

LENT

Lent is a **purple** time, a time for thinking as Jesus did in the wilderness.

So we use Lent as a time for thinking about God, ourselves and each other. God's world, my world, and our world.

Let us stop, and be still.

'Be still, and know that I am God!' Psalm 46:10

It takes ages to get from Pancakes to Easter eggs and the journey there takes us through some difficult places and then our excitement and celebration of Jesus' resurrection, the life and hope of Easter pass by very quickly. In fact, the Church celebrates Easter for six whole weeks because it is so special.

A Prayer

Dear God, Thank You that You provide for all our needs. Thank You that we can trust You to turn the small things we give You into something big that can make a huge difference. Help us to be generous with everything we have, just as You are so generous in giving us these things. **Amen.**

Please try & do **40 Acts of Kindness** during Lent. Below are some ideas for you and you might like to write them on **purple** strips of paper which you can make into a paper chain to hang up at Easter, or just colour a leaf on the tree when you have completed an act.

Some ideas:

- Read the bible story of Jesus going into the Wilderness
- Choose a charity and make a box to collect change in during Lent
- Make your bed without being asked
- Pick up litter
- Feed the birds
- Help make breakfast
- Tidy your toys away
- Write a thank you note to the postman/woman or bin men
- Leave a dish of water out for the birds
- Plant something
- Have a day without meat
- Help unpack the shopping
- Make a card for someone on their own
- Donate something to a food bank
- Pray for people who are sick
- Clean up a mess that someone else made
- Donate some books to a charity
- Offer to help with a household job
- Leave a happy note for someone to find
- Do something healthy to take care of your body
- Write a thank you note to a friend or relative
- Give a compliment to someone
- Surprise someone with a handmade gift
- Help make a meal
- Use kind words all day
- Talk to someone on the phone who is alone or not feeling well
- Go for a walk in the park and thank God for His creation
- Thank your teacher for their help and support
- Write a list of things you are grateful for

- Just drink water all day and pray for people who don't have fresh running water
- Sort out your toys and donate some to a charity
- Give someone in your home a hug
- Read a bible story
- Go without sweets/snacks for a day & pray for the hungry
- Draw a picture showing God's world

Think of 5 more acts of kindness you can do

Kindness Tree

Each day you have been kind, colour in one of the leaves on the tree until you have complete the picture.



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