



# WE ARE THE BELOVED

A Lent Guide for Families

# An Introduction

## WHAT IS LENT?

In the Western Church, Lent begins on Ash Wednesday and goes until Easter Sunday. Lent is both a season of reflection on the life of Jesus and the events leading up to his death and resurrection, as well as a time of preparation for the joy of Easter. Historically, the Church has engaged in Lent by participating in disciplines of prayer, fasting and generosity.

## AN INVITATION

For many, Lent brings a connotation of solemn sacrifice. People often exercise self-discipline by choosing to “give up” something for Lent. This is typically something that brings pleasure, whether it be chocolate or social media. This long-standing tradition has great merit, yet at times we can lose sight of the meaning behind the tradition. Sacrifice, at its best, is about what we gain far more than what we lose or give up.

We sacrifice the comfort of our couch so that we can build muscle and good health.  
We sacrifice our sleep so that we can stay up laughing with friends just a little longer.  
We sacrifice eating out at a restaurant so we can save up for that dream vacation.

In such cases, our sacrifice is built upon a trust that the thing we sacrifice for is worth it. It’s bigger and better than anything we could ever give up. In that way, Lent is no different. We sacrifice to fix our eyes on something far greater than we can imagine. We sacrifice to go deeper on our spiritual journey and gain a new level of intimacy with Christ.

Whether you and your family have chosen to give up something for Lent or not, we invite you to engage with this Lenten guide as a way to gain. Our hope is that by the end you will have gained meaningful conversations and memories with your children, as well as a deeper understanding of God’s profound love for you. Over the course of the next six weeks, we will be journeying alongside Jesus from his baptism through his 40 days spent in the wilderness to see what wisdom we might gain about our own belovedness.



# Getting started

## HOW TO USE THIS GUIDE

Each week, there will be a Focus Scripture, along with a Parent/Caregiver Reflection, a Family Reflection, and a Family Activity that relate to the theme of the weekly Focus Scripture. You can choose to do any combination of activities throughout the week in whatever order works best for your family. Here is one suggestion to consider:

### **Focus Scripture**

Read this weekly scripture passage yourself and then together as a family to begin the week.

### **Parent/Caregiver Reflection**

This reflection is primarily for you as a parent or caregiver, to help prompt your thinking about the scripture and what it might mean for you in your parenting journey. We recommend reading and reflecting on this sometime before the Family Reflection and Family Activity.

### **Family Reflection**

It might be helpful to create a weekly rhythm for reading the Focus Scripture as a family and going through the Family Reflection. Perhaps around the dinner table, at bedtime, or any day and time that your family tends to be together.

### **Family Activity**

We encourage you, as the parent/caregiver, to read through the Family Activity each week and find a time to do it that works for your family. The Family Activity for each week is unique and interactive, so you may find that some fit well to follow the Family Reflection while others may work better at a separate time.

# Week One

## FOCUS SCRIPTURE

Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

**Luke 3:21-22**

## PARENT/CAREGIVER REFLECTION

Lent is often associated with the time Jesus spent in the desert wilderness, but it might be helpful to rewind a little bit first. In Luke, the last thing Jesus experienced before going into the wilderness for 40 days was his baptism. Might there be a connection in the sequence of these events?

So much of our time as parents is spent working to shield our kids from “the wilderness.” Very early in life, the wilderness might come in the form of not getting an invitation to a birthday party like all the other kids. As they grow older, it might come in the form of a school bully or learning difficulties that make it hard to pass tests. And the stakes climb higher as they enter the teen years and experience rejection from a crush or navigate the flurry of hormone cocktail that creates intense, sometimes incredibly dark, emotions. Though some of these experiences may seem trivial, they cut deeply. The common theme is an echo of isolation, of not belonging, of not being “good enough.” These wilderness experiences happen even in the very best of childhoods, but as we look at the life of Jesus and the extreme trials he faced, we can spot an anchor point of hope. It comes to us in Luke 3 at the baptism of Jesus. This is a time in which God rooted Jesus in the truth of his belovedness, and it is from this anchor point that Jesus enters the desert wilderness. God as Father knew his Son would need an affirmation of his beloved identity if he were going to survive the wilderness. And so, at the baptism of Jesus, God shows up in a big way, declaring a deep abiding love and sense of pride over his Son.

