



CROSS & CROWN
A SIX WEEK JOURNEY

A NOTE FROM YOUR FAMILY LIFE PASTORS

This guide is a six-week journey to resurrection. The days ahead are what Christians call Lent. Lent? What is Lent?

The word “lent” isn’t in the Bible, but the concept is. The word itself comes from the Old English and German words for “spring” and “long.” During the forty or so days from Ash Wednesday [Wednesday, February 17th] to Easter [Sunday, April 4th], the days grow longer as we enter into spring. We begin in the darkness of winter and arrive in the brightness of spring. This is what Lent is all about: following Jesus into the hope and beauty of the resurrection.

Even if you’re not familiar with Lent, you can probably agree that Easter is essential to the life of Jesus’ followers. It’s the day He came back to life! And because Christ invites His followers to not just hear about the resurrection, but to participate in it, we are going to be intentional in aligning our hearts to prepare for his return.

Do you need a resurrection in your life? Is the stress overwhelming? Are the temptations crippling? Are relationships crumbling around you? We believe the answer to your struggle is Jesus on the cross and Jesus on the throne as King. Spring is coming. Easter is coming. Resurrection is coming. Jesus invites us to embrace the cross and crown - to receive him as King even as we follow him in the way of suffering.

As Heritage families, you can participate in this journey as a family together or individually. In this packet, you will find a resource designed for families with kids Pre-K through 5th grade, as well as a resource for families with students in 6th through 12th grade. For families with kids, there is a weekly guide that is designed to help you interact together with your kids around Lent. We also recognize that some people/families are wired to connect with God in different rhythms. For those with students, there is both a highlighted weekly option for you to interact with as a family and a daily guide for those students who may want to go deeper.

Our desire is that you will engage in a way that works best for you and your family! Our hope is that you will grow and step deeper into all that God has for you and your family this Lenten season.

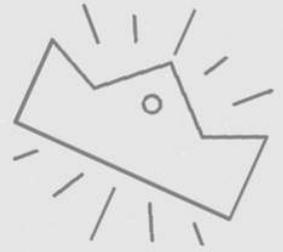
Love,
Your Family Life Pastors



 kids

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WEEK 1



Read:

During the time Jesus lived, kings and rulers usually traveled on large powerful horses. Imagine a parade with its Grand Marshal riding on the biggest, most powerful float in the parade. When kings traveled, people lined the streets, threw flowers, and cheered as they passed. Jesus was even more important than kings and rulers. He was the Son of God, the Savior that people had been waiting thousands of years to see. When the people heard He was coming into Jerusalem, they excitedly lined the streets, ready to greet their king. But, He didn't come on a powerful white horse. And, people didn't throw flowers as He passed. Let's find out what happened instead when Jesus came into Jerusalem. READ Mark 11:1-11.

Ask:

Which do you think is fancier: a big pretty white horse or a tiny brown donkey?
Why do you think Jesus decided to ride a donkey into Jerusalem?
What do you think it means that Jesus was humble?

Do:

Trace your hands on green construction paper, then cut them out. Pretend your handprints are palm branches. Wave them around as one person pretends to be Jesus going into Jerusalem.

Pray:

God, help us to have humility and peace this week, no matter what happens. Thank you for sending Jesus to be our King. Amen.

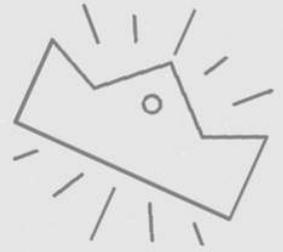
Apply:

By riding into Jerusalem on a donkey instead of a horse, Jesus showed that He is a different kind of King than what most of us would have expected. He didn't come to tell everyone what to do or be more important than everyone else. Jesus was a humble king. Just like good kings bring peace to their kingdoms, Jesus can bring us peace today. No matter what we face this week, we can let God give us an attitude of humility and peace, just like Jesus.



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WEEK 2



Read:

Passover is a special dinner celebrated by the Jewish people that celebrates how God delivered the Israelites from being slaves to Egypt thousands of years ago. In this dinner, each Jewish family used to kill a lamb and then eat it together. The lamb was a symbol that a sacrifice was needed in order to gain God's forgiveness for their sins. The last time Jesus celebrated the Passover dinner with His disciples, He knew it would be His last meal before He died. Jesus wanted to make this last supper very special because He had a big announcement. Jesus announced He'd be giving the lambs a break. He was going to take the place of all the lambs that were sacrificed. Let's read this story from the Bible to learn more about it. READ Luke 22:7, 13-20

Ask:

How do you think Jesus felt knowing that this was going to be His last dinner with His friends before He was going to die?

How is Jesus our Passover lamb?

What do you think it would have been like to be at the Last Supper and hear Jesus say He was going to die?

Do:

Get some bread and crackers and grape juice. Go around the table and ask each person to say one thing God has forgiven them for and one thing they're thankful for. For those that have given their life to Jesus, offer communion and spend some time singing worship music together. (Youtube: Heritage Kids QC -Heritage Kids worship playlist)

Pray:

God, help us never forget the sacrifice that Jesus made. Help us to live like what Jesus did matters! Amen.

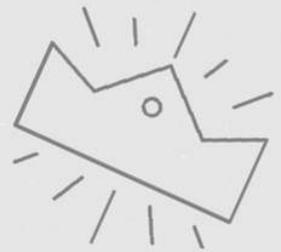
Apply:

Jesus was going to take the place of the lamb as the sacrifice for sin. Sin is anything we do that God doesn't want us to do. Aren't you glad we don't have to make an animal sacrifice in order to earn God's forgiveness anymore? Instead, we can thank God because Jesus came to earth so we can be forgiven for all the things we do wrong. Jesus is the sacrifice for all of our sins. Forever.



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WEEK 3



Read:

Have you ever faced something you didn't want to do alone? Have you ever faced something you thought you needed help with? Of course! We all have! Even Jesus once felt like he needed some support from His squad! It happened right before Jesus knew He was going to die. He brought His friends to the Garden of Gethsemane so they could have His back. He asked them to pray for Him while he went farther into the garden to pray alone. When He got there, Jesus asked His Father if there was any other way He could save the world, or if He really did have to die. God didn't answer, because this was the only way, and Jesus knew it. When Jesus came back to His friends, He found them sleeping! Let's find out more.

READ Mark 14:32-42

Ask:

Can you share about a time when you were so sleepy that you couldn't stay awake?
Why do you think Jesus asked His Father if He could do things in a different way?
Why do you think Jesus decided to follow His Father's plan after all?
Do you think Jesus was upset with His disciples when they fell asleep?

Do:

Have one person leave the room and come back at any time (within two minutes). When they leave, everyone will pretend to be asleep. If the person in the room comes back in and sees anyone moving, they are out! Have fun playing!

Pray:

God, help us remember that even when You seem silent and things don't go our way, you have a plan for us that is far better than anything we could come up with on our own! Amen.

