### *Extension Activity:*

Use the sidewalk chalk to write a message to your neighbors like “Jesus loves you” Decorate with arrows, hearts, and crosses to show that Jesus leads us to God.

# WEEK 5

## SOCIAL JUSTICE: GOOD NEWS FOR EVERYONE

Sam loved visiting the library. He loved the smell of the books, the quiet hum of people reading, and the way stories could take him anywhere in the world. But today, something felt different.

He saw a little boy sitting alone in the corner, flipping through a book with torn pages. His shoes had holes in them, and his coat looked thin for the cold weather outside. Sam's heart felt heavy. *Why does he have to struggle while I have everything I need?*

That night, as he sat at the kitchen table, he asked his dad, "Why doesn't everyone have enough food or warm clothes? Why is life harder for some people?"

His dad nodded and flipped open his Bible. "That's a really good question. You know, Jesus cared deeply about people who were struggling. In fact, when He first started teaching, He told everyone exactly what He had come to do."

He turned to **Luke 4:15-21** and began to read:

"Jesus stood up in the synagogue and unrolled the scroll of Isaiah. He read: 'The Spirit of the Lord is on me, because He has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners, to give sight to the blind, to set the oppressed free, and to declare the year of the Lord's favor.' Then He rolled up the scroll and said, 'Today this Scripture is fulfilled in your hearing.'"

Sam's eyes widened. "Jesus said that about Himself?"

"Yes," his dad said. "Jesus wasn't just saying nice words—He was telling everyone what His mission was. He came to bring

**justice.** To help the poor. To heal the broken. To stand up for people who were hurting."

Sam thought about the boy in the library. "So if I follow Jesus, does that mean I should help people too?"

His dad smiled. "Exactly. Jesus calls us to **live out His good news**—not just by talking about it, but by **doing something.**"

Sam sat quietly for a moment. Then, he jumped up. "I want to do something too! Maybe I can donate some of my books or help at the food pantry with Mom."

His dad squeezed his shoulder. "That's what it means to follow Jesus—to see people the way He sees them and to bring His love into the world."

That night, as Sam pulled the covers up to his chin, he whispered a prayer:

*"Jesus, help me see people the way You do. Show me how to bring good news to others."*

And in his heart, he knew—**Jesus' mission was now his mission too.**

### *Extension Activity:*

Collect coins for kindness! Go on a 5 minute speed hunt and round up all the spare change you can find. Put it in the pouch and donate it to a local food pantry like OB Loaves and Fishes (you can also drop it off on Sunday morning at Kids' Worship and we can make a collective donation!)

# WEEK 6

## CHARISMATIC: POWERED BY THE HOLY SPIRIT

Lena loved flying kites with her dad. On windy days, they would go to the park, run across the open field, and let the wind carry the kite high into the sky.

One afternoon, Lena held her kite tightly, waiting for the wind to pick up. “Come on,” she whispered, tugging the string. But nothing happened. The kite just lay there on the ground.

Her dad knelt beside her. “The kite can’t fly on its own,” he said. “It needs the wind to lift it.”

As they waited for a gust of wind, her dad smiled. “Did you know that’s kind of how the **Holy Spirit** works in our lives?”

Lena looked up. “The Holy Spirit... is like the wind?”

Her dad nodded and opened his Bible. “When Jesus was baptized, something amazing happened.” He read from **Luke 3:21-22**:

“As Jesus was praying, heaven opened, and the Holy Spirit came down on Him like a dove. And a voice from heaven said, ‘You are my beloved Son; with You I am well pleased.’”

Lena’s eyes widened. “So the Holy Spirit was with Jesus?”

“Yes!” her dad said. “And right after that, Jesus began His ministry. The Bible says that He went out **filled with the power of the Spirit**. He healed people, preached, and performed miracles—not by His own strength, but by the power of the **Holy Spirit**.”

Lena looked at her kite again. “So... the Holy Spirit helps us do what God wants us to do, just like the wind helps the kite fly?”

“Exactly,” her dad said. “And here’s the best part—Jesus didn’t

keep that power to Himself. Before He sent His close friends, the disciples out, He **sent the Holy Spirit to help them and to remind them of God's truth.**

"Jesus knew His followers—including us—would need the Holy Spirit to guide and empower them. He gives each of us **gifts** to help build up the church and share His love with the world."

Lena thought for a moment. "So what's my gift?"

Her dad smiled. "That's something the Holy Spirit will show you. Maybe you have the gift of **encouraging others, serving, teaching, or even praying for people.** But just like this kite, you need the Holy Spirit to help you use those gifts."

At that moment, a gust of wind swept across the field. Lena ran forward, and this time, the kite **soared into the sky.**

She grinned. "I get it! The kite can't fly without the wind, and I can't use my gifts without the Holy Spirit."

Her dad nodded. "That's right. When we rely on the Spirit, **God's power lifts us higher than we could ever go on our own.**"

As Lena watched her kite dance in the wind, she whispered a prayer:

*"Holy Spirit, fill me and help me use my gifts for You."*

### *Extension Activity:*

Using the balloons and a permanent marker, Write words on deflated balloons that reflect your kids' talents, like "listening" "kindness" "giving" "helping" etc. Blow up the balloons as you talk about how the Holy Spirit fills us up and strengthens these gifts. **Bonus:** Let kids **release** the balloons and watch them fly, illustrating how the Spirit sends us out to use our gifts to build up the church.



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