As parents, we know one day our child’s heart will break, and there is simply nothing we can do to stop it from happening no matter how desperately we long to. There will always come a day when we cannot protect our children. We must release them into the wilderness of the world. We put them on a school bus. We let them have their first sleepover at a friend’s house. Eventually, we help

# Week One

them move into their first apartment. And having been there once ourselves as children growing up, we know firsthand, that the world is not always kind.

This is precisely why one of the greatest gifts we can give our children is to help them understand how deeply loved they are. From this centered place of belovedness, they can navigate the world with confidence, even when life brings challenge and pain.

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

## FAMILY ACTIVITY

**Pre-K/Elementary Variation:** Ask your child to draw a self-portrait. Then, take the portrait and ask your child if it would be okay if you added some things around their drawing. If so, begin adding words or symbols to the portrait as you name the gifts you see in them. (If your child doesn't want you to write directly on their drawing, just name these gifts verbally.) End with telling them how deeply loved they are. Hang the portrait in a place they will see it often, and as you hang it, tell your child that each time they see it, you want them to remember they are loved.

**Pre-Teen/Teen Variation:** Purchase a small box of your teen's favorite junk food, candy, or drink. Set it out in a location in which they will find it as a "surprise" the next morning, paired with a note reminding them how loved they are. Later in the day, find a few moments to verbally praise them, naming things you respect and admire about them. Don't mix this with other conversations about homework or logistics; the one and only agenda is to declare your love and pride over them.

# Week Two

## FOCUS SCRIPTURE

The devil said to him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: Man shall not live on bread alone.”

Luke 4:3-4

## PARENT/CAREGIVER REFLECTION

Between chapter 3 and 4 of Luke, we see Jesus quickly move from the anchoring experience of baptism, in which his belovedness was on full display, into a darker season where his identity is tested in the desert.

At the start of Luke 4, the devil comes to Jesus and begins nagging him, “If you are the Son of God, tell this stone to become bread.” The subtle insertion of one word - *if* - implies that the core message from the devil is this: *Prove it. Prove your worth. Prove your identity.*

In our modern lives, we receive this same temptation. *If* you are smart, ace the test. *If* you are talented, pass the audition. *If* you are athletic, make the team. *If* you have a bright future, graduate with honors. *If* you are a leader, get promoted at work.

It manifests in different ways, but beginning at a very young age, there is a constant static pressuring us to: *Prove it. Prove your worth.*

Jesus, being firmly anchored and secure of his identity, quickly brushes aside the devil as he quips back, “Man does not live on bread alone.” But for most of us, this does not come so easily. We hustle to prove. We alter our appearance, we study harder, we practice more. In other words, we forget our true identity as beloved children of God.

What might it be like to stop all the hustling? To remain firmly rooted in your identity as someone wholly and fully loved, exactly as you are in this very moment? Can you believe you are enough as a parent and that perhaps the thing your child needs most from you is simply your presence?



# Week Two

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

## FAMILY ACTIVITY

**Pre-K/Elementary Variation:** Find a place in your home that makes for a good shadow puppet show. Position your child so they can see their shadow silhouette on the wall. Next, begin adding objects to alter the appearance of their silhouette. Be creative! This could be bunny ears, a top hat, a puffy coat, more hands, etc. Each time you alter the appearance of the silhouette, ask your child in a silly voice: "Is that you!?" and point out the alteration, "I didn't know you had antennas!" As your child reacts to your declarations, confirm to them that the shadow on the wall kind of looked like them, but it was never really them. Embrace them in a playful hug as you declare: "I know the real you and it's right here! I love the real you!" Repeat this a few times with different silly additions to their silhouette. Wrap up the activity by affirming to your child that it's not only you who love them just as they are, but God also loves them just as they are. There is nothing they need to do or change in order to be more loved.

