

40 Days of Love: Family Prayers for Lent



40 DAYS OF LOVE: Family Prayers for *Lent*

Christians celebrate Lent during the 40 days before Easter, beginning on Ash Wednesday. During Lent we remember Jesus and God's great love. We take special time to think about why we need Jesus, and we remember the sacrifice Jesus lovingly made when he died on a cross. Jesus died so that people can be forgiven and forever friends with God.

First John 4:10 says, “This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.”

Here's a simple way for your family to think about God's love during this season of Lent.

Pray a prayer together each day leading up to Easter. Each prayer is based on a verse from the Bible. Sometimes you'll simply pray the words in the verse, and other times your prayer will help you understand and apply the words of the verse to your everyday lives. Pray whenever you'd like—at breakfast, before supper, or at bedtime!

WEEK ONE

"THIS IS REAL LOVE—NOT THAT WE LOVED GOD, BUT THAT HE LOVED US AND SENT HIS SON AS A SACRIFICE TO TAKE AWAY OUR SINS" (1 JOHN 4:10).



FEBRUARY 18: Dear God, thank you for loving us and sending your Son, Jesus, to take away our sins (1 John 4:10). Amen.

FEBRUARY 19: Dear Jesus, thanks for showing us what real love looks like. Today we'll show our love for you by... (take turns saying things you'll do to show your love for Jesus). Amen.

FEBRUARY 20: Dear Jesus, we're thinking about these people who need to feel your love today: (take turns naming people who are sick or in need). Please help them trust and rest in your love for them. Amen.

FEBRUARY 21: Dear Jesus, we love you and we thank you. We listen to this song as we remember your love for us. (Listen to "[Fairest Lord Jesus](#)" on Lifetree Kids YouTube Channel.) Amen.

FEBRUARY 22: Dear God, thank you for loving us and sending your Son, Jesus, to take away our sins (1 John 4:10). Amen.

WEEK TWO

"AND MAY YOU HAVE THE POWER TO UNDERSTAND, AS ALL GOD'S PEOPLE SHOULD, HOW WIDE, HOW LONG, HOW HIGH, AND HOW DEEP HIS LOVE IS" (EPHESIANS 3:18).



FEBRUARY 23: Dear God, may we understand how wide, how long, how high, and how deep your love is (Ephesians 3:18). Amen.

FEBRUARY 24: Thank you, God, that music can remind us of your love. (Listen to "[His Great Love](#)" on Lifetree Kids YouTube Channel.) Amen.

FEBRUARY 25: Dear God, thanks for times we feel loved and cared for, like when... (take turns sharing a time you felt loved). Amen.

FEBRUARY 26: Dear God, your love is so big! It's bigger than a... (take turns saying something big). Thanks for loving us so much. Amen.

FEBRUARY 27: Dear God, there are so many things we don't understand, like... (take turns asking a question about God or sharing a struggle you're having today). May we trust you and your love for us, even when it's hard. Amen.

FEBRUARY 28: Dear God, you don't love only us—you love all people! We think of people in faraway places and ask you to bless them today. (Take turns mentioning places you've traveled to or places experiencing unrest or trouble.) Amen.

MARCH 1: Dear God, may we understand how wide, how long, how high, and how deep your love is (Ephesians 3:18). Amen.

WEEK THREE

“MAY THE GRACE OF THE LORD JESUS CHRIST, THE LOVE OF GOD, AND THE FELLOWSHIP OF THE HOLY SPIRIT BE WITH YOU ALL” (2 CORINTHIANS 13:14).



MARCH 2: Dear God, “may the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit” be with our family today (2 Corinthians 13:14). Amen.

MARCH 3: Dear Jesus, we need your grace today and every day. Today we need grace and forgiveness for these not-so-good moments: (take turns sharing some tense or disobedient moments). We’re sorry. Amen.

MARCH 4: Thank you, God, for your love. We know it’s with us now, and we’ll give each other a big hug just to help us remember! (Give a family group hug.) Amen.

MARCH 5: Holy Spirit, even though we can’t see you, we know you are with us. Thanks for helping us throughout our day when we... (take turns listing things you did today). Amen.

MARCH 6: Thank you, God, that music can remind us of your love. (Listen to “[Forever God, Forever Love](#)” on Lifetree Kids YouTube Channel.) Amen.

MARCH 7: Dear God, it’s fun to fellowship and be friends with other Christians. We specifically pray for these people in our church family: (take turns saying names of people in your church you’d like to pray for). Amen.

MARCH 8: Dear God, “may the grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit” be with our family today (2 Corinthians 13:14). Amen.

WEEK FOUR

“FOR THIS IS HOW GOD LOVED THE WORLD: HE GAVE HIS ONE AND ONLY SON, SO THAT EVERYONE WHO BELIEVES IN HIM WILL NOT PERISH BUT HAVE ETERNAL LIFE” (JOHN 3:16).



MARCH 9: Dear God, thanks for loving the world so much that you gave your one and only Son (John 3:16). Amen.

MARCH 10: Thank you, God, for these beautiful things in our world: (take turns mentioning your favorite things God made). Amen.

MARCH 11: Thank you, God, that music can remind us of your love. (Listen to “[We Will Live Forever](#)” on Lifetree Kids YouTube Channel.) Amen.

MARCH 12: Dear Jesus, thank you for these friends who help us love and trust in you: (take turns naming Christian friends and family members). Amen.