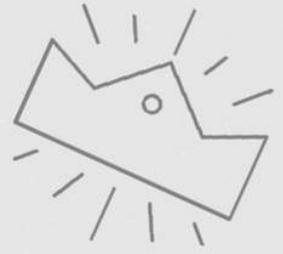
Apply:

Jesus came back to find the disciples sleeping three times! But Jesus didn't freak out. What did He do? He told them to get up because His time had come. He accepted that He was going to die for our sins, even though He was perfect and even though it was going to be painful. Jesus chose to do the hard things because He knew it was God's plan. Just like Jesus, we can do things that are hard (like staying awake to pray), because God will help us.



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WEEK 4



Read:

Peter was one of Jesus' closest friends. He was usually the brave one of Jesus' crew. Peter was the type of person who would take risks, do daring things, and trust Jesus—even if that meant stepping out of a boat to walk on water. So when Jesus told Peter that Peter was going to deny the friendship he and Jesus had, Peter said, "NO WAY!" Peter was confident that even under pressure he would stand tall and back Jesus up to the end. When Jesus was arrested, Peter followed closely to see what would happen to his friend, but everything changed when people in the crowd began to recognize Peter. Let's read this story from the Bible to find out what happened next. READ: Luke 22:31-34 & 55-62

Ask:

Why do you think Peter said he didn't know Jesus?
Has anyone ever pretended like they weren't your friend? How did it make you feel?
Have you ever been so afraid of what might happen if you told the truth that you lied?
Do you think Jesus still loves us after we lie?

Do:

Give each family members 3 pretzel sticks and make a cross out of them (2 can be used for the vertical). Say, "Is Jesus your Lord and King?" Everyone says, Yes, Jesus is our King and Lord and they eat a pretzel stick" Do this 3 times.

Pray:

Father, help us to be brave and stand up for you no matter what. Forgive us for the times we denied you with our actions, words, or attitudes. Amen.

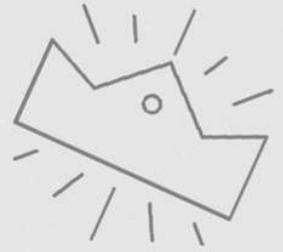
Apply:

Peter lied about knowing Jesus because Peter was afraid of what people would do to him. Peter made a mistake, and he knew it. In our lives today, we might also have times when we're afraid of what people will think of us, so we lie or pretend like we don't know God to keep ourselves safe. But with Jesus, we can be brave and bold about the fact that we know God! And if we mess up, as Peter did, we can always ask God for forgiveness.



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WEEK 5



Read:

After Jesus was arrested by soldiers, He was bullied, beat up, and brought before the temple priest to go on trial and see if He was guilty of breaking the law. Even though He was innocent, they sentenced Jesus to die on a cross. Jesus already knew this would happen - He was born for this very reason. Jesus came to earth to lay down His life and be the sacrifice for our sins. Even while He was on the cross, Jesus prayed for the Father to forgive the people God had made. He even told one of the two thieves that were being crucified next to Him that the man would join Jesus in paradise when He died. Let's read more about what happened. READ Matthew 27:35-50

Ask:

How do you think Jesus felt when he was being bullied by the people He loved?
If Jesus was innocent, why do you think He had to die?
Whom did Jesus die for?
Why can we find hope in the death of Jesus?

Do:

Use painter's tape to make a cross on a piece of paper or a canvas, then paint over the paper with watercolor paint. When the paint is dry, take the tape off and reveal a beautiful cross picture. Hang it somewhere in your house that will remind you of the amazing sacrifice of Jesus on the cross.

Pray:

God, thank you so much for loving us so much that you would sacrifice Your Son for us. Help us to love one another and share His love with others. Amen.

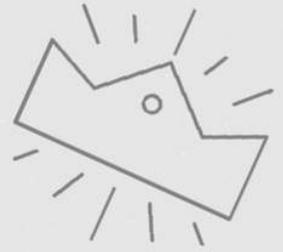
Apply:

Jesus died on the cross not because He deserved it, but because He loves us. Jesus would have died on the cross for each and every one of us, even if we were the only people on earth. Isn't that amazing? Let's thank Him for His great love for us.



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WEEK 6



Read:

Have you ever felt sad and disappointed because you thought something amazing was about to happen, but instead something terrible happened? That's how Jesus' family, friends, and followers probably felt when He died. They thought Jesus was about to save the world and become King... but He died! Jesus died on a Friday. Since no one could do any work on Saturday because it was against the Jewish law, early in the morning on Sunday, some of the women who followed Jesus went to prepare His body for burial. When they got to the tomb where Jesus' body was supposed to be, they found the huge stone that had been placed at the entrance of the tomb had been rolled away! Let's see what happened. READ Matthew 28:1-8

Ask:

Have you ever missed a friend or family member that was gone for a long time? How did you feel when you saw them again?
Do you think Jesus' friends believed Him when He said he would come back to life? How do you think they felt when they found out He was alive?
Why was it important that Jesus came back to life?

Do:

Use blankets, couches, and chairs to build a fort and pretend it's the empty tomb to celebrate that Jesus is alive! Go inside the empty tomb and sing your favorite song of celebration. Then take turns going in and out of the fort and shout "The tomb is empty! Jesus is alive!"

Pray:

God, thank you that we have hope and can have a relationship with you because of Jesus. Thank you that He conquered death and is alive today! Amen.

Apply:

The angel told the women who visited the tomb that Jesus wasn't there, because He was alive! How excited do you think those women were when they heard that good news? We can celebrate and share the Good News today too- the best news ever! It's the news that Jesus is alive!



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Leading Your Child To Christ



Do you believe that your child is ready to accept Jesus as their Savior? We hope this guide will help you as you navigate this conversation.

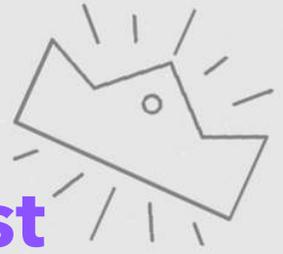
When talking to your kids about salvation, be sure to not pressure them. Many times kids are seeking God and need to ask questions to discover who God is for themselves. When they begin to show interest walk them through this discussion:

1. Why do you want a relationship with Christ?
2. What is sin? (Sin is when we disobey God) Romans 3:23 "for all have sinned and fall short of the glory of God."
3. What are some examples of sin? (Disobeying parents, lying, cheating stealing, etc). Kids need to understand what sin is in order for them to truly understand why they need a Savior. If they are not able to understand it's okay, remember it takes time and for some, it takes more time than others.
4. What did Jesus do so that you could be forgiven of your sin? (Jesus lived a perfect life, He sacrificed himself by dying on the cross and three days later he rose again.) Ephesians 2:8 "For by grace you have been saved through faith. And this is not your own doing; it is a gift of God."
5. Do you believe Jesus did these things for you so that your sins can be wiped away? Romans 10:10 "For with your heart one believes and is justified and with the mouth one confesses and is saved."
6. Kids are always making choices. We as parents make choices too. Sometimes it's hard to know the right choice to make. Sometimes we make poor choices but Jesus says that we can turn to Him and help us to make better choices in life. We must stress to our children that just because we make a decision to follow God, we will continue to sin and disobey. It would be impossible to obey God in every single decision we make. Only Jesus never sinned. It's amazing that Jesus always told the truth, always obeyed his parents, always controlled his anger, never stole, and never did anything wrong! This is a good time to point out and talk about specific areas of our own lives that we as parents struggle with. Share how you've learned to deal with anger or wanting what others have or having friends disappoint us. It should be our goal to show our children that a life of faith is one that is completely dependent on God's forgiveness each and every day. Christianity means we are working to look more and more like Christ as each year passes. Looking like Jesus is our goal because He is the one person that never sinned.