**Pre-Teen/Teen Variation:** Social media is one of the single biggest areas that teens are pressured to "prove their worth." Have a conversation with your child in which you seek nothing more than to be curious about their experience and learn more about the pressures they may face. Some questions to consider asking: What social media platform do you enjoy the most, and why? Is there a specific type of content you prefer posting more than other types (photos, videos, long captions, surveys)? What kind of impression do you want to leave online? Do you think social media is helping your generation or hurting it? Is there anything I can do to better support you in light of the pressures you face? End the conversation by thanking your child for sharing and reminding them that they are enough exactly as they are. (Note: Not all teens will be willing to engage in this conversation with you. That's okay! If you find yourself getting shut down, simply remind your teen that there is nothing they have to do to win God's love or prove their worth and allow the conversation to end on that note.)

# Week Three

## FOCUS SCRIPTURE

The devil led him up to a high place and showed him in an instance all the kingdoms of the world. And he said to him, “I will give you all their authority and splendor; it has been given to me and I can give it to anyone I want. If you worship me, it will be all yours.” Jesus answered, “It is written: Worship the Lord your God and serve God only.”

**Luke 4:5-8**

## PARENT/CAREGIVER REFLECTION

After a failed attempt at inciting insecurity in Jesus around his identity as the beloved Son of God, the devil moves onto a new tactic. This time, we see the devil try to convince Jesus not that he *isn't* enough, but that he doesn't *have* enough. The messaging is centered around the idea that perhaps God is holding out on him. There's more power to be had, more glory to be had, more, more, more.

We're often pulled into this same temptation. From a young age, we begin comparing. It might be our grades in school, how many goals we scored, or the brand name of our clothes, and as we get older, perhaps it comes in the form of what type of car we drive or what neighborhood we live in. The central idea in this type of comparison always comes back to scarcity. Maybe we don't have enough. Maybe we need more.

The irony is that scarcity thinking can actually backfire on us, imposing the very limits we are so scared of. On the other hand, research has shown that generosity begets generosity. The more we freely give of what we have, no matter how much or how little, the more likely others are to want to reciprocate. Each of us has much to offer. It could be something traditional, like a monetary donation to a cause we care about deeply, but it could also be something much more abstract, like listening to a friend who's having a hard time, nourishing loved ones with a homemade meal, or making people laugh with your humor.

As you reflect on your innate gifts, can you find abundance? Perhaps within yourself and your children, you can see the generosity with which God created each of you. A single human houses a



# Week Three

myriad of gifts. It could be humor, compassion, wisdom, clarity, creativity, or organization. Each of us has a multitude of things to offer, not because of what we do or what we own, but because of *who we are*. Those are the gifts that can never be taken from us, and from which we can perpetually draw, never running out.

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

## FAMILY ACTIVITY

**All ages:** Cut some strips of construction paper, approximately 1" tall. Set the slips of paper in the middle of the table and instruct your kids to take a few slips and write or draw a picture of something they are really grateful for on each one. As they finish each slip, have them hand the pieces to you. (Pre-K kids may need help translating their ideas onto the paper. Consider prompting them verbally by asking "What do you love?" to help solicit what really matters in their mind at this age.) When you get the first slip, glue or staple the ends together so that it forms a ring. With the second slip, thread it through the ring you just created, then staple or glue the ends of the second slip together. Continue adding the slips of paper in this manner, forming a chain of gratitude. Hang the chain somewhere prominent in your house. For the rest of Lent, during dinner time or as part of your children's bedtime routine, pull one or two links off the chain and discuss what was written or drawn on that link. Then, say a prayer together as a family thanking God for what was named on the link, and for giving your family so many good things.

# Week Four

## FOCUS SCRIPTURE

The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. For it is written: He will command his angels concerning you to guard you carefully; they will lift you up in their hands, so that you will not strike your foot against a stone.” Jesus answered, “It is said: Do not put the Lord your God to the test.”

Luke 4:9-12

## PARENT/CAREGIVER REFLECTION

Perhaps exasperated from the first couple attempts at rattling Jesus, the devil makes a final last-ditch effort. Instead of directly challenging the identity of Jesus, he seeks to incite insecurity in Jesus’ closest relationship. The devil is essentially saying “If your Father *really* loves you, then he’ll keep you safe even if you leap off a cliff.” Here, the devil isn’t asking Jesus to “prove it”; rather, he’s trying to get Jesus to make *God* “prove it.”

