

FREE PRINTABLE · LENT · 40 DAYS



Easter 40-Day Journey with Jesus

A tender Lent for families with kids ages 3-8

40 days from Ash Wednesday to Easter Sunday. One reflection, one real Bible verse, one prayer, one question — every day.

God's Little Sprout
godslittlesprout.com

Hi, friend.

Easter isn't just one Sunday. It's a whole story — from a quiet Wednesday, through 40 real days, to the loudest morning in history.

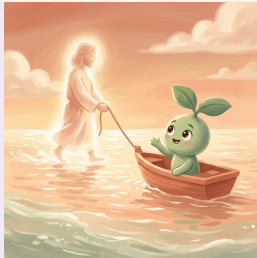
This printable is written for interdenominational families (Catholic, Evangelical, Orthodox — you're all welcome here). We use the World English Bible (WEB), a translation kids can actually understand.

Each day is tiny: one short reflection, one verse, one 2-line prayer, and one gentle question to talk about together. Read at bedtime, at breakfast, on the walk to school — anywhere.

This is not homework. If you miss a day, don't restart. Lent is a walk, not a streak. Meet Jesus wherever today drops you.

May your family feel Jesus close from ash to alleluia. 

— ***The God's Little Sprout Team***



Ashes and Beginnings

Lent starts today. It's 40 days of getting our hearts ready for Easter. Not sad — just quieter. Some Christians put a little ash on their foreheads to remember that God made us and God takes care of us. You can start Lent just by saying: "God, I want to know You better."

"Create in me a clean heart, O God."

— Psalm 51:10

PRAYER

**God, get my heart ready for Easter.
Amen.**

TALK TOGETHER

What is one thing you want to make quieter this Lent?



Why 40 Days?

In the Bible, 40 is a big number. It rained 40 days for Noah. Moses waited 40 days on a mountain. Jesus went to a quiet place for 40 days before starting His work. Forty means "a real amount of time." That's what Lent is — a real amount of time to walk with Jesus.

"Jesus was led by the Spirit into the wilderness."

— Matthew 4:1

PRAYER

**God, walk with me these 40 days.
Amen.**

TALK TOGETHER

What is one thing you want Jesus to walk with you through?



A Quiet Place

Before Jesus started His work, He went to a very quiet place. No people. No noise. Just Jesus and God. Sometimes we need that too. Even 2 minutes of quiet — no TV, no talking, just breathing — can help our hearts hear God better.

"Be still, and know that I am God."

— Psalm 46:10

PRAYER

**God, help me find a quiet minute today.
Amen.**

TALK TOGETHER

Where in your house feels the quietest?



Jesus Gets Hungry Too

In the quiet place, Jesus didn't eat for a long time. He got really hungry. The tempter came and said: "Turn these rocks into bread." Jesus said no. He knew that food is important — but God's words are important too. Jesus knows what hungry feels like.

"Man shall not live by bread alone."

— Matthew 4:4

PRAYER

**Jesus, feed my heart today.
Amen.**

TALK TOGETHER

What's your favorite kind of bread?



Saying No

The tempter tried three times to trick Jesus. Three times Jesus said no. Saying no to something wrong isn't easy — but Jesus shows us it's possible. When you're not sure what to do, you can pray: "God, help me choose the good thing." He will.

"Watch and pray, that you do not enter into temptation."

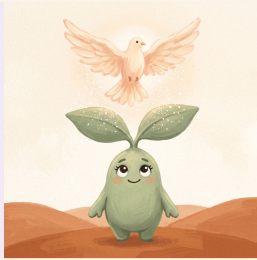
— Matthew 26:41

PRAYER

**God, help me say no when I need to.
Amen.**

TALK TOGETHER

When is "no" hard for you to say?



The Sermon on the Hill

One day Jesus went up a hill and taught a lot of people. He said: "Happy are the ones who are kind. Happy are the ones who make peace. Happy are the ones who share." His words turned the world upside down. Jesus' happy is different from the world's happy.

