

40 ways to start a conversation with God in Lent



Lent is traditionally a time when people set aside time to draw closer to God and think about what Jesus did at Easter.

Sometimes it's helpful to have a few ideas of things to help you do this, so here are 40 chat and catch prompts that you can use with your family this Lent. Just like we chat with our friends and catch their answer – whether they tell you in words, a gesture, or just by their body language – so we can chat and catch with God. Not just about the big things, but the little things too – we know that God wants to hear everything that's on our hearts (Philippians 4:6) and that he promises to talk to us too (Jeremiah 33:3).

If you are new to chat and catch, scan the QR code in the corner to discover more, but essentially chat and catch is conversational prayer – us chatting to God and leaving space for God to communicate to us too. Do remind your kids that God communicates in different ways – through ideas in our heads, reminders from the Bible, pictures and dreams, our feelings – and that he's able to communicate with each of us in the ways that work for us. So encourage your kids to leave space to catch if God is saying anything back, and then carry on the conversation with him. Some kids enjoy sitting and talking to God, while others might want to draw or write their prayers, or find they chat easily to God as they play or walk outside.

Please use them however works for you. In case it's helpful, we have suggested a theme and a Bible story to set the scene at the beginning of each week and six prompts for the rest of the week – except for the first week, which starts on Ash Wednesday. Or you might want to stick the list on the fridge and let your kids choose one every day, or cut them up and pick one at random for the walk to school, or try all the week's prompts in one go – whatever works in your house. You know your kids best, so feel free to change or adapt any of the ideas.



© Bible Reading Fellowship 2026. Used and reprinted with permission.

The **Parenting for Faith**® name and logo are registered trade marks of Bible Reading Fellowship, a charity (233280) and company limited by guarantee (301324), registered in England and Wales.

parenting for faith





Week 1
God's plans
Matthew 21:1-11

Ask God what he's been doing in the world today

Ask God what he wants you to do today

Tell God what excites you about being part of his team

Tell God what you want to be doing in ten years' time

Week 2
God and justice
Mark 11:15-18

Ask God what makes him angry

Tell God about a time you were treated unfairly

Tell God something about the world you'd like to change

Ask God what makes him sad

Ask God to show you something he'd like you to change

Tell God about someone who needs a friend to stand up for them

Week 3
Serving others
John 3:1-17

Ask God what skills he has given you that could help others

Ask God to show you how you can help someone today

Ask God to show you how you can help people like Jesus did

Tell God how you feel when you play a small part in his big plans

Ask God to show you something you could share

Tell God about someone who cares for you

Week 4
God is with us
John 15:15-19 and 17:20-23

For more chat and catch ideas, go to



Tell God why you're glad he sent the Holy Spirit to us

Ask God to remind you of a time he was close to you

Tell God about someone who encourages you at church

Ask God how he would like your church to make a difference

Tell God what you think about your church

Ask God which of his gifts he wants to give you

Week 5
Fear and betrayal
Mark 14:32-50

Tell God about something you find hard

Tell God about a time when you felt alone

Tell God about a time a friend treated you badly

Tell God something that scares you and why

Ask God for something to help you know he is with you

Ask God for a new way to think about something you find hard

Week 6
Failure and forgiveness
Luke 23:26-49

Tell God about something you regret doing

Tell God about a time when someone lied about you

Ask God why he loves forgiving people

Tell God about a time you forgave someone

Tell God about a time you were tempted to do something wrong

Tell God how you feel when you are forgiven

Week 7
God's new world
Luke 23:26-49

Tell God how you feel about being his friend

Ask God what he loves about heaven

Ask God who he'd like you to share the good news of Easter with

Tell God what helps you feel connected to him

Tell God how you feel about Good Friday

Tell God your favourite thing about Easter