



LENT 2025

AWAKE MY SOUL

Walking Through Lent Together



AWAKE MY SOUL

A Family Journey Through Lent

Lent is a season of reflection, repentance, and renewal. It is a time when we prepare our hearts for Easter by drawing closer to God through worship, prayer, and acts of love and service. In Psalm 57:7-11, we hear a call to awaken our souls and praise God with our whole being.

This Lent, we invite you and your family to journey together through the theme "Awake My Soul"—a call to wake up and be active in your faith.

This guide is designed to help you engage in meaningful conversations as a family, whether around the dinner table, during a car ride, or before bedtime.

Each week, you will find:

- A **scripture reading** that connects to the week's theme
- **Discussion questions** to encourage reflection and conversation
- A **weekly mission or self-growth challenge** to put faith into action

Our hope and prayer is that this season will be a time of deep reflection for you—both individually and as a family. May you grow closer to God and to one another as you awaken your soul to the life God calls us to live.

May this journey bless you and draw you deeper into the love of Christ.

LENT WEEK 1

Waking up to WORSHIP

Week of March 9

SCRIPTURE READING: PSALM 57:7-11

*7 My heart is unwavering, God—
my heart is unwavering.*

I will sing and make music.

8 Wake up, my glory!

Wake up, harp and lyre!

I will wake the dawn itself!

*9 I will give thanks to you,
my Lord,*

among all the peoples;

I will make music to you among the nations

*10 because your faithful love
is as high as heaven;*

your faithfulness reaches the clouds.

*11 Exalt yourself, God, higher than heaven!
Let your glory be over all the earth!*

WEEK 1 CONVERSATION

1

What does it mean to “wake up” & worship?

2

Where do you feel closest to God? (In church? Outside? Through music?)

3

How can we worship God in everyday life, not just on Sundays?

WEEKLY CHALLENGE

Create a family worship playlist with songs that help you connect with God. Listen together and share why you chose certain songs.

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENT WEEK 2

Waking up to SERVE

Week of March 16

SCRIPTURE READING: MARK 10:45

"For the Son of Man came not to be served but to serve and to give his life a ransom for many."

WEEK 2 CONVERSATION

1

Why do you think Jesus made serving others such a big part of his life?

2

When has someone served you in a way that made a difference?

3

How can we make serving a regular part of our family's life?

WEEKLY CHALLENGE

Find one small way to serve together this week: help a neighbor, write a thank you note to a teacher, or donate items to a local food pantry.

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENT WEEK 3

Waking up to PRAY

Week of March 23

SCRIPTURE READING: 1 THESSALONIANS 5:16-18

"Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you."

WEEK 3 CONVERSATION

- 1 What do you think it means to "pray without ceasing"?
- 2 Is there a time when a prayer (yours or someone else's) helped you?
- 3 How can we make prayer more of a habit in our daily lives?

WEEKLY CHALLENGE

Start or end each day with a simple prayer. Let each person say one thing they are thankful for and one thing they need help with.

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENT WEEK 4

Waking up to LEARN

Week of March 30

SCRIPTURE READING: PROVERBS 1:5

"The wise hear them and grow in wisdom; those with understanding gain guidance."

WEEK 4 CONVERSATION

1

Why do you think learning is important in faith?

2

What's one thing about God or the Bible you've learned recently?

3

How can we be more intentional about learning together as a family?

WEEKLY CHALLENGE

Pick one Bible story this week that no one in the family knows well. Read it together and talk about what stands out.

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENT WEEK 5

Waking up to LOVE

Week of April 6

SCRIPTURE READING: 1 JOHN 4:7-8

"Dear friends, let's love each other, because love is from God, and everyone who loves is born from God and knows God. The person who doesn't love does not know God, because God is love."

WEEK 5 CONVERSATION

1

How does God's love inspire us to love others?

2

Can you think of a time when love changed a situation for the better?

3

How can we show love to people who are different from us?

WEEKLY CHALLENGE

As a family, choose one way to show love to someone in your community: make care packages, write encouraging notes, or do a random act of kindness.

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENT WEEK 6

Palm Sunday/Holy Week

Week of April 13

SCRIPTURE READING: MATTHEW 21:8-9

"Now a large crowd spread their clothes on the road. Others cut palm branches off the trees and spread them on the road. The crowds in front of him and behind him shouted, "Hosanna to the Son of David! Blessings on the one who comes in the name of the Lord! Hosanna in the highest!""

WEEK 6 CONVERSATION

1

Why do you think the people were so excited for Jesus' arrival?

2

How do we celebrate Jesus in our lives daily?

3

What does it mean to welcome Jesus into our hearts & homes?

WEEKLY CHALLENGE

Attend the Maundy Thursday or Good Friday Services together to prepare your hearts & minds for Easter Sunday!

FAMILY BLESSING

"May our hearts stay awake to God's love, our hands be ready to serve, and our lives shine with Christ's light. Amen."

LENTEN EVENTS & SERVICES

AT FIRST UNITED METHODIST MCKINNEY

EGGSTRAVAGANZA | APRIL 13

Invite friends and come out to our annual Eggstravaganza! Sunday, April 13 from 11:30am-2:30pm. We will have egg hunts, food, and fun for the whole family!

Want to volunteer?

Contact Cheridy Dodd, cdodd@sharingtheheart.org

MAUNDY THURSDAY SERVICES | APRIL 17

This is the day we remember the Last Supper of Jesus Christ with the Apostles. We have two options for worship this evening.

Sanctuary Service: We will gather for worship and communion at 6:30 in the Sanctuary

Wellspring Service: Join the Wellspring Worship Band and the Youth as they present an immersive Maundy Thursday worship experience with communion at 7:00 in Dyer Hall

GOOD FRIDAY SERVICE | APRIL 18, 12 P.M. OR 6:30 P.M.

On Good Friday, we gather together in the Sanctuary to remember Christ's crucifixion through prayer, music, and scripture reading.

Easter Sunday | APRIL 20

Sunrise Service | 7 a.m.

The Hub Pavilion

Traditional Service | 8, 9, 10:05, 11:10 a.m.

The Sanctuary

Wellspring Contemporary | 10:05, 11:10 a.m.

Dyer Hall

Visit sharingtheheart.org/lent for more information, video devotionals and opportunities during the Lenten season.