"Blessed are the peacemakers, for they shall be called children of God."

— Matthew 5:9

PRAYER

**Jesus, teach me Your kind of happy.
Amen.**

TALK TOGETHER

Who in your life makes peace?



The Lord's Prayer

Jesus taught His friends how to pray. He said: "When you talk to God, keep it simple. He knows what you need before you say it." Then He taught them a short prayer: "Our Father in heaven..." You can pray it too. It fits in your mouth just fine.

"Pray then in this way: Our Father in heaven..."

— Matthew 6:9

PRAYER

**Our Father in heaven, thank You for being my Papa.
Amen.**

TALK TOGETHER

Can you say the Lord's Prayer with a grown-up today?



Jesus Heals a Blind Man

There was a man who couldn't see. Jesus stopped, made a little mud, and put it on his eyes. Then the man could see! Jesus doesn't just fix eyes — He notices people other people walk past. If you feel invisible today, Jesus sees you.

"He touched their eyes, and immediately they received their sight."

— Matthew 20:34

PRAYER

**Jesus, thank You for seeing me.
Amen.**

TALK TOGETHER

Have you ever felt invisible?



Zacchaeus in the Tree

Zacchaeus was short. He wanted to see Jesus, but the crowd was too tall. So he climbed a tree! Jesus looked up and said: "Zacchaeus, come down — I want to eat lunch at your house." Jesus doesn't care if you're small. He wants to eat lunch at your house too.

"Zacchaeus, hurry and come down, for I must stay at your house today."

— Luke 19:5

PRAYER

**Jesus, come stay at my house too.
Amen.**

TALK TOGETHER

Would you climb a tree to see Jesus?



The Good Shepherd

Jesus said: "I am the good shepherd." A shepherd knows every sheep. If one goes missing, he stops everything to find it. That's how Jesus feels about you. If you ever wander off, He will come look for you. You're that important.

"I am the good shepherd. I know my own, and I am known by my own."

— John 10:14

PRAYER

**Jesus, thank You for looking for me.
Amen.**

TALK TOGETHER

Have you ever gotten lost? Who found you?



A Little Boy's Lunch

Five thousand people were hungry. The disciples said: "We don't have food!" A little boy said: "I have 5 loaves and 2 fish." It wasn't much — but Jesus made it enough for everyone. What you have is small. Give it to Jesus. He makes small things do big things.

"There is a boy here who has five barley loaves and two small fish."

— John 6:9

PRAYER

**Jesus, take what I have. Even if it's small.
Amen.**

TALK TOGETHER

If you had 5 pieces of bread, who would you share with?



Walking on Water

The disciples were in a boat. A big storm came. They were scared. Then they saw Jesus — walking on the water! Peter said: "Can I come to You?" Jesus said yes. Peter walked on water too — until he looked at the waves and got scared. Keep your eyes on Jesus in storms.

"Take courage. It is I. Don't be afraid."

— Matthew 14:27

PRAYER

**Jesus, help me keep my eyes on You.
Amen.**

TALK TOGETHER

What's a storm in your life right now?



The Lost Sheep

Jesus told a story: A shepherd had 100 sheep. One got lost. The shepherd left the 99 and went to find that one. When he found it, he put it on his shoulders and came home laughing. God is like that. You are the one He goes looking for.

"He lays it on his shoulders, rejoicing."

— Luke 15:5

PRAYER

**God, thank You for coming to find me.
Amen.**

TALK TOGETHER

How does it feel to be found?



The Father Who Runs

Jesus told a story about a son who ran away and spent all his money. He came home ashamed. But his father — while the son was still far away — RAN to him. Hugged him. Threw a party. That father is God. Coming home is never too late.

"While he was still far off, his father saw him and had compassion."

— Luke 15:20

PRAYER

God, thank You for running to me.
Amen.

