



COMMUNITY
BAPTIST CHURCH
OF SOMERSET

LENT

2026 LENTEN FAST

Family Lenten Guide

Forty Days of Prayer, Fasting, & Giving

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About the Family Lenten Guide

The 2026 Family Lenten Guide is a practical framework to help families at Community Baptist Church of Somerset, and any family fasting this lent, walk through Lent together with intention.

The guide is organized into three age-based tiers (Littles, Middles, and Teens) so every child can participate in ways that are developmentally appropriate and spiritually meaningful. Each tier includes suggested fasts and actions that cultivate discipline, gratitude, generosity, and spiritual awareness.

In addition to age-specific practices, the guide includes:

- Family-friendly substitutions for everyday habits
- Resurrection Morning celebration ideas for younger children
- A structured Weekly Refreshment Day with reflection prompts
- “Repair Acts” to replace guilt with growth when someone slips
- A Family Lenten Covenant to formalize your household’s commitment



The Family Lenten Covenant allows each family member to name both what they are giving up and what they are giving to or doing.

By signing the covenant together, families agree to encourage one another, extend grace when someone struggles, and keep their focus on God. The guide also includes a shared Family Prayer for Lent to help center your home spiritually throughout the season.

Families are encouraged to choose commitments that stretches them without overwhelming them, practice consistency over perfection, and use these forty days to grow closer to Christ and closer to one another.

The Three Tiers of Fasting

LEVEL 1

The Littles (Ages 3–7)

FOCUS:

Tangible, visual acts of love

- **The Digital Fast:** No cartoons, tablet games, or phone apps. Screens are for school/learning only.
- **The Sacrifice Jar:** Put a bean in a jar for every kind deed. On Resurrection Sunday, the beans are replaced with a "Family Adventure Coupon" or a new book.
- **Toy Hibernation:** Choose one favorite toy to "put to sleep" in a box until Easter morning.
- **The No-Complaint Challenge:** Go a full meal or car ride without a single complaint.
- **Bedtime Intentional Prayer:** Add one specific person to pray for each night who might be lonely or sick.

LEVEL 2

The Middles (Ages 8–12)

FOCUS:

Habit-building & stewardship

- **The Digital Fast:** No video games (console, phone, or computer) or tablets. Devices are for schoolwork only.
- **The Earth Fast:** Swap single-use plastics for reusables, or commit to turning off every light to practice mindfulness.
- **Water Only:** No juice or soda; drink only water (and milk or a milk alternative for health).
- **The "Luminous" Prayer:** Commit to a "flashlight prayer" every night. Turn off all lights, sit in the dark for 5 minutes with a flashlight, and talk to God about your day.
- **The "40 Bags" Cleanout:** Every day of Lent, find one item (clothing or toy) to put in a donation bag.

LEVEL 3

The Teens (Ages 13–17)

FOCUS:

Internal discipline and intentionality

- **The Screen Fast:** No gaming or social media. Laptops/tablets are strictly for academic use. No "mindless scrolling" during free time. Delete one (or all) social media apps for Lent, or set a strict "No Screens After 8 PM" rule.
- **The First-Fruits Fast:** No phone use in the morning until prayer is finished and the bed is made.
- **The Commuter's Prayer:** No headphones on the bus/car. Pray silently for every person you see out the window.
- **Fast from Sarcasm:** If you have a sharp comeback, write it down privately instead of saying it out loud.

Family-Friendly Substitutes

INSTEAD OF...

WHY IT WORKS

Meat on Fridays

Meatless Meals: The reason is to honor Jesus' sacrifice of his flesh on the cross. Abstaining from "flesh meat" (meat from land animals) on Fridays is a great way to commemorate this.

Streaming/Netflix

Family Game Night: Choose one day a week with no screens (phones, TV, games) for board games, reading, or conversation. **OR** Daily Prayer Walk: Take a 15-minute walk, praying for neighbors and families in each house you pass.

Buying New Clothes

The 10% Wardrobe": Pick 10% of your clothes and rotate only those for Lent; donate the rest.

Eating Out

5 Ingredient Meal: Eat a simple meal and donate the money you save to a local food bank.



Resurrection Morning Rewards

(The Littles, Ages 3-7 only)

When the sacrifice jar is full on Resurrection morning, replace the beans with one of these "high-value" family experiences or small gifts:



THE REWARD	WHY IT WORKS
The Reward	A coupon for a "Yes Day" (within reason), or a trip to the zoo or a favorite park.
New Garden Seeds	A packet of flower or veggie seeds to plant together, symbolizing "New Life."
The "Later Bedtime" Pass	A one-time pass to stay up 30–60 minutes late to play a game with Mom or Dad.
Easter Pajamas	A fresh pair of pajamas to wear while the family relaxes on Easter afternoon.
A New Book	A special book they've been wanting, placed right on top of the empty jar.

The Weekly Refreshment



Pastor Powell permits one day each week (at the family's choice) to break our fast and celebrate the joy of the Resurrection. On this day, we will:

- Enjoy our "fasted" items with gratitude rather than excess.
- Share a family meal or activity to reconnect and encourage one another.
- Discuss what we learned during the week and prepare for Refreshment Day reset.

Refreshment Day Check-In

Use these 1-minute prompts during your chosen day of refreshment to keep the momentum going.

High/Low Questions



The High

What was a moment this week where your fast made you feel more peaceful or grateful?



The Low

When was it hardest to stick to your commitment this week?



The Lesson

What did you learn about yourself when you wanted to give up?

The 1-Minute Family Prayer

"Lord, thank You for this day of refreshment. We thank You for the small joys we missed during the week. As we enjoy [name of fasted item(s)], help us remember that every good thing comes from You. Strengthen our hearts for the week ahead so we can continue to grow closer to You. Amen."

3 Tips for Refreshment Reset

- **Clear the Counters:** Put away treats or items that were brought back out for Refreshment Day.
- **Next Step Prayer:** Ask each child to name one thing they want to do better in their fast this coming week.
- **Visual Cue:** If you use a Lenten calendar, have kids cross off the past week together to show the progress made toward Resurrection Sunday.



Lenten "Oops" Acts of Kindness

If a child (or teen!) accidentally breaks their fast during the week, instead of feeling guilty, they can perform a "Repair Act" to get back on track:



The Secret Service

Do one chore for a sibling or family member without telling them.

The Encourager

Write a sticky note to a parent or teacher telling them one thing you appreciate about them.

The Door Holder

Commit to holding the door open for everyone you encounter at school or the store that day.

The Table Clearer

Clear everyone's plates after dinner without being asked.

Our Family Lenten Covenant

By signing below, we agree on this day _____
to encourage one another when we are tired, forgive one another when we slip up,
and keep our eyes fixed on the joy of Resurrection morning.

Parent/Guardian 1

Parent/Guardian 2

Child 1

Child 2

Child 3

Child 3

A Family Prayer for Lent:

*"Lord, help us to use these forty days to clear away the clutter
in our hearts. May our fasting make us hungry for Your Word,
and may our actions bring Your light to those in need. Amen."*



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“Consecrate yourselves, for tomorrow the Lord will do amazing things among you.”

–Joshua 3:5

Daily Devotions

Throughout the fast, our daily devotions will be aligned with the Lenten journey. Each message will guide us in prayer, reflection, and practical application as we move through every phase together. As a church family, we will fast together, pray together, and grow together. Scan QR code to view devotions.



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