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Leading Your Child To Christ



Take time to tell your child how significant this gift from Christ is to them. Jesus's perfect life - His being punished for everything He had never done - made his gift of death on the cross so much more precious to us. If Jesus had sinned when He lived on Earth, He would have been just like you and me. Instead, Jesus loves us and has a special plan for our lives. He was willing to die so that we could have that special life He planned for us.

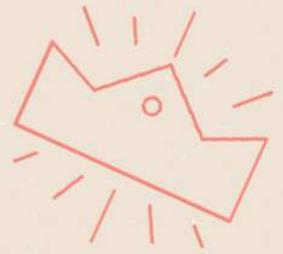
John 3:16 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." Finally, lead your child in this simple prayer. Have them repeat it out loud so you can hear their heart.

Dear Jesus, I know that I am a sinner. I have disobeyed you and today I want to put my hope and trust in you to forgive me of my sins. I believe that you died on the cross for me. Thank you Jesus for dying on the cross and taking the punishment for all the things I've done wrong. Help me to continue to grow in my relationship with you. I can't wait to see you in heaven someday. In Jesus's name, Amen.

Let your child know that God loves them and their lives will be changed forever! Celebrate with your child and let them know how proud you are! Write the date down on a calendar, or enter it on your smartphone, and let your child know that you will be celebrating their spiritual birthday every year for the rest of their lives!

Let Heritage Know that your child has made this decision by emailing FamilyLife@Heritageqc.com.

We would love to give them a devotional and a bible as they start this journey.

**Read:**

Psalm 69

Think:

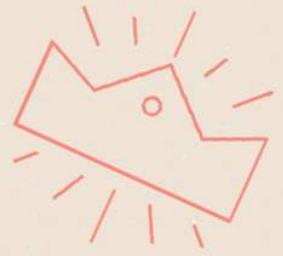
How have you ever felt alone in your faith? What kind of strength do you need from God right now to help you be zealous and passionate day in and day out?

Pray:

God, set a passionate fire in my bones for your name and your fame. Let me wake every day and step into my school on a mission to see others come to know the one who “takes care of me, whose mercy is so plentiful.”

Apply:

Listen to worship music on the way to school/work. As you take your first step into the building, pray that God would make you passionate for his house and his reign.

**Read:**

Matthew 3:1-12

Think:

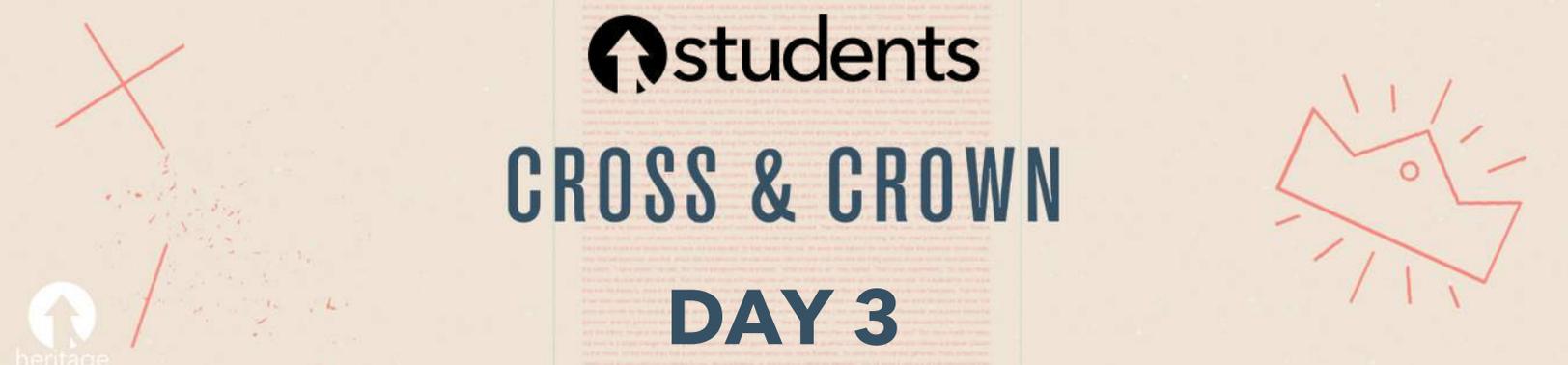
What was John trying to communicate to the Pharisees and Sadducees? How is God calling you to prepare the way in peoples' hearts for Jesus like John the Baptist did?

Pray:

Show me today, God, how I can prepare the way for you with my family, my friends, other students in my classes, on my team or in my club. I want to be like the wheat in this passage. I want to know you and live for you.

Apply:

Bring up something Jesus has been teaching you to a non-Christian friend today.



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DAY 3

Read:

Matthew 4:1-4

Think:

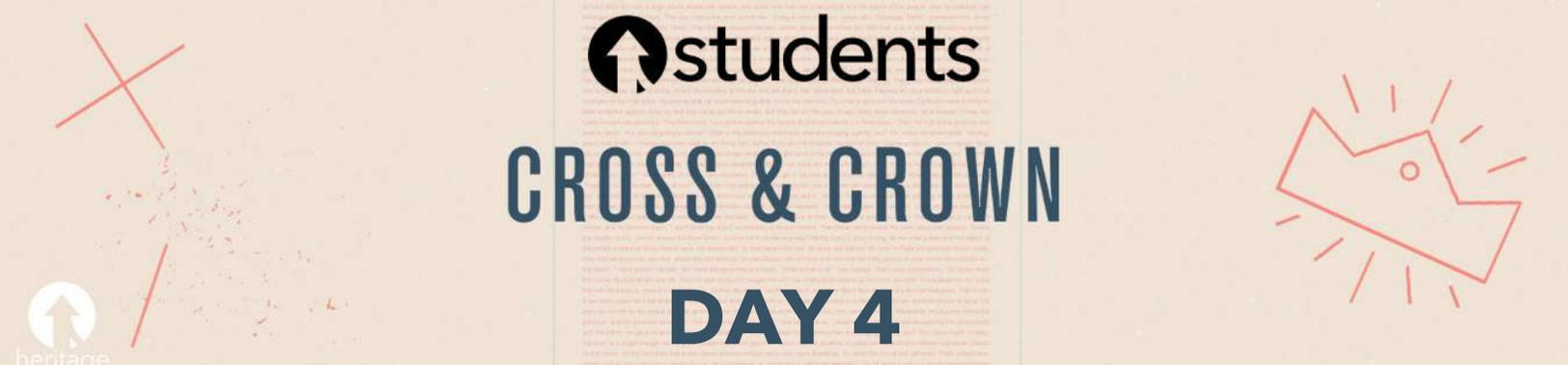
Why did the Spirit lead Jesus into the wilderness? Why might God lead you into a “wilderness” of sorts? What might He want to teach you? We all have physical appetites. Which ones seem to control you most?

