

WHEN IS LENT?

Lent is the 40 days before Easter. It starts on Ash Wednesday and goes for 40 days. If you look at the calendar you will see that it is actually 46 days, because Sundays are not considered part of the 40 days of Lent.

HOW TO TELL CHILDREN ABOUT LENT

Get a children's Bible and read them the stories of Jesus spending 40 days in the wilderness, being tempted and then baptized all as preparation for starting his ministry. Lent is when we commemorate Jesus fasting in preparation for starting his ministry. You might have a conversation about how some of the things we do prepare us for other things. Like learning our letters prepares us to read or if your children are learning to play an instrument or sport there is much preparation that goes into playing an instrument or sport well.

LENTEN BIBLE STUDIES FOR FAMILIES

Lent is a great time to start a family devotion or Bible study time. One of the easiest ways to start a family devotional time is to use a children's Bible or a children's Bible storybook and read the stories to your children. Depending on the age of your children you can talk about what it might be like to be present when the story means and then talk about what meaning can we take from the story about our lives today.

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Whatever activity you choose the important things are to do something to recognize Lent and teach your children the meaning of Lent. That way your children will realize Easter is about more than chocolate, eggs, and the Easter bunny.