TALK TOGETHER

Who runs to hug you when you come home?



Mary and Martha

Two sisters — Martha was busy cooking. Mary sat with Jesus and listened. Martha got frustrated: "Tell Mary to help me!" Jesus said kindly: "Martha, you're worried about a lot of things. Only one thing matters most." Sometimes the best thing is just sitting with Jesus.

"Mary has chosen the good part, which shall not be taken away from her."

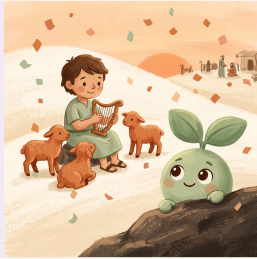
— Luke 10:42

PRAYER

**Jesus, help me sit with You even when I'm busy.
Amen.**

TALK TOGETHER

Are you more like Martha (busy) or Mary (listening)?



Lazarus, Come Out

Jesus had a friend named Lazarus. Lazarus got very sick and died. Jesus came to the tomb and cried. Then He said: "Lazarus, come out." And Lazarus walked out — alive! Jesus cries with us. AND Jesus has power over death. Both are true.

"Jesus wept."

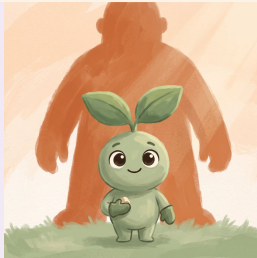
— John 11:35

PRAYER

**Jesus, thank You for crying with me.
Amen.**

TALK TOGETHER

Have you ever missed someone who died?



Riding on a Donkey

Jesus rode into Jerusalem — but not on a big horse like a general. He rode on a little donkey. People threw palm branches on the road and shouted "Hosanna!" That means "save us!" Jesus came humble. Kings usually don't. Our King is different.

"Behold, your King comes to you, humble, and riding on a donkey."

— Matthew 21:5

PRAYER

**Jesus, teach me Your kind of humble.
Amen.**

TALK TOGETHER

What does humble mean to you?



Cleaning the Temple

One day Jesus went to God's house. Inside, people were selling stuff and cheating. Jesus flipped their tables! He said: "My Father's house is for prayer, not for lying." Jesus loves quiet — but He can be strong when love is being twisted.

"My house shall be called a house of prayer."

— Matthew 21:13

PRAYER

**Jesus, keep my heart honest.
Amen.**

TALK TOGETHER

What makes your heart feel calm and prayerful?



The Widow's Coins

Rich people put lots of money in the offering. Then a poor widow put in two tiny coins. Jesus said: "She gave more than anyone." She gave everything she had. God doesn't measure the gift — He measures the heart. Your small kindness counts, big.

"She gave everything she had."

— Mark 12:44

PRAYER

**God, take my little offering — it's Yours.
Amen.**

TALK TOGETHER

What is one small kind thing you can do today?



A Simple Meal

On His last night, Jesus ate with His closest friends. He broke bread and shared wine. He said: "When you eat like this, remember Me." Christians still do this — because meals help us remember. Every family dinner can be a little bit holy.

"Do this in remembrance of me."

— Luke 22:19

PRAYER

**Jesus, be at our table tonight.
Amen.**

TALK TOGETHER

What is your favorite dinner your family makes?



Washing Feet

At that dinner, Jesus — the King — took a towel and washed His friends' feet. Feet were dirty and smelly. Only servants did that job. But Jesus wanted to teach: love means doing the humble thing. Greatness in God's kingdom looks like a wet towel.

"If I then, the Lord and the Teacher, have washed your feet, you also ought to wash one another's feet."

— John 13:14

PRAYER

**Jesus, help me love by helping.
Amen.**

TALK TOGETHER

How could you help someone in your family today?



A New Commandment

That same night, Jesus said something huge: "Love each other the way I loved you." That's the mark of His people — not big buildings, not fancy words. Love. If someone asked how they can tell you love Jesus, the answer would be: watch how I love people.

