



DAY 1 • WEDNESDAY

SCRIPTURE

Luke 4:1-2



PRACTICE

60 seconds of silence



REFLECT

How does it feel to be quiet?



DAY 2 • THURSDAY

SCRIPTURE

Deuteronomy 8:2-4



PRACTICE

Look for manna



REFLECT

*How does it feel to know
that God takes care of you?*



DAY 3 • FRIDAY

SCRIPTURE

1 John 1:9



PRACTICE

Silent confession of sin



REFLECT

*How does it feel to
be honest with God?*



DAY 4 • SATURDAY

SCRIPTURE

Psalms 46:10



PRACTICE

60 seconds of silence



REFLECT

Why is it hard to be quiet?



• **FIRST SUNDAY** •

SCRIPTURE

John 11:25-26



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 5 • MONDAY

SCRIPTURE

Matthew 6:25-27



PRACTICE

Look for manna



REFLECT

*What kinds of things
do you worry about?*



DAY 6 • TUESDAY

SCRIPTURE

Psalms 32:5



PRACTICE

Silent confession of sin



REFLECT

*What keeps us from
being honest with God?*



DAY 7 • WEDNESDAY

SCRIPTURE

Luke 5:16



PRACTICE

60 seconds of silence



REFLECT

What do you like about silence?



DAY 8 • THURSDAY

SCRIPTURE

Hebrews 13:16



PRACTICE

Look for manna



REFLECT

What has God given you that you could share with others this week?



DAY 9 • FRIDAY

SCRIPTURE

Psalms 103:11-12



PRACTICE

Silent confession of sin



REFLECT

How does it feel to know that you are forgiven?



DAY 10 • SATURDAY

SCRIPTURE

Psalms 62:5



PRACTICE

60 seconds of silence



REFLECT

*Do you like being quiet together?
Why or not?*



• SECOND SUNDAY •

SCRIPTURE

Matthew 28:5-7



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 11 • MONDAY

SCRIPTURE

Deuteronomy 2:7



PRACTICE

Look for manna



REFLECT

Would depending on manna be amazing or horrible? Why?



DAY 12 • TUESDAY

SCRIPTURE

Ezekiel 36:26



PRACTICE

Silent confession of sin



REFLECT

When does your heart feel like "stone" instead of "flesh"?



DAY 13 • WEDNESDAY

SCRIPTURE

Mark 6:31



PRACTICE

60 seconds of silence



REFLECT

What was the noisiest part of your day? How did you feel?



DAY 14 • THURSDAY

SCRIPTURE

Exodus 16:2-3



PRACTICE

Look for manna



REFLECT

Do you ever feel discontent with what you already have? Why?



DAY 15 • FRIDAY

SCRIPTURE

Romans 5:8



PRACTICE

Silent confession of sin



REFLECT

*How do you know that
Jesus loves you?*



DAY 16 • SATURDAY

SCRIPTURE

1 Kings 19:11-13



PRACTICE

60 seconds of silence



REFLECT

How does God talk to you?



• THIRD SUNDAY •

SCRIPTURE

1 Corinthians 6:14



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 17 • MONDAY

SCRIPTURE

John 6:35



PRACTICE

Look for manna



REFLECT

How is Jesus like manna?



DAY 18 • TUESDAY

SCRIPTURE

Matthew 6:12



PRACTICE

Silent confession of sin



REFLECT

Is there anyone you need to forgive today?



DAY 19 • WEDNESDAY

SCRIPTURE

Psalms 131:2



PRACTICE

60 seconds of silence



REFLECT

When and where do you feel the most calm and content?



DAY 20 • THURSDAY

SCRIPTURE

1 Thessalonians 5:16-18



PRACTICE

Look for manna



REFLECT

When is it hardest for you to rejoice and give thanks?



DAY 21 • FRIDAY

SCRIPTURE

Isaiah 1:18



PRACTICE

Silent confession of sin



REFLECT

Do you know that God sees you as 100% clean and new?



