

# LEADING CHILDREN THROUGH LENT: A PARENT GUIDE DEVOTIONAL

January 24, 2025

Observing Lent? Do you have questions about this ancient Christian tradition? Like, “How long is it?” or “Which Wednesday exactly is Ash Wednesday?” or “What about fasting?”

As a parent, you might wonder how to teach your children about Lent. The length of time and the nature of the spiritual practices involved can make Lent feel overwhelming. The good news for parents is that we don’t need to be theologians or historians to talk with our kids about this season of spiritual preparation. We only need to be willing to start the conversation.

[Kids Corner](#) has created an easy-to-use weekly family devotional to help you and your children walk through Lent together.

[Preparing for Easter: A Family Lenten Devotional](#) includes a Bible verse, short devotion, and family challenge for Ash Wednesday, each Sunday of Lent, Good Friday, and Easter. This resource will introduce you and your family to the meaning of Lent and invite you to learn more about spiritual practices like prayer, giving, confession, and forgiveness. For those who want to go deeper, you can check out other Kids Corner content listed and listen to [Liz and Friends](#) episodes that reinforce each devotion’s weekly theme.

This easy-to-use Lenten resource can create a space for faith to happen during Lent and Easter this year.

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