"A new commandment I give to you, that you love one another."

— John 13:34

PRAYER

**Jesus, teach me to love the way You do.
Amen.**

TALK TOGETHER

Who is one person you can love better this week?



The Garden of Prayer

After dinner, Jesus went to a garden. He was very, very sad. He prayed: "God, if there's another way, do it. But — Your will, not mine." Even Jesus prayed when His heart hurt. When you're sad, God likes when you talk to Him. Even ugly-cry prayers.

"Not my will, but yours be done."

— Luke 22:42

PRAYER

**God, help me trust You when I'm sad.
Amen.**

TALK TOGETHER

Where do you like to go when you feel sad?



The Friend Who Ran Away

That night, Jesus' best friend Peter got scared. Three times, he pretended he didn't know Jesus. Then a rooster crowed — and Peter remembered Jesus had said this would happen. Peter cried. Later, Jesus forgave him — completely. There's no mistake too big.

"Feed my sheep."

— John 21:17

PRAYER

**Jesus, thank You for forgiving even the big oopses.
Amen.**

TALK TOGETHER

Have you ever done something and needed forgiving? What happened?



Jesus in Trouble

Soldiers came and took Jesus away. Bad people said mean lies about Him. Jesus didn't fight. He didn't yell. He was quiet — because He knew this was part of a bigger plan. Sometimes love looks weak. But it isn't. It's the strongest thing in the world.

"Like a lamb before its shearer is silent, so he did not open his mouth."

— Isaiah 53:7

PRAYER

**Jesus, help me be strong-quiet when I need to.
Amen.**

TALK TOGETHER

When is it hard for you to be quiet?



A Very Sad Day

Today we remember the hardest day. Jesus was hurt very badly. He was put on a cross. He died. This is called Good Friday — but not because it felt good. Because Jesus was doing the biggest, bravest, most loving thing anyone has ever done. For you. For everyone.

"For God so loved the world, that he gave his only begotten Son."

— John 3:16

PRAYER

**Jesus, thank You for loving me that much.
Amen.**

TALK TOGETHER

What do you feel when you think about Jesus on the cross?



The Sky Went Dark

When Jesus died, the sky got dark in the middle of the day. The whole world knew something huge was happening. But it wasn't the end. Sometimes life gets dark before God does His biggest surprise. Wait for Sunday.

"Darkness came over the whole land."

— Luke 23:44

PRAYER

**God, when things are dark, help me wait.
Amen.**

TALK TOGETHER

What helps you when you're scared of the dark?



A Borrowed Grave

Jesus' friends put His body in a stone room. They rolled a big rock in front. Everyone was so, so sad. His mom was there. His friends were there. They didn't know that Sunday was coming. Sometimes we don't know what God is doing. That's okay.

"They laid him in a tomb hewn out of a rock."

— Luke 23:53

PRAYER

**God, help me trust You even when I don't understand.
Amen.**

TALK TOGETHER

Do you have a question you want to ask God?



Silent Saturday

The day after Jesus died was quiet. His friends didn't know what to do. They cried. They hugged. They waited. Waiting can be the hardest part. But God was doing something on the inside of Saturday that everyone would see on Sunday.

"Weeping may last for the night, but joy comes in the morning."

— Psalm 30:5

PRAYER

**God, work while I wait.
Amen.**

TALK TOGETHER

What's the hardest thing about waiting?



EASTER SUNDAY!

Very early Sunday morning, women went to the tomb. But the big rock was rolled away! And Jesus was gone! An angel said: "He's not here — He's alive!" Jesus is alive. That changes everything. Every single thing. Happy Easter, friend.

"He is not here, for he is risen, just like he said!"

— Matthew 28:6

PRAYER

**Jesus, thank You for being alive! You changed everything.
Amen.**

TALK TOGETHER

How does it feel to know Jesus is alive right now?