Pray:

God, show me what you want to teach me in the wilderness or desert seasons of my life. Help me give the things that enslave me over to you. Give me the courage to cut them out of my life completely if you want me to.

Apply:

Fast from something today that is enslaving you (your phone, social media, a meal, soda, coffee, inappropriate movies or websites). Spend extra time in prayer today to fill in the space you would normally use on that which you are fasting from.



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DAY 4

Read:

Matthew 4:5-7

Think:

Even though the angels would have caught Him, why do you think Jesus didn't jump? What is significant for you about the fact that the devil is quoting Scripture to Jesus?

Pray:

Help me, Jesus, to meditate on your Word so I can fight the lies of the Enemy. Give me faith to trust you without seeing today.

Apply:

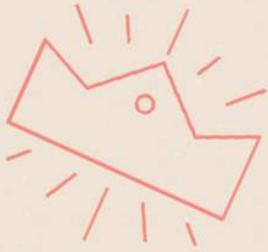
Pick a verse from the Bible that you want to memorize and meditate on this week. Try writing it on an index card and placing it on your mirror, or in your car. Having an arsenal of Scripture in your mind will help you to believe truth throughout the day.



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DAY 5



Read:

Matthew 4:8-11

Think:

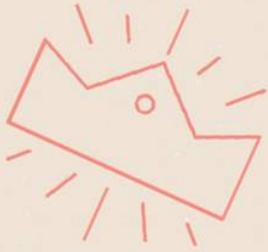
How have you chosen popularity or power over letting God be #1 in your life? What do you often “worship” above Him?

Pray:

Thank you that you are the one true God and that you satisfy more than anything else that I try to fill my heart with. “Tune my heart to sing your praise” today, Jesus.

Apply:

Take some time to journal a few thoughts today. Write down the good things in your life that you have made ultimate things. Take a step today toward knocking those idols down and putting God in His rightful place.



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DAY 6

Read:

Matthew 4:18-22

Think:

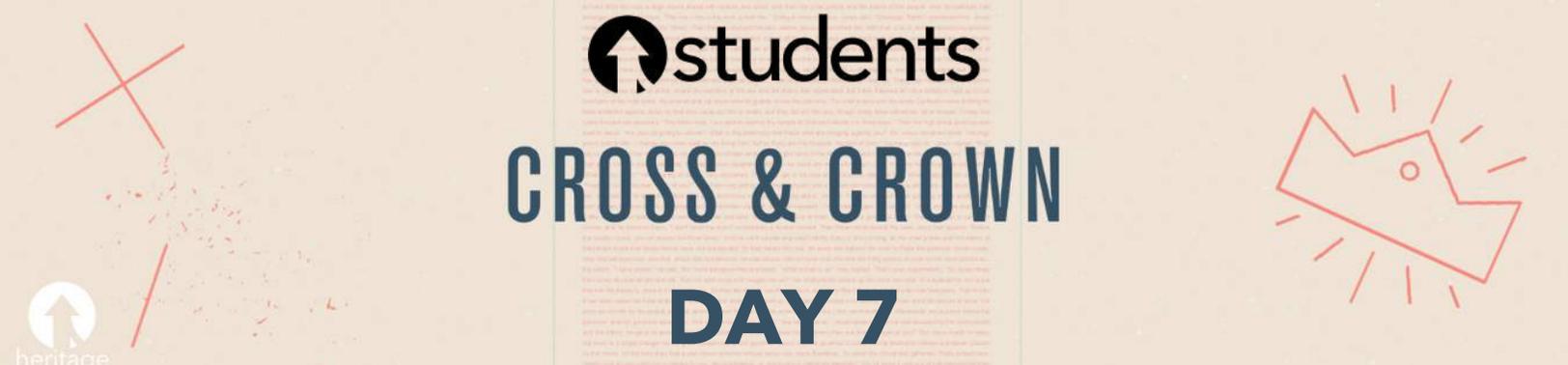
What does it mean to “fish for people?” How is Jesus calling you to drop your nets and immediately follow Him?

Pray:

Lord, living my newly resurrected life in you means I am urgently compelled to share your good news. Help me to immediately obey you when you call me to fish for people!

Apply:

Invite one person this week to “come and see” who Jesus is by inviting them to church or to our youth group meeting. Trust that God will come through for you as you fish for people.



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DAY 7

Read:

Matthew 5:1-12

Think:

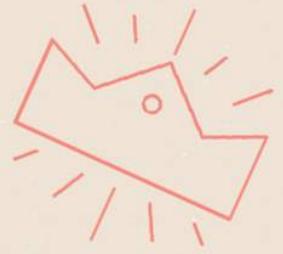
Which one of the “beatitudes” speaks most to you? What part of the American culture is the easiest for you to conform to?

Pray:

God, help me to see that your kingdom is so upside down from what culture tells me is important. Humble me to see that you deserve the glory and that I am most blessed when I give my life fully to you.

Apply:

Reread and discuss your thoughts about these beatitudes with a Christian friend. Pray together for strength to persevere when you are going against the cultural pressures around you.

**Read:**

Psalm 55

Think:

Jesus was betrayed by one of His disciples (Judas) and arrested, just like David was betrayed by a friend in this Psalm. How have you been betrayed by a friend or person that once pointed you to Christ? Even though it was hard, how has God used it in your life to shape you and draw you closer to Him?

Pray:

Jesus, help me to see how hard things in my life are preparing me for the plan you have for me. Thank you that you have gone through everything I have gone through and can understand me.

Apply:

Have you been holding onto any bitterness or grudges towards someone who hurt you? Take some time to process through that hurt and ask God to help you forgive them.

Read:

Matthew 5:17-20

Think:

What does Jesus mean that He “came not to abolish the law but to fulfill it?” How is it possible for you to be more righteous than the religious Pharisees? It’s not possible! Jesus fulfilled the law, meaning He was the only one who could keep it completely. That’s why He could pay the debt you owed by dying on the cross. He fulfilled it so you could be free to know God and follow His commands, but not be condemned by them.

Pray:

God, thank you for your law. Your ways are so much better than my ways. Give me a love for your law. Jesus, help me to live in gratitude to you for fulfilling the law for me so that I could be in a relationship with God.

Apply:

Which of God’s laws are you deliberately disobeying in your life right now? What might be better in your life if you repented and obeyed that command? What shame are you putting on yourself for your past sins that God has already forgiven?

Read:

Matthew 5:38-48

Think:

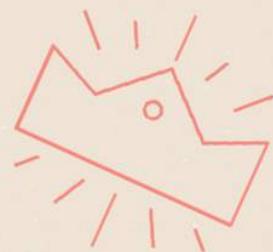
How good are you at “loving those who love you?” How good are you at loving your enemies? What would it look like for you to offer to serve someone who makes your blood boil? How would your love for your enemies set you apart and make people ask questions about your faith? How did Jesus love His enemies on His way to the cross?

Pray:

God, give me a love for my enemies today that makes you famous.