Sometimes we can fall right into this triangulation trap. When tragedy strikes or something bad happens, confusion is easy to come by. We may wrestle with deep questions, wondering why this thing has happened. *Is God punishing me? Does God even care about me!?*

This wrestling reveals many underlying assumptions we have about the relationship. Do we assume that God shows love by giving us an easy life? Do we assume if we perform enough good deeds, it will insulate us from tragedy?

When we look at the life of Jesus, we can clearly see two things. The first is that Jesus is profoundly loved by God. The second is that God did not insulate Jesus from suffering. Rather, it’s the exact opposite. The miracle is that God entered into suffering, becoming human, *for the sake of relationship*.

As you reflect on your own seasons of pain and darkness, what were the things that meant the most to you? Chances are, you remember the people who showed up in the middle of your

# Week Four

darkness. Maybe they embraced you as you wept together. Maybe they prayed for you or cooked for you. Maybe their eyes welled with tears as you told your story.

They didn't remove the pain. Rather, they entered into it with you. This is one of the most profound acts of love on earth - that another willingly chooses to enter into darkness, for the sake of being with you. This is precisely what God did for us in the life of Jesus Christ. And this is one of the most sacred acts you can do for your child as a parent. We already know that one day our children will face the wilderness. Perhaps what they need most from us is not for us to run ahead into it, trying to obscure obstacles and create an easy path for them, but rather, to be ready and prepared to sit with them in their hardship, bearing witness to their pain.

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

## FAMILY ACTIVITY

**Pre-K/Elementary Variation:** We suggest playing this short game in a room large enough to move around in. The object of the game is for your child to figure out where you are in the room, but the catch is that their eyes have to be closed. Once their eyes are closed, have them count slowly to five. During this time, move somewhere in the room, not terribly far from your child, and stay there. Once they have counted to five, with their eyes still closed, they can ask: "Where are you?" Each time they ask, give them a hint without using words. For instance, you could tap on the wall near where you're standing, you could fan some air in their direction, or you could lightly tap their shoulder that's closest to you. When they are ready, they can take a guess and say if you are beside, behind, or in front of them somewhere. Feel free to repeat, making each round a little more difficult than the last. End the activity by asking how they were able to tell you were still there, even though they couldn't see you and you weren't using any words. God is with us always, even when we may not be able to clearly see it. We can rely on all of our senses to connect with God and remember we are never alone.



# Week Four

**Pre-Teen/Teen Variation:** Ask your teen to join you in the practice of mindful walking. For this mindful walk, begin by first noticing the signs of winter, pointing them out to one another. (Don't forget to use all your senses! You might see, smell, or touch wintry things.) As you get further into the walk, shift your focus and now begin noticing signs of spring and new life, again pointing them out to one another as you go along. As you turn back toward home, reflect on your walk together. How do we find signs day to day that God is always present with us, even when it doesn't seem very obvious?

# Week Five

## FOCUS SCRIPTURE

When the devil had finished all this tempting, he left him at an opportune time.

**Luke 4:13**

## PARENT/CAREGIVER REFLECTION

Reflect on the last few weeks since you began this Lenten guide. You've likely had a very full schedule, possibly going to work, shuttling kids to and from school or practice, and maybe some social engagements tossed in, too. Can you imagine Jesus, who for this same length of time has been wandering a desert? What do you imagine it felt like? Exhausting? Uncomfortable?

There inevitably comes a time in all our lives that we dip into seasons of discomfort. This discomfort can be extreme at times, as we face the loss of loved ones, health scares, or financial strains, all while carrying the weight of responsibility for our children. When life overwhelms us with sadness or grief, it can often feel like it will never end. As Jesus wandered the wilderness for 40 days, do you think he at times felt like the wandering would never end? Did he long for a new season, for change?

