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## Lent Workshop

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### WELCOME:

(5 min)

Welcome all participants, and introduce yourself.

Explain the format of the day and any house-keeping/safety announcements.

Begin by outlining the Learning Intentions. You may like to display these so that you can refer back to them throughout the session.

### LEARNING INTENTIONS:

We will learn more about the season of Lent.

We will discover some ways we can turn back to God

We will explore how we can turn off some distractions so that we can be more aware of God

We will discover how we can turn to others and become more like Jesus

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### INTRODUCTION:

(15 minutes)

(Material Needed: Large blank piece of paper and marker pens, blue-tac)

Acts 3:19 (NIV)

**Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord**

- I wonder if you can tell me how many times a day you turn? We turn to look at people, we turn to check the road before crossing, we turn on lights and phones, we turn off alarms and taps, we turn things in the right way to put them on. Turn, is an action word, it is something we do. Lets make a list on all the things we do that use the phrase turn.
- On a large piece of paper write the word TURN in the centre then add all the other phrases around the outside. E.g. turn around, turn off, turn up, turn down, turn left, turn right, turn over, take turns, return, turn about, turn around, turning point, turn-style etc
- Place the poster somewhere central for the session.
- Return to the scripture verse and reread it. Ask if anyone knows what it might mean?
- Many of the actions that we do when we turn are physical, but during lent we are asked to **turn** our hearts and our thoughts to God, as we prepare to understand more about the resurrection of Jesus at Easter, and what it means for us.

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### ICE BREAKER GAMES:

(15 minutes)

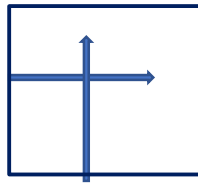
## Turn, turn, turn.

(Material Needed: Enough blind folds for the participants, chairs, balls and pieces of material or soft toys that will be obstacles to move around.)

- This warm up game illustrates how we can use Lent as a time to **turn** back to God. Often, we are distracted by things that we have to do, people we want to see and devices that entertain us but draw us away from those around us. Sometimes we simply forget to spend time with God and **turn** to God in all the things we do. As Christians, we are encouraged to put God at the centre of everything we do, but the reality is often that God is the last thing we think about. Lent is a time for us to **TURN** back to God.

To set up: Get into groups of 3.

- Each pair stand on opposite sides of the room facing each other
- One person is blind folded and has to listen to the directions of their team mate to get them from one side of the room to the other avoiding obstacles on the floor. Use directions like **turn** left take two steps, **turn** right and take one step etc



- Now introduce the 3<sup>rd</sup> member of the group who is doing their best to distract the blindfolded person by giving them incorrect instructions in a loud voice, at the same time.

This game can get very noisy and demonstrates that the more distractions we have the harder it is to listen to the voice that is leading us in the right direction.

Finish this game by explaining that Lent is a time for us to look at some of the distractions in our lives and remove them so we can hear God's voice more clearly and follow the way of life that Jesus modelled for us.

## Getting to know you.

(Material Needed: A chart or power point with the 3 questions for discussion listed)

- The next game reminds us that Lent is a time to get to know God and to renew our relationship with Jesus.

To set up: This game is played in rounds and begins by finding your 'twin'. The leader of the activity gives the direction for how each person is to find their twin.

Round 1: Find someone who is the same height as you.

Round 2: Find someone who has a birthday in the same month as you.

Round 3: Find someone who likes the same sort of music as you.

Round 4: Find someone who has the same pet as you.

Round 5: Find someone who has ...

When everyone has found their 'twin' they sit down and ask each other 3 questions:

1. What is your name?
  2. How would you spend your last \$10?
  3. What is the best thing about living in New Zealand?
- After the game, share what they enjoyed about it and anything interesting that may have come up. Discuss that to get to know someone it is important to **talk** to them but it is just as important to **listen** to them. Getting to know God is the same, we need to have time to **listen**.

## DISCUSSION:

(5-10 min)

To encourage a focus on the topic of Lent, spend some time discussing in small, groups or pairs.

Prompt questions:

- What do you know about Lent?
- What celebration are we preparing for?
- What is your favourite thing about Easter with your family/friends?
- Share some things that the parents remember about Lent?
- Do you think that giving up something is the best way to draw closer to God?

*(allow time for discussion between families/groups before sharing some responses)*

To end this section, remind everyone that the church offers us 3 ways that we can turn back to God  
PRAYER, FASTING and GIVING.