DAY 22 • SATURDAY

SCRIPTURE

Mark 4:39



PRACTICE

60 seconds of silence



REFLECT

Are there any "storms" you want to ask Jesus to quiet for you?



DAY 23 • MONDAY

SCRIPTURE

Matthew 4:4



PRACTICE

Look for manna



REFLECT

How is God's Word like manna?



• FOURTH SUNDAY •

SCRIPTURE

1 Peter 1:3



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 24 • TUESDAY

SCRIPTURE

Ephesians 4:32



PRACTICE

Silent confession of sin



REFLECT

How could you be more kind and compassionate this week?



DAY 25 • WEDNESDAY

SCRIPTURE

James 1:19



PRACTICE

60 seconds of silence



REFLECT

*How can you be "quick to listen"
to God and others this week?*



DAY 26 • THURSDAY

SCRIPTURE

Psalm 121:1-2



PRACTICE

Look for manna



REFLECT

How do you need God's help today?



DAY 27 • FRIDAY

SCRIPTURE

Psalm 145:8-9



PRACTICE

Silent confession of sin



REFLECT

*What does it mean that
God is compassionate?*



DAY 28 • SATURDAY

SCRIPTURE

Habakkuk 2:20



PRACTICE

60 seconds of silence



REFLECT

*Do you feel close to God when
you are quiet? Why or why not?*



• FIFTH SUNDAY •

SCRIPTURE

Romans 6:9



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 29 • MONDAY

SCRIPTURE

Psalms 78:23-25



PRACTICE

Look for manna



REFLECT

Is there anything God has given you that you take for granted?



DAY 30 • TUESDAY

SCRIPTURE

Ephesians 1:7



PRACTICE

Silent confession of sin



REFLECT

Are you ever afraid to confess your sin to God? Why?



DAY 31 • WEDNESDAY

SCRIPTURE

Psalms 62:1



PRACTICE

60 seconds of silence



REFLECT

What do you usually think about when you are quiet? Why?



DAY 32 • THURSDAY

SCRIPTURE

Psalm 23:1



PRACTICE

Look for manna



REFLECT

*What have you learned from this
lenten practice of looking for manna?*



DAY 33 • FRIDAY

SCRIPTURE

Romans 5:23-24



PRACTICE

Silent confession of sin



REFLECT

*What have you learned from
this lenten practice of confession?*



DAY 34 • SATURDAY

SCRIPTURE

Isaiah 32:17



PRACTICE

60 seconds of silence



REFLECT

*What have you learned from
this lenten practice of silence?*



• SIXTH SUNDAY •

SCRIPTURE

Acts 4:33-34a



PRACTICE

Family blessing + special meal



REFLECT

How will we celebrate today?



DAY 35 • HOLY MONDAY

SCRIPTURE

John 12:1-11



PRACTICE

Remember Jesus' path to the cross



REFLECT

What's the most loving thing someone has ever done for you?



DAY 36 • HOLY TUESDAY

SCRIPTURE

John 2:13-22



PRACTICE

Remember Jesus' path to the cross



REFLECT

Have you ever gotten angry when something wasn't right or fair?



DAY 37 • HOLY WEDNESDAY

SCRIPTURE

Matthew 26:14-16



PRACTICE

Remember Jesus' path to the cross



REFLECT

Have you ever been hurt or betrayed by a friend?



DAY 38 • HOLY THURSDAY

SCRIPTURE

John 13:1-17



PRACTICE

Wash each other's feet



REFLECT

How can you love and serve the people around you this week?



DAY 39 • GOOD FRIDAY

SCRIPTURE

John 19:1-30

PRACTICE

Remember Jesus' death

REFLECT

What emotions do you feel when you hear this story?



DAY 40 • HOLY SATURDAY

SCRIPTURE

John 19:38-42

PRACTICE

Wait

REFLECT

Can you think of a time when things didn't go the way you hoped?