



40 Days of Lent



Lent begins the 40-day countdown until Easter, not counting Sundays! Each day, trace, and color each number and steppingstone as we follow in Jesus' footsteps to the Cross. Each Sunday, read the Bible passages listed in the "Sunday" box. Each day, remember to pray and thank God through His Son, Jesus Christ, for something for which you are grateful. Then, think of some ways that you can show kindness to others, starting with your own family!



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1st SUNDAY

Read Matthew 3:13-17 - Jesus's Baptism
Read John 1:29 - Jesus is the Lamb of God

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2nd SUNDAY

Read Matthew 4:1-11
The Temptation of Jesus

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3rd SUNDAY

Read John 6:1-15
Miracle - Jesus Feeds 5000

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4th SUNDAY

Read Exodus 16:11-16,
John 6:32-35 & 6:47-51
Jesus is the Bread of Life

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5th SUNDAY

Read Matthew 21:1-9 - Triumphant Entry
Read Exodus 12:3-14 - First Passover

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PALM SUNDAY

Matthew 26:26-28 Last Supper
Luke 23:32-55 Crucifixion

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EASTER SUNDAY

Matthew 28:1-10 The Resurrection
John 20:19-29 The Witnesses

"Jesus said to her,
"I am the resurrection and the
life. The one who believes in me
will live, even though they die"
John 11:25 NIV



"He is not here;
he has risen, just as he said."
Matthew 28:6 NIV

LESSONS FOR LENT & EASTER

LESSON 1: JESUS' BAPTISM

Introduction: (Accessing background knowledge) What do you know about Baptism? How many of you have seen someone get baptized before?

Explain:

Baptism is an event where a person can show the rest of the world that they have put their trust in Jesus as their personal Lord and Savior. During a baptism, a person is fully immersed or dunked in a pool of water and then pulled out. This symbolizes or shows that they have died to their old self and sins, and then they are raised to new life in Jesus Christ. Baptism shows that we now identify with Jesus.

While Jesus was alive, he also got baptized. But since Jesus was holy and sinless and since he was God, his baptism meant something different than ours. When Jesus got baptized, it was God revealing to us Jesus' identity as the Son of God, the promised Messiah, whom God the Father declared, "This is my Son, whom I love; with him I am well pleased." (Matt 3:17) This was Jesus' ordination and divine commission into official ministry, anointed by the Holy Spirit as He descended on Jesus like a dove. Here, the Trinity of God was on display. As God's Son and the Lamb of God, Jesus had become a Man so that he could die for us to pay for our sins.

Read: Matthew 3:13-17 - Jesus's Baptism

Read: John 1:29 - Jesus is the Lamb of God

LESSON 2: THE TEMPTATION OF JESUS

Introduction: (Object Lesson) Show the students a fake cookie or pastry (or real one) and ask them, what if I told them that they were not allowed to eat this, how would they feel? (frustrated, angry, impatient, etc.) This feeling of frustration is called temptation! You feel temptation when you want something that you can't have.

The first humans that God created were named Adam and Eve. There was one tree in the Garden of Eden that God told them that they could not eat from. That was the tree of the Knowledge of Good and Evil. This tree had very beautiful fruit on it and Adam and Eve wanted to eat it so badly even though God told them they were not allowed to have it. But the devil tempted them to eat it. Instead of saying "No" to the devil, they listened to him and ate the fruit. This caused them to disobey God which was the first sin. There was a terrible consequence to giving into the temptation led them to break God's rule. Their disobedience allowed evil into the world. God knew what was best for them, but they didn't listen. Adam and Eve failed this test that was put before them.

Today, we're going to read about another time when the devil tried to tempt someone. The devil tried to tempt Jesus three times to disobey God. But all three times, Jesus resisted the devil's temptations. Jesus passed all three tests! This further proved Jesus to be the authentic Son of God whom God the Father declared, "This is my Son, whom I love; with him I am well pleased." (Matt 3:17)

Read: Matthew 4:1-11 - The Temptation of Jesus

Observations & Points:

- 1.) Jesus was able to resist the devil's temptations by using God's Word like a sword.
- 2.) By passing these tests, Jesus proved that was the Messiah, God's anointed One.

LESSON 3: JESUS'S MIRACLES - JESUS FEEDS 5000

Introduction:

(object lesson) Display a basket filled with 5 loaves of bread and 2 (rubber) fish. Ask students how many people they think this amount of food can feed. Do you think this would be enough to feed 5000 people?

When Jesus walked the earth, he did many different types of **miracles**. How many of you know what a miracle is?. Miracles are different than magic. Magic can always be explained by its use of clever tricks. A miracle is when something extraordinary happens but is not explainable by natural or scientific means. Some of the different types of miracles that Jesus did include turning water into wine, healing sick people, raising the dead, casting out demons, walking on water, calming the storm, and today we'll learn how he fed thousands of people with only a 2 fish and 5 loaves of bread.

READ Matthew 14:13-22 & John 6:1-13

As spectacular as Jesus's miracles were, his purpose for doing them was greater than to take care of the temporary needs of the people he helped. Jesus's miracles also showed that he had power and authority over both the natural and spiritual worlds. These showed everyone his true identity as the Son of God.

