

## LET'S LIVE LENT!

These daily activities are just suggestions – if you have better ideas, go ahead! The middle section is not dated, so use them in any order. You could tick them off if you like. If you want to miss some and repeat others, that's fine! Just enjoy counting down the days to Easter.

### SUNDAY – BE THANKFUL –

21<sup>ST</sup> FEB

Say thank you to someone.



28<sup>TH</sup> FEB

Make a list of things in your home you are thankful for.

7<sup>TH</sup> MAR

Think about what you are most thankful for in the past week. Does this tell you anything?

14<sup>TH</sup> MAR

#### MOTHERING SUNDAY

Remember those who have nurtured you.

21<sup>ST</sup> MAR CENSUS DAY

Make a list of people you are thankful for.

28<sup>TH</sup> MAR PALM SUNDAY

Even under Roman occupation the crowds celebrated Jesus' arrival in Jerusalem. What can you celebrate today, and how will you show it?

JOHN 12:12-16

### MONDAY – CONNECT –

- Phone a friend you haven't spoken to for a while.
- Send a card or letter to someone who might need encouragement.
- Write to someone through a charity such as Prison Fellowship or Amnesty International
- Check in with your extended family – is there anyone you have lost touch with?
- Read about what's happening in the world today.



29<sup>TH</sup> MAR

Mary gave her time, wealth and reputation to connect with Jesus and show her love by anointing him with oil. Is there someone you can connect deeply with today?

JOHN 12:1-11

### TUESDAY – CREATE –

16<sup>TH</sup> FEB SHROVE TUESDAY

'Pancake Day'! The day before Lent begins is traditionally a day for enjoying treats. Make pancakes or something else you enjoy eating.

- Take some photos on the theme of creation or creativity.
- Bake something (if you often bake maybe try a new recipe)
- Write a poem, letter or story about something good in the past year.
- Make something as a gift to give away tomorrow.
- However you're feeling today, express it in some sort of creativity – art, music, writing, flower arranging...

30<sup>TH</sup> MAR

Jesus spoke about a grain of wheat that dies to grow a harvest. Is there something you could start today that will grow or multiply – bread, knitting, kindness, a veg patch?

JOHN 12:20-36

### WEDNESDAY – GIVE –

17<sup>TH</sup> FEB ASH WEDNESDAY

Phone someone and make a point of listening to what they want to talk about – give them your full attention.

- Give a smile to someone (with your eyes if you're wearing a mask!)
- Contribute to a foodbank
- Feed the birds – they're hungry in winter!
- Find something you already own that would be a good gift for a friend, and give it to them.
- Give away as many compliments as you can today.



31<sup>ST</sup> MAR

Even though Judas had travelled with Jesus for three years, he betrayed Jesus instead of supporting him. How can you give support to someone today?

JOHN 13:21-32

### THURSDAY – CREATION CARE –

18<sup>TH</sup> FEB

Plant some seeds (or plan your planting) – whether flowers, veg or something else, they all help bees and other insects.

- Instead of buying something new, can you repair an old one, or buy second hand?
- Decide on one type of single-use plastic you can stop using.
- If you're going out, can you collect a bag full of litter? (Take care with hygiene)
- Find out what foods are seasonal at the moment – buy more local, seasonal foods.
- Did you know electronic storage has a significant carbon footprint? Delete some emails!

1<sup>ST</sup> APR MAUNDY THURSDAY

Today is also April Fools' Day. It seemed foolish for Jesus to wash his friends' feet but it was an act of love and service. How might you love and serve God's creation today?

JOHN 13:1-17, 34-35

### FRIDAY – NOTICE –

19<sup>TH</sup> FEB

Look for signs of hope around your home, garden, or on a walk if you are able.



- Stop to listen for birdsong. If you can't hear birds, what can you hear?
- Pause to remember the past 24 hours. What do you notice about how you feel?
- Practice 'mindful eating' – for at least one meal today, take time to really taste and enjoy each mouthful.
- If you can, watch the sun rise or set today, or watch the night sky.
- Notice what can you smell today!

2<sup>ND</sup> APR GOOD FRIDAY

Whether on our TV screens or in our streets, it is easier to look away from suffering. Notice someone's suffering today – how does it change you?

ISAIAH 52:13-53:12

### SATURDAY – SELF-CARE –

20<sup>TH</sup> FEB

Rediscover a hobby – painting, music, trains, gardening, something active – anything you haven't done for a while.

- Take some time to prepare and eat a meal that makes you feel good.
- Treat yourself! You decide what that means for you today.
- Get some fresh air and exercise. If it helps (and if rules allow), try to do that with others.
- Escape into a story – book, film, radio play, computer game etc.
- Listen to some music that makes you feel good, and plan some things to look forward to.

3<sup>RD</sup> APR HOLY SATURDAY

We often feel we must respond immediately to everything, but on the Sabbath Jesus' friends didn't even prepare his body for burial. How can you make space to rest today?

MATTHEW 27:57-66

MARK 16:1-8

# Easter Day!

Jesus' friends weren't expecting Good News on Easter Day and it took time for them to believe what they heard and saw.

Where can you see signs of new life?