Apply:

Make a commitment not to gossip about anyone today. Every time someone annoys you or you come across your enemy today, pray for them and look for a practical way to serve them or show them you care. If they don't receive it, that's not your problem. Smile, pray for them, and move on.

**Read:**

Matthew 6:5-18, 7:7-11

Think:

How have you tried to get attention for being “spiritual?”
What did Jesus model in His prayer and fasting life? Why do you think we want credit for the good things we do?
What do you think you are missing out on because you are not praying for it?

Pray:

Humble me, God. Align my wants with your wants. Help me to keep asking in your name and for your glory and to not give up.

Apply:

Fast again today, but don't tell anyone. Start a prayer list of BIG prayers. Designate different things to pray for on different days.

Read:

Matthew 7:15-20

Think:

Thinking about the “fruit” in your life, how many people would know you were a Christian just by your actions? What makes you different than your non-Christian friends, other than that you go to church? How have you grown to look more like Jesus in the past year? You need to ask yourself these hard questions to know where your heart is.

Pray:

Jesus, make me a tree that bears a ton of fruit. I want to look more like you, and I want others to know you. Help me to stick close to you, because without you I can't bear any fruit (John 15:5).

Apply:

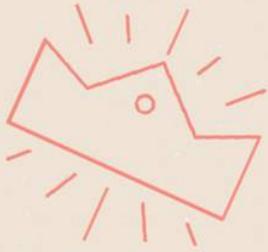
Take an inventory of the “fruit” in your life. How have you seen God at work in you and through you over the last year? How are you living in light of the resurrection of Jesus and the resurrection in your life?



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DAY 13



Read:

Matthew 7:21-29

Think:

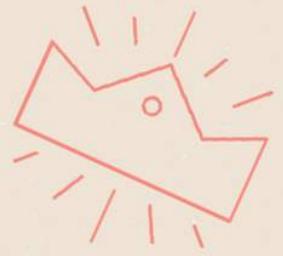
How does it make you feel to read vs. 22? How have you lived a double life: saying you are a Christian or going to church, but not actually having a relationship with Jesus? What type of foundation are you building in your life?

Pray:

God, help me to build my life on you—the rock. I know when I center my life on you I won't be shaken, no matter what comes.

Apply:

How are the people you spend most of your time with affecting your walk with Jesus? How might you build a foundation of “rock friendships” that would point you towards Jesus and not away?

**Read:**

Matthew 16:21-23, 17:22-23, 20:17-19

Think:

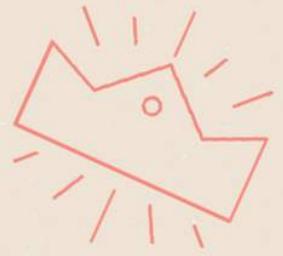
Why do you think Jesus was predicting His death and resurrection over and over to the disciples? How does it strike you that the Holy Spirit's power, that raised Jesus from the dead, lives inside of you if you know Jesus as your Lord?

Pray:

God, help me to see that the power of the resurrection lives in me—by your Holy Spirit. Remind me that I can call upon your power for strength, comfort, conviction, boldness, and words to share about who you are.

Apply:

Practice having a constant conversation with God throughout your day. Talk to God with little prayers a few times an hour. Thank Him, ask Him for courage and for direction with what He wants you to do. Ask Him for patience. Remember that you have resurrection power!

**Read:**

Psalm 35

Think:

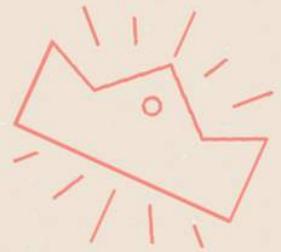
Jesus was put on trial for crimes He didn't commit. David felt this way too in the Psalms. When you are accused wrongly, how will your response show people the confidence you have that God always wins? How have you let Satan convince you that God has lost...that you have lost?

Pray:

God, protect my mind from doubt, depression, and hopelessness. Help me to claim that eternal victory that I have in you because of the resurrection. Even when things are hard and I feel surrounded on all sides, remind me to call on your name and not give up. You always win!

Apply:

If you have been going through a hard season of life, open up to someone you trust, who knows Jesus, and share it with them. Ask them to pray for you and proclaim victory over your life.

**Read:**

Matthew 13:44-46

Think:

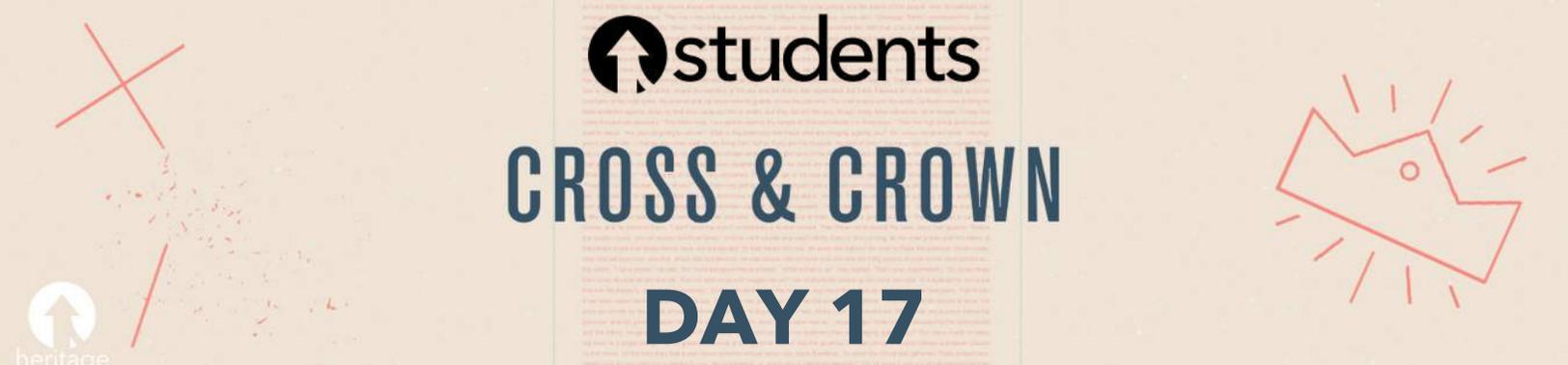
Why did Jesus tell this parable? What does it mean? Do you think that you treasure Jesus as much as the man in this story valued the hidden treasure or the pearl? Have you “sold everything you own” so that you could have Jesus? What from your pre-resurrection life are you still holding onto?

Pray:

God, help me to live each day of my life with the belief that you are my most prized treasure. Give me faith that believes you enough to let go of everything else so that I can have you.

Apply:

What are your most prized possessions? Your clothes? Pick one of your favorite shirts, check with your parents, and give it away to someone. Is it your guitar? Who could you give lessons to for free? Is it your money? Give a chunk of it away to “International Justice Mission” that fights human slavery or to the offering so the church can use it for ministry here and around the world.



students
CROSS & CROWN
DAY 17

Read:

Matthew 13:31-34

Think:

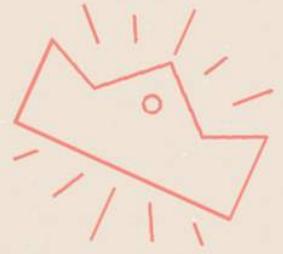
How big would you say your faith is on a scale of 1-10? Faith means believing without seeing. Faith is trusting God by praying BIG prayers and believing He will answer them. Have you been praying puny prayers?

