

Lent & Lenten Resources

Here are some resources for discussing & practicing Lent with your children.

Introductory articles

- [Lutheran Liturgical Practices During Lent](#)
- [Do Lutherans Have to Give up Something & What is the Significance of Lent?](#)

For Younger Kids

- *Kids in the Divine Service* are free bulletin inserts. [Here](#) are the weeks for Lent.
- CPH has a [Lent & Easter Family Calendar](#) (though you might ask your church to get them since they come in packs of 50!)
- Have you ever heard of a Lent Tree or a Jesus Tree? It's like a Jesse Tree and goes through the major events of Jesus' life during Lent. You can google it to find ornament patterns.
- Here's a link for the free Lent and Holy Week volume of [Hymns for Small Lutheran Hands](#).

For Older Kids

- **Memorize the Athanasian Creed** by starting on Ash Wednesday and ending at Trinity Sunday! Every line will be a blessing! Granted, it's not a 40 day exercise, but still a very excellent spiritual discipline and education. I even put together this document pairing the text with each week. [Athanasian Creed for Easy Memorization](#).

For the Whole Family

- Steadfast Lutherans offers a [schedule to read through the Book of Concord for Lent](#). There is even an [audio version](#).
- Higher Things has [Reflections](#) available for youth & families for throughout the church year.
- [Here's a neat guy for devotion, fasting, and almsgiving](#).
- Every year, devotion books become available through CPH, Steadfast Lutherans, Lutheran Hour Ministries, and more.

Simple Articles or Explanations on Fasting

- [ELS on Fasting](#)
- [The entry on Fasting from the Lutheran Cyclopedia](#)

<https://www.lutheranhomeschool.com/product/lent-lenten-resources/>