



## *An Illustrated Lent for Families*

*This is My Body* explores how Jesus lived in his body on earth and invites us to take care of - and embrace the goodness of - our own bodies. Each week highlights a different story from Jesus' life and connects it to shared human experiences - like growing up, taking naps, or drinking water.

*This is My Body* seeks to inspire curiosity, wonder, and awe in all ages. The devotionals are written for children, older youth and adults. We believe you'll be able to find appropriate questions, discussion topics and activities for your family, no matter the ages. You don't need to do all the activities for it to be a meaningful experience. Use the parts you think will work best for your family's schedule, then find a time each week to gather together or spread out the activities throughout the week.

Each week has the following components:

**Scripture:** The scriptures are selected Gospel passages about the presence of God through the life of Jesus.

**Reflection:** We offer a brief reflection on each of the scripture texts. It might make sense for you to read this section to your family, or you may want to read it for yourself and see what questions or themes resonate.

**Discussion and Coloring Page:** This is a chance for some family discussion. Illustrated Ministry loves coloring, and we find some of the best conversations happen while coloring and doing something creative together. We suggest discussing the questions offered while coloring the week's coloring page.

**Activity:** The weekly activity gives your family an active way to apply the week's theme together. As with all of our suggestions for spiritual formation, please adjust or customize for your family.

**Prayer:** Finally, each week's devotion ends with a short prayer. You can read the prayer or invite young children to repeat after you. This prayer is a simple ritual for ending your family's weekly devotion time, which you can also use again throughout the week.