Pray:

God, give me faith as big as a mustard seed. Increase my faith. Help me to overcome my unbelief. Help me to trust you for the miraculous!

Apply:

What is one BIG prayer you could begin praying this week? Pray one prayer that you cannot answer in your own strength—one that God will have to come through on for it to happen. Believe God for the impossible. It only takes faith like a mustard seed.

**Read:**

Matthew 17:1-13

Think:

This is an interesting, miraculous event that took place between Jesus and three of His disciples. Why do you think Jesus showed these disciples His divinity like this? In what ways has God proven Himself to be real in your life?

Pray:

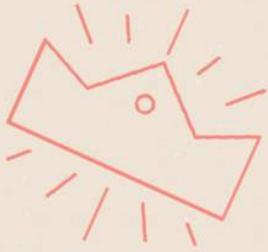
God, help me to have a real encounter with you. I don't want to rely on my parents, or my pastors', or my friends' faith. I want to see your glory on the earth. Reveal yourself to me as I seek you.

Apply:

Share something God has done in your life with a non-believing friend today. Pray for strength and step out in humble boldness.



students
CROSS & CROWN
DAY 19



Read:

Matthew 18:1-10, 19:13-15

Think:

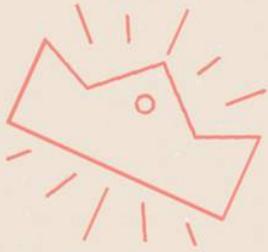
Why do you think Jesus responded to His disciples about kids when they asked Him who His favorite was? What would it look like for you to have child-like faith? In what ways do you cause those around you to stumble in their faith?

Pray:

God, give me child-like faith. Help me to be able to say along with Paul the Apostle, "follow me as I follow Christ," to my peers and to the younger people around me.

Apply:

Are you serving anywhere in the church? If you aren't, why not start serving in our children's ministry? If you do serve, think about how you can invest in the next generation.



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CROSS & CROWN
DAY 20

Read:

Matthew 18:12-14

Think:

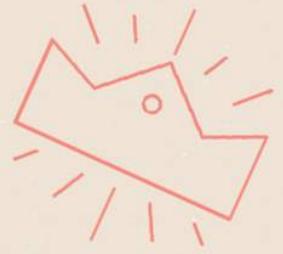
God has a big heart for people who don't know Him! Why? Because He is their father, and He loves them. He would drop everything to go and find the one He loves and bring them home. How often do you think about the students in your school that don't know their Father's love? What would you risk to show them the way home?

Pray:

God, give me your eyes for the lost. Give me courage to tell them about you and show them the way home to you. Help me not to make any excuses.

Apply:

Have a conversation with someone who is lost today about the love of their Father and how they can come home to Him. Rely on Holy Spirit, be brave, and take a leap of faith TODAY. Risk it for the one.

**Read:**

Matthew 22:34-40

Think:

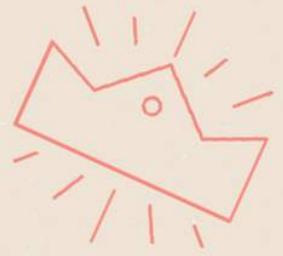
Wow. Jesus summed up the whole Bible in two sentences: Love God with your everything, and love people the way you want to be loved. How do you love God with your mind, your heart, and your soul? Which is the most lacking in your life? What do you think it looks like to love your neighbor as yourself? How is God convicting you through this passage right now?

Pray:

God, I don't want to just know things about you; I want to really know you and love you with my everything. As a result of loving you, let your love spill over onto everyone I come in contact with. Take away my selfishness and let me pour out to others the blessings I want for myself.

Apply:

Think of one tangible way you normally would "treat yourself" and, instead, do it for a complete stranger at school. (ex. Starbucks, gum, iTunes, lunch etc.)

**Read:**

Psalm 22

Think:

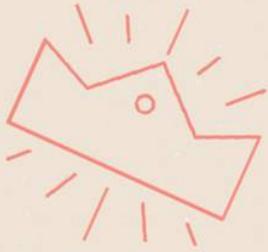
Remember while Jesus was on the cross, when He quoted what David said in Psalm 22:1? When Jesus died, He became full of our sin. Sin separates from God. So, Jesus was separated for a moment from His Father...so we wouldn't have to be forever. But death couldn't hold Jesus in the grave. Resurrection was coming. Take some time to think about how Jesus took your punishment of separation from God. Dwell for a moment on how much He proved His love for you in that moment.

Pray:

Thank you, Jesus, for taking my separation! Hallelujah! I can be close to you, God! Let me live in light of your death and resurrection. I am forgiven and free in you!

Apply:

Look up "The Story" online at <http://viewthestory.com/>
Read through it and let God speak to you about the gospel.



↑students
CROSS & CROWN
DAY 23

Read:

Matthew 21:1-11

Think:

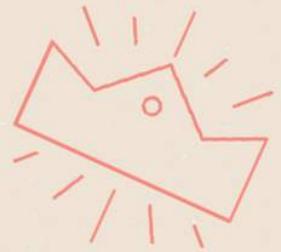
Do you think the Jewish people were expecting the Messiah to be “humble and riding on a donkey?” How does Christ’s humility speak to you? How do you praise Jesus in your everyday life the way the crowd did with the palm branches?

Pray:

God, I want to worship you not just on Sundays, but every day. Thank you for modeling humility. Humble me, that I might give you all the glory!

Apply:

Set aside a time and a place to worship Jesus today. Don’t expect it to just happen. Be intentional and set a date with Jesus. Get alone with Him and sing to Him, or write in a journal all the things you love about Him.

**Read:**

Matthew 25:1-13

Think:

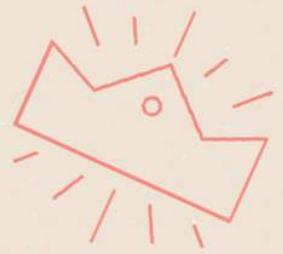
Why do you think Jesus told this parable? Looking at your life right now, are you more like the bridesmaid who was prepared, or the one that was unprepared for the groom's return? This is a hard question to think about, but if you knocked on Jesus' door, would He know you?

Pray:

Jesus, I want to be prepared for your return. Help make me ready. Draw my heart close to yours. I want to know you.

Apply:

What is one thing in your life that hinders you from being prepared for Jesus' return? Maybe it's a distraction, excuse, or a certain relationship that isn't honoring God. Choose to take the measures necessary to cut that thing out of your life that is holding you back.

**Read:**

Matthew 26:6-13

Think:

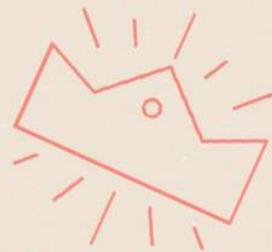
Do you think that the woman in this story knew that Jesus was going to die—hence Him referencing His burial? Why do you think the woman “wasted” something so precious and expensive to honor Jesus? How have you honored God with your possessions, talents, time, and money?

