

LENT

GIVING UP, OR TAKING UP?

Lent is the forty days from Ash Wednesday to Easter Day (minus the Sundays!) Often people talk about 'giving up' something for Lent, but this year we want to challenge you to 'take up' something new...

As a family or with a friend, can you commit to daily praying blessing on your next-door neighbours. Fill in their names and a time to pray here:

Left _____

Right _____

We're going to pray at _____

WEEKLY BLESSING:

Week beginning...

21st Feb: Send a card or draw a picture to a relative or friend who lives on their own.

28th Feb: go to the One Voice prayer room in the church this week and pray for our world and community.

7th March: Find a small, meaningful gift like a chocolate bar or a bunch of flowers for someone who looks like they need cheering up.

14th March: Choose one person like a teacher, your boss or a local government official, and write them an encouraging letter or email.

21st March: Give a St James' Easter services invite to one person who doesn't come to church, and offer to go with them.

28th March: Plan one activity over the Easter break to help someone in need - tidy a neighbours' garden, invite someone over for tea, etc.

Grumble or bless?

What would life be like if we followed Jesus' instruction to 'bless those who persecute you, and pray for those who curse you?' Decide to turn each grumble into a prayer, and ask God to show you how to bless people you struggle with.



“When you enter a house, first say ‘Peace be on this house.’... Eat what is set before you. Heal the sick who are there and tell them ‘The Kingdom of God is near you.’” (Luke 10) **Talk with family or friends about how this passage could look for you today.**