Like the young boy who offered his basket of fish and loave of bread, when we are faithful and obedient to God when He calls us to serve Him, even though what we have to offer may not seem like much, Jesus can multiply it.

LESSON 4: JESUS THE PASSOVER LAMB

Introduction: (object lesson) hand out rubber lambs to kids. Ask them if they've ever pet a real lamb and what do they know about them. Have they ever eaten lamb? We don't eat much lamb here in the US, but many people around the world eat lamb. It's quite popular and delicious.

Many, many years before Jesus was born, there was a man named Moses. God used Moses in a mighty way to free God's people, the Israelites, from slavery under the Egyptians. On the last night that they were in Egypt, God did a great miracle to free them. This event was called the Passover. Let's learn more about this by

Read Exodus 12:3, 6-8, 12-14. (or watch video on YouTube called "God's Story: Passover" from Crossroad's Kids Club)

Read John 1:29, ""Look, the Lamb of God, who takes away the sin of the world!"

Why did John the Baptist say this about Jesus?

Also Read Luke 22:19-20, Hebrews 9:22b, 1 John 1:7c, 1 Corinthians 5:7 to learn how Jesus is God's true and final Passover Lamb sacrificed on the Cross to pay for our sins.

LESSON 5: JESUS THE BREAD OF LIFE

Introduction: (object lesson) Show kids some sweet cereal flakes. Let them eat some of them. Ask them what it tastes like. How would you feel if God showered this cereal down on us every morning and you could eat as much as you wanted each day?

Today we're going to learn about a special kind of bread called Manna that God sent down from heaven to feed the Israelites while they wandered in the desert for 40 years. They could cook it however they wanted like boiling or baking it and making it into bread. It was delicious and tasted like coriander and honey.

Read Exodus 16:11-16, or watch video on YouTube called "God's Story: Wilderness" from Crossroads Kids Club.

Even though God rained down Manna from heaven to feed his people for 40 years, they still complained!

Read John 6:32-35, and 6:47-51. What does Jesus say about the Manna that God sent to the Israelites? Then, what does Jesus say about himself?

LESSON 6: PALM SUNDAY - THE START OF EASTER HOLY WEEK

This week is what we call **Easter Holy Week**. This is the week when we remember Jesus' journey to the cross and his death, burial, and resurrection. These events teach us of the sacrifice that Jesus Christ, the Son of God, made for us so that we can be forgiven by God for our sins and have eternal life and peace with Him.

Today is called **Palm Sunday**. This is the day when Jesus rode into Jerusalem on a donkey's colt. This was to announce to the Jewish people and leaders that Jesus is the King of Israel, Messiah, and Savior, the One whom God sent into the world to usher in the Kingdom of God.

The crowds of people were so excited that their King had finally arrived that they spread their cloaks and branches on the ground for Jesus to ride on, and waved palm branches at him as he entered into the city of Jerusalem. At the same time, they yelled, "'Hosanna to the Son of David!' 'Blessed is he who comes in the name of the Lord!' 'Hosanna in the highest heaven!'" *Matthew 21:9 NIV*. Hosanna means "save now", showing that the people were hoping that Jesus was their Savior. All this attention that Jesus got made the Jewish religious leaders jealous of him so that they plotted to kill him.

Later this week on Thursday is when Jesus ate his **Last Supper** with his 12 disciples. When Jesus ate this last meal, he let everyone know that one of them (Judas) would betray him and turn him into the religious authorities to make him suffer and die on the cross the very next day. Judas was paid 30 pieces of silver to betray Jesus.

At the same time, he let them know that this meal symbolized his very own body. As the "**Bread of Life**", Jesus' body would be broken for them. As the sinless "**Lamb of God**", Jesus' blood would be poured out for them to pay for all our sins. Jesus said that this was for the forgiveness of sins. This is why we take Communion once a month.

This Friday is what we call **Good Friday**, the day we remember the **Crucifixion** of Jesus Christ and his death on the cross. After that, Jesus' body was buried in a tomb.

Then, next Sunday is **Easter Sunday** when we celebrated Jesus' **Resurrection** when he rose again from the dead!

LESSON 6: EASTER RESURRECTION SUNDAY

Set up the room with stations to represent each of the following main events of Easter Holy Week.

- **THE TRIUMPHAL ENTRY** - Objects: palm leaves, donkey - (Hosanna! Matthew 21:1-9)
 - *"Hosanna to the Son of David! 'Blessed is he who comes in the name of the Lord!' 'Hosanna in the highest heaven!'" Matthew 21:9 NIV*