No matter how it feels when we're stuck in a hard time, the beauty of life is that it is ever evolving. All things change and all things eventually come to an end. We move between grief, laughter, joy, sadness, anger, and gratitude in a delicate dance moment by moment, day by day. Some seasons will be unusually heavy on the grief, and some seasons will be unusually heavy on the joy. Just as Jesus' time in the desert came to an end, so too, will the season we find ourselves in. How might we move between seasons of life with grace? How do we anchor ourselves into the permanence of God's love, while navigating life circumstances that are ever changing?

As we look back over history, we may find helpful wisdom from those who came before us. We know from ancient texts that many early Church Fathers and Mothers practiced daily prayer, often pausing in the morning, midday, and evening to carry out this practice. This type of prayer practice wasn't an unstructured, free flowing form of prayer. Rather, the prayers were already written, and simply recited by the person praying. This ancient tradition can be a helpful daily practice that

# Week Five

anchors us in the midst of busy schedules and changing seasons. While our life circumstances may change over time, the prayers remain constant. When we participate in this type of prayer, we are joining with a multitude of people who have come before us, speaking these same words, praying these same prayers, over and over, throughout the seasons of their lives.

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

## FAMILY ACTIVITY

**All Ages:** Recite the following ancient prayer together as a family. Consider committing to saying the prayer together at the same time each day for a week. At the end of the week, ask your child how it felt to do this every day. For younger children, you may want to have them mirror your body language as you pray. This can help keep their attention and make it easier for them to remember the prayer. Suggested body positions are listed above each line of the prayer.

*(Raise arms, palms facing upward, above the head)*

**May God the Father bless us;**

*(Cross arms over chest, hugging self)*

**may Christ take care of us;**

*(Touch palms to forehead)*

**the Holy Spirit enlighten us all the days of our life.**

*(Cross arms over chest, hugging self)*

**The Lord be the keeper of our heart, body, and soul,**

*(Palms up, directly in front of you as if receiving a gift)*

**both now and forever, to the ages of ages.**

- Aethelwold c 908-984



# Week Six

## FOCUS SCRIPTURE

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. He was teaching in their synagogues, and everyone praised him.

He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

“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  
and recovery of sight for the blind,  
to set the oppressed free,  
to proclaim the year of the Lord’s favor.”

Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, “Today this scripture is fulfilled in your hearing.”

**Luke 4:14-20**

## PARENT/CAREGIVER REFLECTION

After a grueling 40 days wandering the desert, in this Scripture passage, we see Jesus return to civilization, unafraid to declare his beloved identity to everyone in the synagogue. This return to civilization eventually leads him back to Jerusalem, which is the source of celebration on Palm Sunday. What a journey he has been on!

There are key moments in Jesus’ life that we tend to focus on, namely his birth at Christmas time, and his death and resurrection at Easter time. Sometimes it can be easy to forget that in between those two events, Jesus lived over three decades. In other words, Palm Sunday is not a singular event, nor is the death and resurrection of Christ. Rather, it’s the culmination of years of life lived.

# Week Six

As humans, we are not just our present selves. We are everything that has happened to us up until this present moment, all at once. We carry with us the wounds and the triumphs of all those years before, and we will carry this present moment with us into our future. In this way, each moment is always connected, reaching both backward and forward in time at once.

Richard Rohr, a Franciscan friar, describes it as this:

*Kairos [is] deep time. It is when you have those moments where you say, "Oh my God, this is it. I get it," or, "This moment is summing up the last five years of my life," things like that where time comes to a fullness, and the dots connect..."* In other words, Kairos time is exactly the perfect time.

As we prepare for Easter, which is most certainly a Kairos deep time moment in that it is an inbreaking of God into our human awareness, perhaps we can hold the fullness of Jesus' life, from infancy, to childhood, to wilderness, to triumph over death. And perhaps we can hold the ways that his life intersects with ours now, 2000 years later. In deep time, our actions affect one another and bind us together, sending ripples for generations.

Can you see your life as deeply interconnected with both the past and the future? Can you imagine your children and grandchildren holding your memory long after you've passed, and you yourself holding the memory of your ancestors that passed before you, with each playing a role in shaping each other's lives?

We see this deep-time-impact in the life of Jesus, who binds us together with all of humanity and declares that we, too, are the beloved (John 15:9). At this very present moment: we were, and are, and ever shall be, the beloved. This deep time truth never changes.

