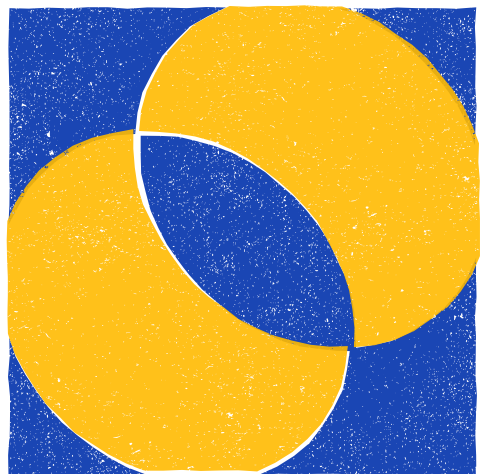
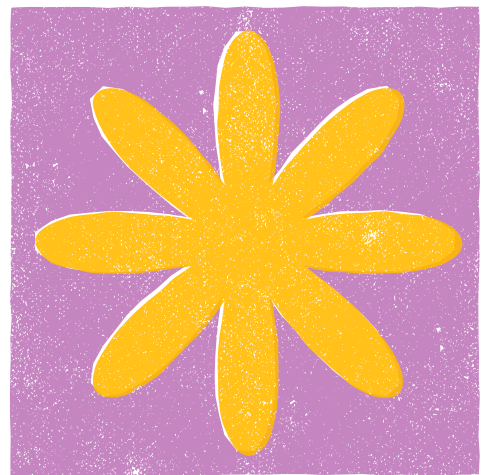
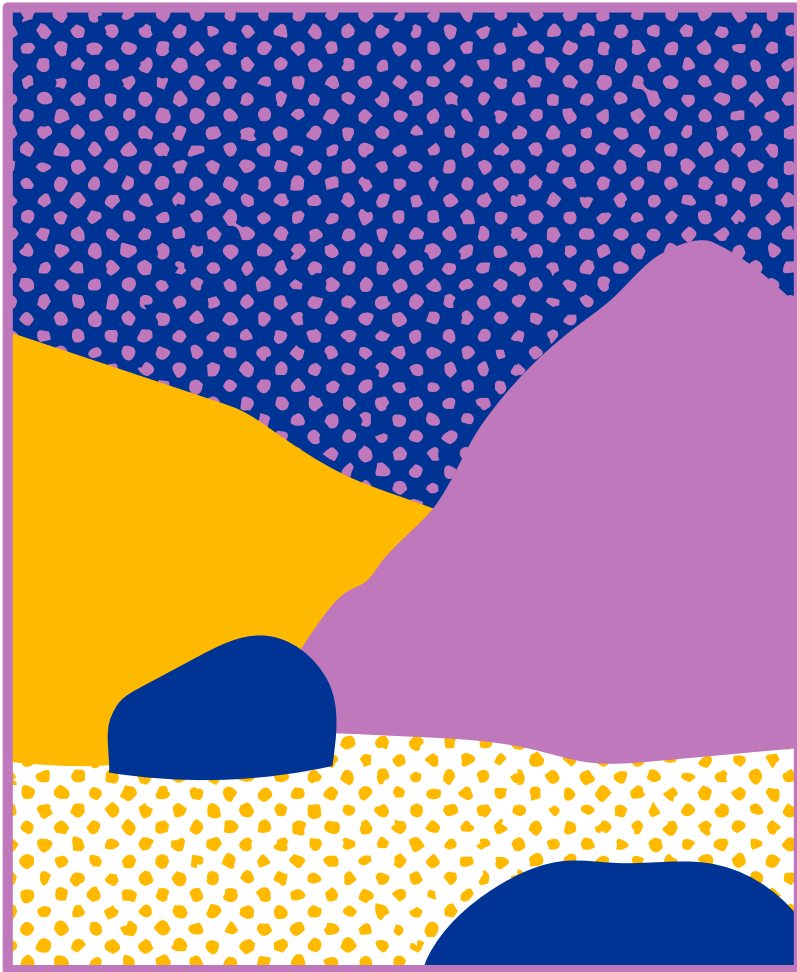


LENT DEVOTIONAL FOR PARENTS



SLOW DOWN & BE

Lent is a sacred season of reflection, repentance, and renewal. In the midst of our busy lives, it can be difficult to slow down and focus on what truly matters. But Lent invites us to pause, to turn our hearts toward God, and to create space for prayer and gratitude.