Pray:

God, I want to “waste” it all on you! I want to show you honor with the way I do my homework honestly and diligently. I want to honor you in the tone I use with my mom and dad. I want to spend my money on things that will glorify you. Help me to be like the woman in this story.

Apply:

Pick one area from these four things: money, talents, a possession, or time. Which one are you most selfish with? Take one step toward giving total control over this area to God. How can you use it to honor and anoint Jesus, the way this woman did with her perfume?

**Read:**

Matthew 26:17-30

Think:

Bread and wine were common elements of a normal Jewish meal. Jesus was always using everyday examples to talk about the Good News. What if for you, every time you chewed gum, drank a soda, or ate a sandwich—it was a reminder of Jesus' sacrifice, the way bread and wine were at the Last Supper?

Pray:

Jesus, help me to see your sacrifice in the little elements of my life today. Let it prompt my heart to sing a thankfulness hymn to you, the way it did the disciples.

Apply:

Pick something you do or eat everyday as a cue to remind you of Jesus' death for you. Do whatever you need to do to remember it—an alarm on your phone, and index card in your binder, or a note on the refrigerator.

Read:

Matthew 26:36-46

Think:

Jesus knows suffering. In Hebrews 4:15, the writer explains the simple truth that Jesus can empathize with anything we go through. In the garden before Jesus was betrayed, He agonized over the pain that would await Him: both physically and in the separation from His Father. What pain are you going through right now that you need Jesus to comfort you in? How could you begin to pray the prayer Jesus did, "I want your will to be done, not mine"?

Pray:

Jesus, thank you for so deeply understanding my pain. Help me to lift my pain up to you and let you have your will. I trust you.

Apply:

Write down one word describing the struggle you are currently going through. Put it on your mirror, so it reminds you in the morning to talk to Jesus about it. You'll be surprised how prayer can change your perspective.

Read:

Matthew 26:47-56

Think:

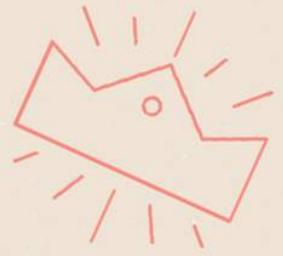
Deserted. Betrayed. Those were the realities that Jesus faced as He was being arrested in the garden. His own disciple turned Him in with a kiss and the rest fled in fear. Have you ever felt betrayed or abandoned? Have you felt tempted to “fix” the situation with gossip, anger, or harsh action like one of the disciples did with the sword? Even though Jesus was alone, He wasn’t really alone. God had a plan and was giving Jesus the strength to see it through—so that you could be rescued. How can you cling to Jesus and trust His plans even when you feel alone?

Pray:

God, even if none go with me, I will follow you. I will die to my old life so I can be resurrected to new life in you. Even when I feel like I’m alone, I won’t give up on you.

Apply:

How is Jesus calling you to push on and persevere in pursuing Him, even as you feel alone?

**Read:**

Psalm 34

Think:

Just like none of Jesus' bones were broken when He hung on the cross, David also proclaims the truth that our God saves! He is close to the brokenhearted, He listens and answers, and He breaks chains of slavery. Right now, how is God directing your heart to believe these truths instead of the lies that you aren't good enough, that no one understands you, that this struggle is too big, or that nothing will ever change?

Pray:

God, I am crying out to you because I know you hear me. Fix my eyes on these beautiful truths from your Word so that you are close to me. You save!

Apply:

Re-read this psalm again out loud a couple more times. Let truth fill your mind and take the place of lies you have believed about yourself and about God.

Read:

Matthew 27:32-44

Think:

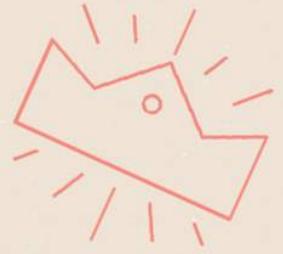
Who were the main people that mocked Jesus on the cross? If Jesus was the Messiah, why don't you think the religious leaders recognized Him? What is so sad about this moment is that Jesus really was the King of the Jews. He really was in the process of destroying "the Temple" and He really would "rebuild it" in three days. God really did have the power to take Jesus off the cross. But if He did, then the human race could never be restored to relationship with God. Things looked really dark on that "good" Friday, but Easter was coming...

Pray:

Jesus, thank you for enduring humiliation and verbal abuse and remembering me in your mind as you persevered. Thank you that death could not hold you.

Apply:

Talk with your parents and consider watching The Passion of the Christ to see what Jesus' crucifixion was actually like.

**Read:**

Matthew 27:45-55

Think:

Wow! Before Jesus was even resurrected, tons of miraculous stuff happened! But why was it significant that the curtain in the Temple ripped itself from top to bottom? Up until this point, only the High Priest could enter the “Holy of Holies” behind the curtain where God’s presence was in the Temple. And he could only do it once a year! When Jesus died, He paid the ultimate sacrifice so anyone could be in God’s presence now. The curtain was torn, like Jesus’ body was torn, so you could walk right into God’s throne room. And you still can, too.

Pray:

God, you rock! Thank you for letting me come into your presence. Thank you for sending Jesus to do away with all other sacrifices by being the perfect sacrifice for me. The curtain is torn—so I’m walking straight into your presence!

Apply:

Spend time praying your own prayers of worship on your knees. You are in God’s throne room, right where you physically are, because of Jesus’ death for us all!

Read:

Matthew 27: 57-61

Think:

Have you ever been to a cemetery as a loved one was buried? It's depressing to see the shell of the one you loved being lowered into the ground. That's how Jesus' friends felt too. All they had hoped for was lost and sealed away by a two-ton rock. What in your life feels dead and hopeless? What rock in your life do you feel stands between you and resurrection?

Pray:

God, I feel the brokenness of this world. Sin has wrecked everything. I feel buried in my sin. Remind me that you are a God of resurrection and you never fail.

Apply:

Take some time to journal your prayers to God. Write down the things in your life that you need Jesus to resurrect.

Read:

Matthew 28:1-10

Think:

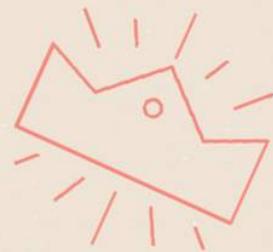
How does the account of Jesus' resurrection give you hope? What were the ladies' responses when they saw Jesus? What did the angel and Jesus tell them to go and do? How is God calling you to go and tell everyone about Jesus' resurrection and your resurrection?

Pray:

I'm speechless. You always come through, God. You always keep your promises. You make everything new again. Show me how you want to bring me to life again so I can go and spread the news.

Apply:

Talk to someone at school today about how Jesus has "brought you back to life" in your experience. Share your story and give the hope of Jesus to that person who needs hope today.

**Read:**

Acts 1:1-3, Luke 24:13-34

Think:

How would you have felt if you were one of Jesus' followers, and He visited you post-resurrection, and you didn't recognize Him, and then He revealed Himself to you? What do you think Jesus would have said to you? Have you ever studied how the Old Testament points to Jesus' being the Messiah? Has your heart ever "burned" with excitement as you read the Bible?