Mary Sees Him First

Mary Magdalene was at the tomb crying. She saw a man and thought he was the gardener. He said one word: "Mary." And she KNEW. It was Jesus. He said her name — He knows yours too. Jesus calls each of us by name.

"Jesus said to her, 'Mary!'"

— John 20:16

PRAYER

**Jesus, thank You for knowing my name.
Amen.**

TALK TOGETHER

Say your name out loud. Jesus knows it.



On the Road to Emmaus

Two friends were walking home, sad about Jesus. A stranger joined them. They talked and talked. When they sat down for dinner, He broke bread — and they realized: it was Jesus! He had been walking with them the whole time. He walks with you too.

"Their eyes were opened, and they recognized him."

— Luke 24:31

PRAYER

**Jesus, help me see You walking with me.
Amen.**

TALK TOGETHER

Where do you walk that Jesus walks with you?



Doubting Thomas

The disciple Thomas didn't believe Jesus was alive. He said: "I need to see it." Jesus showed up and said: "Thomas, come touch me." Jesus wasn't mad. He met Thomas exactly where he was. If you have doubts, that's okay. Jesus can meet you there too.

"Blessed are those who have not seen and have believed."

— John 20:29

PRAYER

**Jesus, help my not-sure moments.
Amen.**

TALK TOGETHER

Is there something you're not sure about God? You can ask.



Breakfast on the Beach

One morning after Easter, Jesus made breakfast on the beach for His friends. Fish and bread. He didn't stop being their friend just because He came back to life. Jesus makes breakfast for us too — every good morning is a little bit from Him.

"Come and have breakfast."

— John 21:12

PRAYER

**Jesus, thank You for every ordinary breakfast.
Amen.**

TALK TOGETHER

What's your favorite breakfast?



Peter, Do You Love Me?

Jesus took Peter aside and asked: "Do you love me?" Peter said yes. Jesus asked again. And again. Three times — the same number Peter had said "I don't know Jesus." It was Jesus' way of saying: you're forgiven, all the way. Fully.

"Feed my lambs."

— John 21:15

PRAYER

**Jesus, thank You for forgiving me all the way.
Amen.**

TALK TOGETHER

Do you know Jesus loves you all the way?



The Great Sending

Before Jesus went back to heaven, He said to His friends: "Go tell everyone about Me. I'll be with you always." That's your job too — not big, scary telling. Little telling. "Jesus loves you" is a sentence a kid can say. And it lands.

"Behold, I am with you always, even to the end of the age."

— Matthew 28:20

PRAYER

**Jesus, help me tell one person about You this week.
Amen.**

TALK TOGETHER

Who could you tell that Jesus loves them?



Alive Forever

Jesus is not still on the cross. Jesus is not still in the tomb. Jesus is alive — right now — and He's with you. This is the biggest news in the whole world. Easter isn't just one Sunday. It's every day now. Because He is here.

"I am the resurrection and the life."

— John 11:25

PRAYER

**Jesus, thank You for being alive with me today.
Amen.**

TALK TOGETHER

How can we celebrate Easter every day, not just once?



Keep Walking

These 40 days are over — but the walking with Jesus part isn't. Every morning you wake up is another day to know Him better. He's not going anywhere. He was in your Ash Wednesday, in your Good Friday, in your Easter Sunday — and He is in your regular Tuesday too.

"I will never leave you nor forsake you."

— Hebrews 13:5

PRAYER

**Jesus, walk with me tomorrow, and the day after, and forever.
Amen.**

TALK TOGETHER

What's one thing you learned about Jesus during Lent?



Loved these 40 days?

God's Little Sprout: 100 Devotions for Kids Ages 3-8 keeps the rhythm going all year — with 100 full devotionals, real verses, and questions to talk about together.

It's on Amazon and **free** for Kindle Unlimited subscribers. If you loved this journey, that book is the natural next step.

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