As parents, we are constantly pouring into our children, guiding them in faith and love. This 40-day devotional is designed to help you pray intentionally for your children while also drawing closer to Christ. It's an opportunity to reflect on God's grace, cultivate gratitude, and intercede for those who have yet to know Him.

May this journey deepen your faith and bless your family as you set aside time to seek God together.

How to Use This Devotional:

- Read the scripture.
- Pray for your child using the prompt.
- At the end of your day, reflect on your own or with someone else the gratitude prompt. Optional: Use a gratitude journal. Put it in a place where you know you'll use it.

What You'll Need:

- Bible, Pen & Journal

Day 1: Salvation & Faith

- Ephesians 2:8–9
- Prayer: Your child's salvation and strong faith in Jesus.
- Gratitude: Recall a moment when God worked in your child's life.

Day 2: Love for God's Word

- Psalm 119:105
- Prayer: Ask God to give your child a hunger for His Word.
- Gratitude: What scripture has blessed your family recently?

Day 3: A Heart of Worship

- John 4:24
- Prayer: For a spirit of worship in your child.
- Gratitude: Recall a time worship brought joy to your home.

Day 4: Godly Friendships

- Proverbs 13:20
- Prayer: For your kids to have wise, uplifting friendships.
- Gratitude: Who has been a godly influence on your child?

Day 5: Obedience & Respect

- Ephesians 6:1
- Prayer: Ask God for a heart of obedience in your child.
- Gratitude: Reflect on a moment of obedience that honored God.

Day 6: A Loving Heart

- 1 Corinthians 16:14
- Prayer: Pray for love to guide your child's actions.
- Gratitude: Recall an act of kindness from your child.

Day 7: Protection & Guidance

- Psalm 121:7–8
- Prayer: Ask God to watch over your child.
- Gratitude: Reflect on a time you saw God's protection.

Day 8: Honesty & Truthfulness

- Proverbs 12:22
- Prayer: For truthfulness and integrity.
- Gratitude: Write about a time your child was honest.

Day 9: Courage & Boldness

- Joshua 1:9
- Prayer: Ask God to give your child strength and courage.
- Gratitude: When has your child shown courage?

Day 10: Wisdom & Discernment

- James 1:5
- Prayer: For wisdom in choices and relationships.
- Gratitude: Reflect on a wise decision your child made.

Day 11: Patience & Perseverance

- Romans 5:3-4
- Prayer: For endurance and a steadfast heart.
- Gratitude: When has your child shown patience in difficulty?

Day 12: Purity & Holiness

- Psalm 51:10
- Prayer: Ask God to create a pure heart in your child.
- Gratitude: Reflect on a moment of innocence or sincerity.

Day 13: Leadership & Influence

- 1 Timothy 4:12
- Prayer: That your child leads by godly example.
- Gratitude: When has your child positively influenced others?

Day 14: Calling & Purpose

- Ephesians 2:10
- Prayer: That your child follows God's purpose.
- Gratitude: How have you seen God's plan unfolding in their life?

Day 15: Generosity & Compassion

- 2 Corinthians 9:7
- Prayer: For a giving and selfless heart.
- Gratitude: Recall a time your child shared generously.

Day 16: Servant-Heartedness

- Mark 10:45
- Prayer: That your child serves with humility.
- Gratitude: When has your child helped others joyfully?

Day 17: Forgiveness & Grace

- Colossians 3:13
- Prayer: Ask God to give your child a forgiving heart.
- Gratitude: Reflect on a time your child showed grace.

Day 18: Humility & Meekness

- Philippians 2:3
- Prayer: That pride never rules your child's heart.
- Gratitude: When has your child acted humbly?

