

Family Lent Calendar: Becoming a Family of Grace

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| As you prepare for Easter, use this calendar as a guide to help you reveal grace to your family...just as God revealed His grace to us through Jesus Christ. Use pieces of it, extend it over a longer period of time, or modify it in any way you like to help you practice grace in your family. | | | Ash Wed-Day 1 Give up pride-admit need family for emotional/spiritual health | Day 2- Ask God to help you accept family members unconditionally; no expectations | Day 3- Give your time in daily prayer for each family member | Day 4- Become aware of your family member's sensitivities & respond with love |
| Sunday Family Activity | Day 5- Give your time to do a chore that is not typically yours to do | Day 6- Give your time to clean the bathroom or some other task that needs done | Day 7- Give up anything (habits, obsessions) that drains ur energy from your family | Day 8- Ask spouse/sibling 2 things you can do to improve your relationship | Day 9- Ask children/parent 2 things you can do to improve your relationship | Day 10- List any selfish motives; make them matter of prayer and change |
| Sunday Family Activity | Day 11- Give up bitterness & anger & take up forgiveness | Day 12- Give up pride & say "I'm sorry" followed by "because..." to those you hurt | Day 13- Give up complaining & take up giving 3 compliments each day | Day 14- Give up screen time for a night & take up sharing family stories | Day 15- Give up TV time and take up baking cookies to give away to friends | Day 16- Give up the last cookie/ brownie & take up generously giving it away |
| Sunday Family Activity | Day 17- Give your time to enjoy evening of games with family | Day 18- Give up whining & volunteer to give back rub, do chore, etc. | Day 19- Give gift of attention-listen to your grandparents' life stories | Day 20- Give a letter of blessing to your spouse or sibling | Day 21- Give time as a family to help an elderly neighbor | Day 22- Learn about family member's interests & become involved with them |
| Sunday Family Activity | Day 23- Give up unrealistic expectations & take up realistic goals | Day 24- Give up need to have & take up generous giving of excess toys, clothes, etc. | Day 25- Give up thoughtlessness & recall 3 things family has done for you | Day 26- Give up the last word & humbly let the other person have last word | Day 27- Give up criticism & take up encouraging, uplifting, or silence | Day 28- Give up 30 minutes of sleep & make a special breakfast for your family |
| Sunday Family Activity | Day 29- Give up rights & respond to demand as though it were a request | Day 30- Give up pride & make 1 st move to restore relationship after disagreement | Day 31- Give time as a family to volunteer for a charitable organization | Day 32- Give up what you're doing when family enters & give them your full attn. | Day 33- Stop asking family to do for you & begin to do for others by giving to them | Day 34- Give your time to share a drink and conversation with family member |
| Palm Sunday Family Activity | Day 35- Give a letter of blessing to each of your children or parent | Day 36- Give gift of availability & wash dishes, clear table, clean kitchen together | Day 37- Give up electricity for one night & give time to family by candlelight | Day 38- Give up judging and second guessing-give complete attention instead | Day 39- Give up whatever is distracting & give good eye contact to family | Day 40- Give up fear of vulnerability & share self deeply, completely with your family |
| 31 Easter Sunday | | | | | | |