## FAMILY REFLECTION

Begin by reading the Focus Scripture together.

Encourage your family members to listen for a word or phrase that stands out.

After reading, share your words and phrases to begin reflection conversation.

# Week Six

## FAMILY ACTIVITY

**All Ages:** Lead your child through a connecting prayer of belovedness. To do this, begin by having everyone close their eyes. Explain that in this type of praying, they will get to use their imagination a lot, and instruct them in the following, allowing plenty of slow silence as you go along:

Begin by imagining yourself in a room. In this room, there is only God's love and goodness. The love surrounds you everywhere and holds you. Notice how this feels. Imagine yourself letting this love into your heart, filling up your entire body with everything good. Pause for a minute and soak up all this love. Next, think of someone else you care about. Now imagine yourself, filled up with all that love, sending this love to that person as a gift. And as you send this love, you keep being filled back up with more love, so that you never, ever run out of love. Thank you, God, for giving us so much love.

After the prayer, ask your child to describe what they imagined. What did the room of love look like? What did it feel like? Who was the person they chose to send love to? Remind them that God's love is always there, always surrounding us, no matter what our behavior or life circumstances are.



# The Joy of Easter

Thank you for journeying with this guide! As you and your family move from Lent into Easter, we pray you will find deep celebration in God's extravagant love for you and your family. If you'd like a few final ideas for connection and exploration with your child, feel free to pick from the list below based on what you think would most resonate with your family.

## JOYFUL DANCE PARTY

Have a couple fun songs queued up, and explain to your child that when people feel happy, they sometimes get the urge to move! Easter is a time of joy and happiness, because we are celebrating that Jesus rose from the grave and God's love for us is so big. Ask them, how do you move your body when you feel happy? What does it look like to jump for joy? What expression do you make on your face? Then turn on your music, and have a dance party!

## EMPTY TOMB SNACK

For this activity, you will need: graham crackers, chocolate donuts, oreos, and green frosting. Begin by reading Matthew 28:5-6 together, The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said." Next, you and your child will be creating "empty tombs." Place a graham cracker on a plate, which will represent the earth. Next, add green frosting for the grass. Then, cut a small part of the donut off, and place the larger portion of the donut on the frosting, cut side down, so that it sticks up like a rainbow shape on top of the graham cracker. This represents the empty tomb. Finally, add an Oreo in front of the donut hole, to represent the rock that was rolled away when the women discovered the empty tomb.

[See an example of the Empty Tomb Snack here!](#)

## REFLECTIVE CONVERSATION

Choose from this list of questions to prompt conversation with your child.

What makes you feel really loved? What is one of your favorite ways to celebrate when good things happen? Which of the Lent activities did you most enjoy, and why? Did you learn anything new about God or about yourself over the last few weeks? What does Easter mean to you?

## SCRIPTURE REFLECTION

The angel said to the women, *"Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said."*

-Matthew 28:5-6

Read the above Scripture together and discuss. We've listed a few questions to get your conversation going.

- How do you think the women felt when they heard this message from the angel?
- How do you think Jesus felt when he came back and saw his old friends?
- Does anything in particular stand out to you about this Scripture?

# *Final Thoughts*

## **BLESSINGS FROM YOUTHFRONT**

We hope that this Lent Guide has been a blessing to you and your family. May you have a joyous Easter celebrating our risen Savior!

At Youthfront, our mission is “bringing youth into a growing relationship with Jesus Christ,” and our YF Family ministry was borne out of a desire to come alongside parents and families, providing tools and resources to help them raise healthy children with strong spiritual foundations.

We’re pleased to introduce this resource as a product of Youthfront’s Presence-Centered Parenting and Caregiving initiative. Funded by a Lilly Endowment Inc. grant through its Christian Parenting and Caregiving Initiative, this effort is focused on helping parents and families actively engage in the Christian formation of their children.

Find more family resources at [youthfront.com/parenting](https://youthfront.com/parenting).

To learn more about Youthfront and the programs we offer, visit [youthfront.com](https://youthfront.com).

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