Day 19: Love & Joy

- Galatians 5:22-23
- Prayer: That love and joy overflow in their life.
- Gratitude: Recall a joyful moment shared together.

Day 20: Peace & Patience

- Isaiah 26:3
- Prayer: Ask God to fill your child with His peace.
- Gratitude: When have they shown patience beyond their years?

Day 21: Kindness & Goodness

- Ephesians 4:32
- Prayer: That kindness defines your child's actions.
- Gratitude: Reflect on a time they extended kindness.

Day 22: Faithfulness & Self-Control

- 2 Timothy 1:7
- Prayer: Ask God to strengthen their self-discipline.
- Gratitude: Write about a time they followed through on a commitment.

Day 23: Trust in God

- Proverbs 3:5-6
- Prayer: for unwavering trust in the Lord.
- Gratitude: When has your child demonstrated faith?

Day 24: Boldness in Faith

- Romans 1:16
- Prayer: Ask God to give them courage to share their beliefs.
- Gratitude: When have they stood firm in faith?

Day 25: Hope & Encouragement

- Romans 15:13
- Prayer: They remain hopeful in all circumstances.
- Gratitude: When have they encouraged others?

Day 26: Strength in Trials

- Isaiah 41:10
- Prayer: That your child stands strong in difficult times.
- Gratitude: Recall a moment they persevered through challenges.

Day 27: Gratitude & Contentment

- 1 Thessalonians 5:18
- Prayer: Ask God to cultivate a grateful heart.
- Gratitude: What are you most thankful for in your child today?

Day 28: Humility in Success

- James 4:10
- Prayer: that they remain humble in achievements.
- Gratitude: Reflect on a time they handled success with grace.

Day 29: A Heart for Worship

- Psalm 95:6
- Prayer: For a deep and personal worship life.
- Gratitude: Recall a moment when worship touched their heart.

Day 30: Walking in the Spirit

- Galatians 5:16
- Prayer: Ask God to guide their daily walk with Him.
- Gratitude: How have they grown spiritually in recent months?

Day 31: A Heart for the Lost

- Luke 19:10
- Prayer: that your family develops a deep burden for those who do not know Jesus.
- Gratitude: Thank God for those who once prayed for your own salvation.

Day 32: Boldness in Sharing the Gospel

- Romans 1:16
- Prayer: Ask God for courage to share the Good News with love and grace.
- Gratitude: Reflect on a time when God gave you the opportunity to share His truth.

Day 33: Softened Hearts

- Ezekiel 36:26
- Prayer: for God to replace hearts of stone with hearts that seek Him.
- Gratitude: Thank God for moments when you've seen Him transform lives.

Day 34: Eyes Opened to Truth

- 2 Corinthians 4:4
- Prayer: for spiritual blindness to be lifted from those who do not believe.
- Gratitude: Recall a time when God revealed truth to you or your loved ones.

Day 35: Divine Encounters

- Acts 8:30–31
- Prayer: Ask God to orchestrate divine appointments for those who need to hear about Jesus.
- Gratitude: Give thanks for people who pointed you toward Christ.

Day 36: Freedom from Strongholds

- John 8:36
- Prayer: for those who are bound by sin or deception to experience true freedom in Christ.
- Gratitude: Thank God for breaking chains in your own life.

Day 37: A Hunger for God

- Matthew 5:6
- Prayer: Ask that those who are lost would develop a deep longing for God.
- Gratitude: Reflect on how God has satisfied your own spiritual hunger.

Day 38: Repentance & Salvation

- 2 Peter 3:9
- Prayer: That many would come to repentance and receive salvation.
- Gratitude: Praise God for His patience and mercy toward all.

Day 39: Workers for the Harvest

- Matthew 9:37–38
- Prayer: For more people to rise up and share the Gospel.
- Gratitude: Thank God for pastors, missionaries, and evangelists who spread His Word.

Day 40: Revival & Renewal

- Habakkuk 3:2
- Prayer: Ask God to bring revival in your community, nation, and the world.
- Gratitude: Rejoice in the promise that God is always working to bring people to Himself.

