



lent 2026

walk humbly

devotional activity guide

pausing for reflection

for teens & grownups

We invite you to take a couple deep breaths. Notice how your body is connected to where you're sitting. Feel free to write or draw your answers to these questions.

What are you hungry for these days?

How are you being fed?

**In the most remote places in your soul or your community,
how have you found (or long to find) sustenance?**

pausing for reflection

for kids & those young at heart

Take a couple big breaths. Get comfy! Then ask God to help you think about these questions. You can write or draw your answers.

What makes you feel happy?

When do you notice God?

What do you think makes God smile?

there are many paths

how will you walk with God this lent?

We've compiled different ways you may wish to walk with God this Lent. Take a look through the lists and pick one that speaks to you...or create your own! Commit to just one practice to start. You are welcome to try a different practice if you'd like to explore a different path.

Active Path

Greet God when you move and act.
Mark off a circle on your path when you:

- Go for a walk outside
- Participate in our fasting from plastics challenge
- Check in on someone
- Have a five-minute dance party
- Call or write your elected officials
- Pick up one piece of litter

Quiet Path

Invite peace. Meet God in the quiet.
Mark off a circle on your path when you:

- Read your Lenten devotional
- Meditate silently or practice centering prayer
- Learn something new
- Forgo an episode of tv, a session of doomscrolling or another distraction

Creative Path

Connect with our Creator
through your own creativity:

- Draw something you see
- Sing or hum a song each day
- Fill each circle with a color expressing the feeling you'd like to share with God
- Write a one-word prayer
- Write or draw something that fills you with awe

Prayer Path

Make time to meet with God. Color or write in a circle each day you pray for:

- A different person in our congregation
- The people of a different county, state or country
- Someone or something you are grateful for
- A different animal, plant, body of water, forest or ecosystem

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Take a couple moments to plan your Lenten walk with God. How and when would you like to show up during your devotional time?

**planning
my path**

Where will this devotional live?

When will I fill this out?

What will I need to fill this out?

How will I fill this devotional out?

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