- **THE LAST SUPPER** - Objects: wine cup and bread, bowl of water with towel, 30 pieces of silver, Garden of Gethsemane, rope, sword (Do this in remembrance of me; Father, not my will but thy will be done.)
 - **Matthew 26:14-16 NIRV** - *One of the 12 disciples went to the chief priests. His name was Judas Iscariot. He asked, "What will you give me if I hand Jesus over to you?" So they counted out 30 silver coins for him. From then on, Judas watched for the right time to hand Jesus over to them.*
 - **Matthew 26:26-28 NIRV** - *While they were eating, Jesus took bread. He gave thanks and broke it. He handed it to his disciples and said, "Take this and eat it. This is my body." Then he took a cup. He gave thanks and handed it to them. He said, "All of you drink from it. This is my blood of the covenant. It is poured out to forgive the sins of many people.*
 - **Luke 22:42-44 NIRV** - *He said, "Father, if you are willing, take this cup of suffering away from me. But do what you want, not what I want." An angel from heaven appeared to Jesus and gave him strength. Because he was very sad and troubled, he prayed even harder. His sweat was like drops of blood falling to the ground.*

- **THE CRUCIFIXION** - Objects: whip, crown of thorns, nails, cross, spear
 - **Mark 15:22-26 NIRV** - *They brought Jesus to the place called Golgotha. The word Golgotha means the Place of the Skull. Then they gave him wine mixed with spices. But he did not take it. They nailed him to the cross. Then they divided up his clothes. They cast lots to see what each of them would get. It was nine o'clock in the morning when they crucified him. They wrote out the charge against him. It read, The King of the Jews.*
 - **John 19:28-30 NIRV**- *Later, Jesus knew that everything had now been finished. He also knew that what Scripture said must come true. So he said, "I am thirsty." A jar of wine vinegar was there. So they soaked a sponge in it. They put the sponge on the stem of a hyssop plant. Then they lifted it up to Jesus' lips. After Jesus drank he said, "It is finished." Then he bowed his head and died.*
 - **Luke 23:44-48 NIRV** - *44 It was now about noon. Then darkness covered the whole land until three o'clock. 45 The sun had stopped shining. The temple curtain was torn in two. 46 Jesus called out in a loud voice, "Father, into your hands I commit my life." After he said this, he took his last breath. 47 The Roman commander saw what had happened. He praised God and said, "Jesus was surely a man who did what was right." 48 The people had gathered to watch this sight. When they saw what happened, they felt very sad. Then they went away.*

➤ **THE TOMB** - Objects: burial clothe with smell of spices, tomb (Read Matt. 27:57-66)

- Back in Jesus' day, when a wealthy person died, their body was buried in a tomb or a cave, not in the ground like we do today. The cave was then covered with a stone to seal it.
- When Jesus was crucified and died, and his dead body placed in a tomb. The tomb was then sealed with a large rock and guarded by several Roman guards.
- Jesus's body lay in the tomb for 3 days.
- **Matthew 27:57-61 NIRV** - 57 As evening approached, a rich man came from the town of Arimathea. His name was Joseph. He had become a follower of Jesus. 58 He went to Pilate and asked for Jesus' body. Pilate ordered that it be given to him. 59 Joseph took the body and wrapped it in a clean linen cloth. 60 He placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb. Then he went away. 61 Mary Magdalene and the other Mary were sitting there across from the tomb.

➤ **THE RESURRECTION** - Objects: empty tomb, burial clothe (He is not here, he has risen!; I am the resurrection and the life.) (Read Luke 24:1-8; Matthew 28:1-10)

- After Jesus' death, his disciples hid in a house for fear that they might also be arrested.
- Early on Sunday morning, Mary and Mary Magdalene came to visit Jesus' tomb in order to prepare his body for burial. But when they came to the tomb, they had seen that the stone had been rolled away. An angel spoke to the women.
- **Luke 24:1-8 NIRV** - 24 It was very early in the morning on the first day of the week. The women took the spices they had prepared. Then they went to the tomb. 2 They found the stone rolled away from it. 3 When they entered the tomb, they did not find the body of the Lord Jesus. 4 They were wondering about this. Suddenly two men in clothes as bright as lightning stood beside them. 5 The women were terrified. They bowed down with their faces to the ground. Then the men said to them, "Why do you look for the living among the dead? 6 Jesus is not here! He has risen! Remember how he told you he would rise. It was while he was still with you in Galilee. 7 He said, 'The Son of Man must be handed over to sinful people. He must be nailed to a cross. On the third day he will rise from the dead.'" 8 Then the women remembered Jesus' words.
- **Matthew 28:1-10 NIRV** - 28 The Sabbath day was now over. It was dawn on the first day of the week. Mary Magdalene and the other Mary went to look at the tomb.
- 2 There was a powerful earthquake. An angel of the Lord came down from heaven. The angel went to the tomb. He rolled back the stone and sat on it. 3 His body shone like lightning. His clothes were as white as snow. 4 The guards were so afraid of him that they shook and became like dead men.
- 5 The angel said to the women, "Don't be afraid. I know that you are looking for Jesus, who was crucified. 6 He is not here! He has risen, just as he said he would! Come and see the place where he was lying. 7 Go quickly! Tell his disciples, 'He has risen from the dead. He is going ahead of you into Galilee. There you will see him.' Now I have told you."
- 8 So the women hurried away from the tomb. They were afraid, but they were filled with joy. They ran to tell the disciples. 9 Suddenly Jesus met them. "Greetings!" he said. They came to him, took hold of his feet and worshiped him. 10 Then Jesus said to them, "Don't be afraid. Go and tell my brothers to go to Galilee. There they will see me."