MARCH 13: Dear God, we pause to think about loved ones who are enjoying eternal life with you today. (Mention Christians in your family or church family who have died.) We look forward to being in heaven together someday. Amen.

MARCH 14: Dear Jesus, please help these people love and trust in you: (take turns naming people who aren’t yet friends with God). Amen.

MARCH 15: Dear God, thanks for loving the world so much that you gave your one and only Son. Jesus, thanks that when we believe in you, we have everlasting life (John 3:16). Amen.

WEEK FIVE

"HE SAVED US, NOT BECAUSE OF THE RIGHTEOUS THINGS WE HAD DONE, BUT BECAUSE OF HIS MERCY. HE WASHED AWAY OUR SINS, GIVING US A NEW BIRTH AND NEW LIFE THROUGH THE HOLY SPIRIT" (TITUS 3:5).



MARCH 16: Dear Jesus, thanks for saving us, not because of the righteous things we've done, but because of your mercy (Titus 3:5). Amen.

MARCH 17: Dear Jesus, thanks for helping us make right choices today, like when we... (take turns saying a good choice you or someone in your family made). Amen.

MARCH 18: Dear Jesus, we need your help with these things that are on our minds: (take turns mentioning things you need help with or to be saved from). Amen.

MARCH 19: Thank you, Jesus, that music can remind us of your love. (Listen to "[Rescue Me](#)" on Lifetree Kids YouTube Channel.) Amen.

MARCH 20: Dear Jesus, we pause to think of times we made some not-so-great choices today. (Pause.) Thanks for your mercy and forgiveness. Amen.

MARCH 21: Dear God, we praise you for so many things! (Take turns saying things you thank God for.) Most of all, we thank you for your Son, Jesus. Amen.

MARCH 22: Dear Jesus, thanks for saving us, not because of the righteous things we've done, but because of your mercy (Titus 3:5). Amen.

WEEK SIX

"WE KNOW WHAT REAL LOVE IS BECAUSE JESUS GAVE UP HIS LIFE FOR US. SO WE ALSO OUGHT TO GIVE UP OUR LIVES FOR OUR BROTHERS AND SISTERS" (1 JOHN 3:16).



MARCH 23: Dear Jesus, thank you for showing us what real love looks like. When we think of how you died for us, we feel... (take turns identifying a feeling you have when you hear the Easter story). Thank you for loving us so much. Amen.

MARCH 24: Dear Jesus, thanks for these people who show your love for us. They give their time and their love, and they help us so much. (Take turns mentioning parents, grandparents, and other caregivers in your family.) Amen.

MARCH 25: Dear Jesus, we love you. We know these things are true about you: (take turns saying something true about Jesus). Amen.

MARCH 26: Thank you, Jesus, that music can help us share our love for you. (Listen and sing along to "[Oh, How I Love Jesus](#)" on Lifetree Kids YouTube Channel.) Amen.

MARCH 27: Dear Jesus, these are our favorite things that happened today: (take turns saying a favorite part of the day). Thanks for the forever life you've given us. Amen.

MARCH 28: Dear God, who might need our love and help today? (Pause to think and talk through people in your community who might need help.) May we show them your love by... (together, decide what to do for them). Amen.

MARCH 29: Dear Jesus, we know what real love is because you gave up your life for us (1 John 3:16). May we give your love to others today.

WEEK SEVEN

“NOTHING IN ALL CREATION WILL EVER BE ABLE TO SEPARATE US FROM THE LOVE OF GOD THAT IS REVEALED IN CHRIST JESUS OUR LORD” (ROMANS 8:39).



MARCH 30: Dear God, thank you that “nothing in all creation will ever be able to separate us from your love that is revealed in Christ Jesus our Lord” (Romans 8:39). Your love is stickier than... (take turns listing sticky stuff—just for fun). Amen.

MARCH 31: Dear God, thanks for things in our world that remind us of your love for us. Things like... (take turns mentioning things that make you feel loved). Amen.

APRIL 1: Dear God, we love you. And we love the things you’ve given us. Things like... (take turns mentioning something you love). Amen.

APRIL 2: Thank you, God, that music can remind us of your love. (Listen to [“Nothing That Can Separate Me”](#) on Lifetree Kids YouTube Channel.) Amen.

EASTER WEEKEND

APRIL 3: Dear Jesus, thanks for showing us how much God loves us. We love you, too. Amen.

APRIL 4: Dear God, today is a quiet day. May we remember your love for us, even as we wait for good things to come. Amen.

APRIL 5: Dear God, thank you that “nothing in all creation will ever be able to separate us from your love that is revealed in Christ Jesus our Lord” (Romans 8:39). Jesus is risen! Amen.



Keep Growing At Home With Jesus

Family Resources

Younger Kids

Jesus Story Book Bible

Our favourite storybook Bible that introduces children to Jesus and God's great love for them

Go Minno

Bible online content

Free on YouTube or subscribe on website

Yancy

Our favourite younger worship songs

Available on YouTube, Spotify, Apple Music

Older Kids

I Am Devotional

40 Bible stories that help kids grow in their relationship with God

YouVersion Bible App

Interactive Bible stories that help kids discover the God's Big Story

LifeTree Kids

Our favourite worship songs

Available on YouTube, Spotify, Apple Music

THE STORY

From September 2025 - May 2026 our church is reading through the book, “The Story”. The Bible references will be provided for you to follow along if you don’t purchase the book.

Participate as a Family

Follow the Reading Plan at home

Attend a weekly church service

*Follow up after the church service with activities from **Family Connect***