Pray:

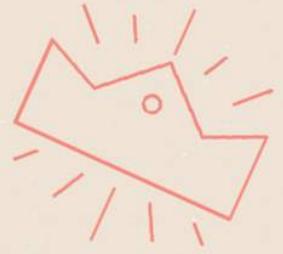
God, help me to see how clear it is that you truly lived, died, and rose again. Help me to love your Word more and read it so I can hear you speaking to me. Thank you for revealing yourself to me.

Apply:

Decide on what Bible plan you are going to start next when you finish this devotional. Pick a book of the Bible to read through or look on your YouVersion Bible app for a plan that intrigues you. The more you read God's Word, the more you will love it and long for it.



students
CROSS & CROWN
DAY 35



Read:

Luke 24:35-49

Think:

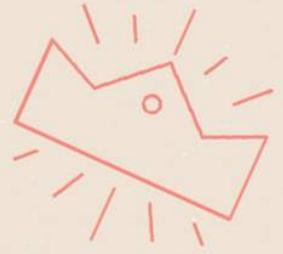
What do you most relate with in this encounter Jesus has with His disciples after His resurrection?

Pray:

Jesus, you bring peace. You bring proof. A lot of times, I have to believe without seeing, but I do know that you are working all around me. The proof is there if you will just open my eyes to see.

Apply:

As you go throughout your day today, make a list of ways that you see God at work around you.

**Read:**

Psalm 109

Think:

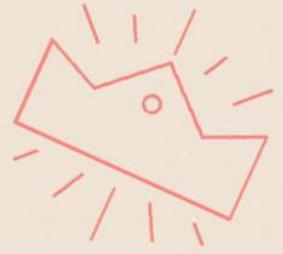
David is using some raw honesty in this Psalm. He is describing people who are unrighteous, wicked, and cold. But the truth is, "no one is righteous not even one" (Romans 3:10). Jesus came into the world to die for you on your worst day, not on your best day (Romans 5:8). Who have you been wishing the worst for? Who is the person at school that you think would never come to faith in Jesus?

Pray:

God, thank you that you died for me on my worst day. Thank you for forgetting all my sin and having mercy on me even though I am undeserving. Help me to show your unmerited love to the people I don't get along with, or judge.

Apply:

Pick a person from your school that you have a hard time not judging. Pray for them every day this week and remember Jesus' love for them and for you.

**Read:**

Matthew 28:16-20

Think:

Why do you think Jesus picked these as His last words before going back to heaven? What part of this speech are Jesus' last words? How do you make a disciple? Have you made any? In light of vs. 20, do you think it is possible for a student to be a disciple-maker now? Why is making disciples an important part of living the resurrected life?

Pray:

Knowing I have the Holy Spirit, I'm asking for boldness, God, to speak about you and share the explicit gospel with my friends. I don't want to make any more excuses or live in fear. I want to be a witness for your glory. Amen.

Apply:

Share the gospel with someone who doesn't know Jesus this week. Pray for God to open the door and for you to see it and take it in the moment. Trust God with the outcome.

Read:

Acts 1:4-11

Think:

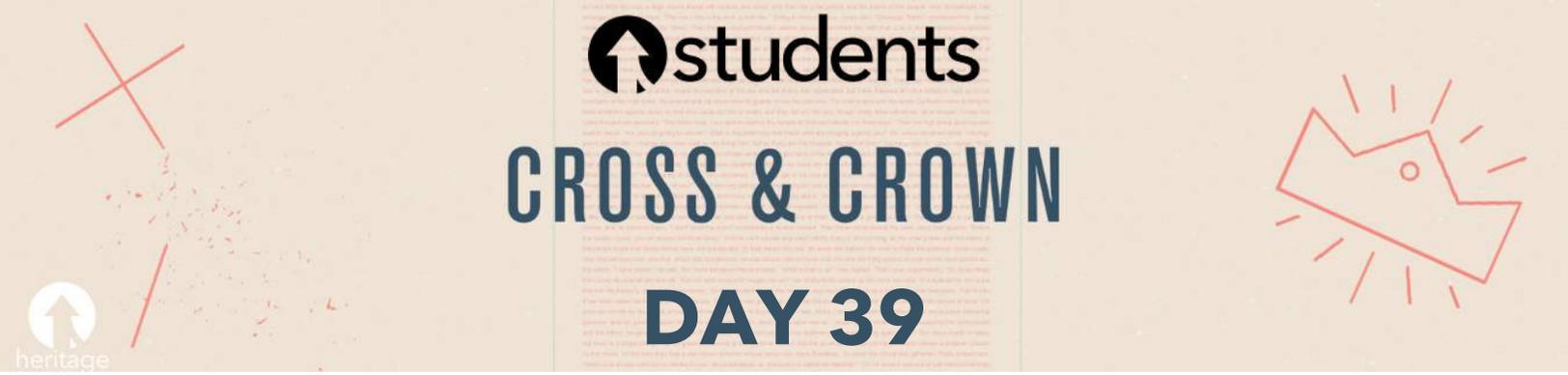
Why was Jesus so adamant about His followers waiting for the Holy Spirit? Why does He refer to the Holy Spirit as a gift? How have you experienced the Holy Spirit's power? How does it make you feel that the Holy Spirit lives within you, and gives you the same power that raised Jesus from the dead?

Pray:

It is so cool that you are a trinity, God. Thank you that you are my Father, that you showed me what you look like in flesh in blood as Jesus, and that your presence is always with me in your Holy Spirit. Thank you for the gift of your presence. Help me to tap into your resurrection power to show others who you are.

Apply:

Pray and ask Holy Spirit to nudge you today. It may sound weird, but just try it. Listen to see what God might be speaking to you through other people and His Word. If you feel him prompting you to do something—do it!



students
CROSS & CROWN
DAY 39

Read:

Psalm 102

Think:

Our days are short and we get to choose what legacy we will leave. Do you want to be remembered just as a “good person” or as a person who lived on mission to love Jesus and love other people that He would be worshipped in all the earth? Good works are often forgotten, but Jesus’ kingdom is eternal.

Pray:

God, help me to live in light of eternity. Help me to realize the brevity of my life and send me on a mission for your glory.

Apply:

Instead of making a “bucket list” of what you want to do before you die, make a list of the person you want to be. Use Scriptures to back up your points.

Read:

James 5:13-18

Think:

We were never meant to live the Jesus-following life alone. God's desire is that we follow Him in community. That's why we have the Church (big C). How has the Church changed your life and walk with God? How could you tap into and make the Church more of what God desires it to be?

Pray:

God, thank you that I don't have to do this alone. Thank you that you have surrounded me with a church family that wants to encourage and challenge me as we follow you together. Help me to embody the things you want the Church to be about. Thank you for resurrection life. Thank you for Jesus.

Apply:

Your 40 days are up! Keep following Jesus! Think of one action step you want to take to move forward towards Christ in your faith. Make sure you pick what you want to explore next in the Bible.



How Can Heritage Partner With You?

Connect with us in the following ways:

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(Download Instructions at [heritageqc.com](https://www.heritageqc.com)
under Family Life Resources)

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