

My Children:

LENT 2026 WEEK 6

The enemy has been defeated and holds no claim.

VICTORY: Read Colossians 2:15.

DAILY RHYTHM (MONDAY–SATURDAY)

Each day follows the same simple pattern:

1. Read the Scripture.
2. Sit in silence for five minutes.
3. Speak the Gospel declaration aloud.

WEEKLY RHYTHM

Each week ends with two final practices: *Words that No Longer Define You* and an *End-of-Week Invitation*. We encourage you to add this to your Daily Rhythm on Saturdays as you prepare for worship on Sunday.

MONDAY: Disarmed Powers

SCRIPTURE: Read Colossians 2:15.

REFLECTION PROMPT: What power do you assume still has control over your life?

SILENCE: For the next five minutes, sit quietly before God and remember the cross. Because of the cross of Christ, the powers and authorities have been disarmed and exposed.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

TUESDAY: Victory in Christ

SCRIPTURE: Read 1 Corinthians 15:56-57.

REFLECTION PROMPT: In what area of your life do you feel defeated because of your sin?

SILENCE: For the next five minutes, remember Christ's victory. Because of the cross of Christ, sin has no power over you.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

WEDNESDAY: Cancelled Accusations

SCRIPTURE: Read Revelation 12:10-11.

REFLECTION PROMPT: What accusation against you feels the loudest or most convincing?

SILENCE: For the next five minutes, sit in the truth that your loudest accusation has been answered by the blood of Christ. Because of the cross of Christ, the accuser cannot accuse you any more.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

Day 29

Day 30

Day 31

Day 32

THURSDAY: Delivered from Darkness

SCRIPTURE: Read Colossians 1:13-14.

REFLECTION PROMPT: Where do you still feel trapped or overpowered by the domain of darkness?

SILENCE: For the next five minutes, remember that you have been delivered. Because of the cross of Christ, you have been transferred out of darkness and into Christ's Kingdom.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

Day 33

FRIDAY: Resisting from, not for, Victory

SCRIPTURE: Read James 4:7.

REFLECTION PROMPT: Do you tend to resist the enemy from fear or from confidence?

SILENCE: For the next five minutes, rest in Christ's finished work. Because of the cross of Christ, you no longer fight to win, instead you stand in what Christ has already won.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

Day 34

SATURDAY: More Than Conquerors

SCRIPTURE: Read Romans 8:37-39.

REFLECTION PROMPT: What do you fear could separate you from God's love?

SILENCE: For the next five minutes, sit with the assurance of Christ's love. Because of the cross of Christ, nothing can separate you from God's love or reclaim authority over you.

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

SUNDAY: Worship and Rest

GOSPEL DECLARATION: *In Christ, the enemy has no claim on me.*

Words That No Longer Define You

Defeated

PRACTICE: Cross out the word *Defeated*.

WRITE IN ITS PLACE: *Victorious* (Read Colossians 2:15).

End-of-Week Invitation

As you reflect on worshipping together on Sunday, ask: *What would it look like to live this coming week as someone who truly believes the enemy has no claim on you anymore?*

VICTORY

My Children:

The enemy has been defeated
and holds no claim.

FAMILY LENTEN TABLE CARD **WEEK 6**

READ SCRIPTURE: Colossians 2:15

GOSPEL DECLARATION (say together): *In Christ, the enemy has no claim on us.*

DISCUSSION QUESTION: What are some things that make you feel scared? How does Jesus help us be brave?

PRAYER (children can lead): *Jesus, thank You for protecting us and fighting for us. Help us trust You when we feel afraid. Amen.*