

40 days of “wonderings”

A family discussion guide for Lent

SUN

22

First
Sunday
of Lent

MON

23

What does
it mean to be
“hungry”?

Is there a difference between
feeling hungry once in a while
and not having enough to eat
most of the time?

TUES

24

Read
Matthew
25:31-46
together.

How does Jesus want his
disciples to respond to people
who are hungry, thirsty, naked
or imprisoned?

WED

25

How does
your church
help

meet needs in your community?
How might your church meet
your community's needs?

THURS

26

Tell
your child
about

his or her baptism,
How did you celebrate it?
Why did you have
them baptized?

FRI

27

Ask
about times
when

your child felt frustrated
or lonely during the day.
Share with them how you
have dealt with these
emotions in your own life.

SAT

28

What ways
can family
members help

each other feel the
Holy Spirit in your lives?



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SUN

1

**Second
Sunday
of Lent**

MON

2

**Talk about
the difference**
between loneliness and
solitude. How can solitude
help us reflect on our faith?

TUES

3

Read
Luke 4:1-21
together.

WED

4

Read
Psalm 63
together.

THURS

5

**How do
you and your
child feel**

like part of the community at church?
In what ways are you made to feel
important and loved by your church?

FRI

6

Ask
your child

about the things that tempt him or her.
Tell them about your own temptations and
how they may have changed over time.
How have you dealt with temptation?

SAT

7

Search
the Internet

for pictures or paintings of
Jesus' temptation in the wilderness.
What pieces of art are you drawn to?
What does the artwork say
about the story?



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SUN

8

**Third
Sunday
of Lent**

Watch
one of the ELCA World Hunger videos together (available at www.ELCA.org/hunger/resources under the “Stories and Videos” tab.)
What stood out to you in the story?

MON

9

**If your child is old enough,
read together
“Night”**

by Elle Wiesel during Lent.
(There are great resources online for digging deeper into the book.)

TUES

10

**Pray
for people**

around the world who struggle with hunger due to conflicts like war and unrest.

WED

11

**What needs
of yours**

went unfulfilled today? In what ways can we support each other as a family when our physical, social or emotional needs are not met?

THURS

12

Watch

one of the ELCA World Hunger videos together (available at www.ELCA.org/hunger/resources under the “Stories and Videos” tab.)
What stood out to you in the story?

FRI

13

What needs

do church, Sunday school and/or youth group serve for you?

SAT

14

Talk about

your family’s status in regard to food. Have there been times when food was scarce, or when affording basic necessities meant not purchasing other things?

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15

**Fourth
Sunday
of Lent**

MON

16

**What might
your family
do**

to address hunger
in your community?

TUES

17

**What things
does your
congregation
do**

to feed hungry people?
How does your family support
these ministries?

WED

18

Visit

www.ELCA.org/advocacy
and learn about a local
or national issue that
excites you.

THURS

19

Pray for people

who have lost their homes or land
because of natural disasters.

FRI

20

**What does it
mean to
trust in God?**

SAT

21

**Talk with
each other**

about ways in which each of you
may have broken someone's trust.
How can you work to rebuild that trust?



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22

**Fifth
Sunday
of Lent**

Pray together
for all people
who are hungry,
especially
for children
who hunger.

MON

23

**In what ways
did Jesus show
people that he
could be trusted?**

You may want to think about
Jesus healing people who
were sick, or inviting all kinds of
people – including “sinners” –
to eat with him.

TUES

24

**Ask your child
to describe a
“poor person.”**

Talk with them about their
response. What stereotypes
about “the poor” does their
response reveal?

WED

25

**Read the
story of the
Good Samaritan
(Luke 10:25-37).**

What does the Samaritan
do to show that he is a good
neighbor? How might we
show that we are good
neighbors today?

THURS

26

Pray together
for all people
who are hungry,
especially
for children
who hunger.

FRI

27

Play
the online game
“Hungry Decisions”
from Church World Service together
at [https://secure2.convio.net/
cws/decisions/index.htm](https://secure2.convio.net/cws/decisions/index.htm).

SAT

28

Play
the online game
“Spent”
together at <http://play.spent.org/>.

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29

**Palm
Sunday**

MON

30

**Read the
folktale
“Stone Soup”**

(available online and at your local library) Together, what does the story say about ending hunger?

TUES

31

**Talk with
your child**

about spiritual practices like praying and fasting. How might these practices help your family stay mindful of the poor and hungry this Lent?

WED

1

**Cook a
meal together.**

What steps went in to making all of the parts of the meal? How many people have to work to make the food that we eat? (Talk especially about farmers, food processors, grocers, etc.)

THURS

**2
Maundy
Thursday**

Have you ever
stepped outside your comfort zone to get to know someone? What was the experience like? What did you learn from it?

FRI

**3
Good
Friday**

**What made Jesus
someone that people
could trust?**

SAT

**4
Read**

**1 Kings 17:8-16
together.**

How does God respond to hunger in the story? What would it be like to have too little food to survive? Why do you think Elijah and the widow trusted God?



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SUN

5

Easter

MON

6

**Visit
the ELCA**

World Hunger blog

(www.ELCA.org/blogs/worldhunger)
and read one of the entries
together. What did you learn
about hunger? How did the
blog post challenge or confirm
your beliefs about hunger,
poverty and faith?

TUES

7

**Look
through**

a current newspaper for stories
about people who are hungry
or poor. What does this story
reveal about your community?
How might your family or your
community respond to hunger?

WED

8

**Visit
Feeding**

America’s

“Map the Meal Gap”

(<http://tinyurl.com/6en159s>)
to learn more about
hunger in your area.

THURS

9

**Spend one day
fasting together**

While at school, work, etc. Break
your fast together with a small evening
meal. What was it like to eat nothing all
day long? How did you feel when you
were around other people who were
eating? Was it surprisingly easy, or
surprisingly difficult to fast?

FRI

10

**Talk with
your child**

about people you know who have
been or are hungry or struggling
financially. How did or do you support
them? What have you learned from
your relationship with them?