## GROUP WORK:

(60 min)

The group work will look briefly at PRAYER (turning on to God), FASTING (turning off distractions) and GIVING (turning out to others) and how we can draw connections with it in our everyday lives.

## FASTING: (Turn Off Distractions)

(20 min)

(Material needed: Large paper, pens and post it notes)

- Move into small groups and using post it notes list all the activities and things that you do during a normal week. (You may like to offer an incentive of a prize for the group that can come up with the most ideas. e.g. netball practice, chores, screen time)

Add these to a group list headed up fasting:

FASTING
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- Discuss just how busy our lives are, and explain that when we fill them up with sports, activities and commitments we can be distracted from turning to Jesus and we are less likely to be able to live life to the full.
- Return to your small groups and come up with some ways you can create space in your routines, and 'turn off' some of the distractions so that you can have time to spend with Jesus.
- Come back as a group and share some of these ideas. (Getting up 5 minutes earlier, choosing to not spend so much time on screens, giving up some things which are not positive/life giving etc)

End this session by explaining that this is a type of **fasting**. **Fasting** means turning off some of the distractions so that we can spend time with God. **Fasting** is not just about food. During lent you could try **fasting** from gossip, or spreading rumours or making judgements of people. You may also like to stop listening to the 'destructive' inner voice that chips away at your self-belief, and instead replace it with positive self-affirming statements.

### Praying: (Turning to God)

(20 min)

(Material needed: Copies of the 5 finger prayer, A4 pieces of paper for everyone, copies of prayer squares, scissors, glue and colouring pens)

Have a think about some of the things that you turn on. You might turn on a tap, **turn on** a light or **turn on** some music. When you **turn** something on then the environment changes around you. We feel warmth, we hear sound or we see light. **Turning on** to prayer can also change things around us, it can change how we feel, what we see and how we live.

Sometimes we forget that prayer is our connection to God, it helps us to **turn on** a different way of seeing the world. During Lent you may like to try some small prayers that can become part of your day and **turn** you on to God.

Before you get out of bed try, '**God be with me today in my thoughts, in my words and in my actions and may my heart be focussed on you.**'

When someone annoys you or you feel frustrated your prayer may be, '**God give me patience and understanding**'. When someone does something for you, you may pray '**Thank you God for generous hearts**'.

Finally, at night as you close your eyes you may finish the day with thanks for everything that has happened and for the people you have met - **bring to mind your whole day and the people and things that have been part of it.**

If you do this daily before long you will realise just how close you are to God who loves you.

Teach the group the '5 finger' prayer and have copies of the prayer for the families to take home.

- You can end this section by sitting in a circle and playing this prayer game.
- Each person says, 'God is great, God is good, thank you God for \_\_\_\_\_.'
- Go around the circle as fast as you can until people start running out of ideas.

## THE 5 FINGER PRAYER

The Middle Finger



Our leaders

This is the tallest finger and reminds us to pray for our leaders, who need guidance and wisdom too

The index or pointer finger

The ones who teach us



Pray for the people who teach and heal you, they need wisdom and support

The Ring Finger



For the sick and weak

This is the weakest finger. Remember to pray for those who are, sick, those who struggle and those who are lonely.

The Thumb



The ones we love

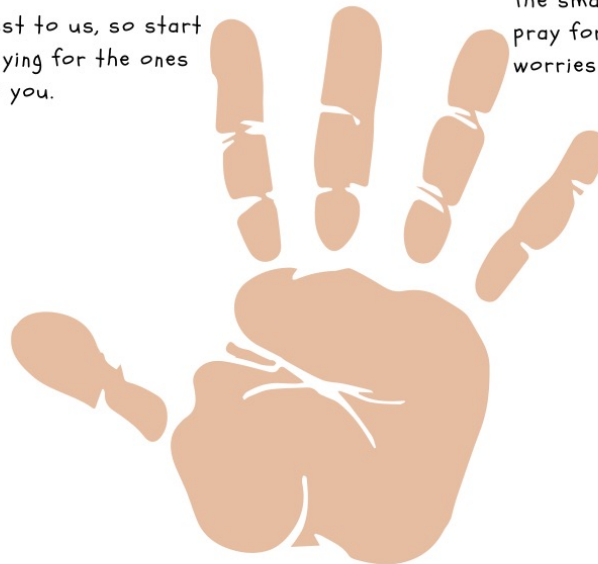
Our thumb is closest to us, so start your prayer by praying for the ones who are closest to you.

The Pinky



For Yourself

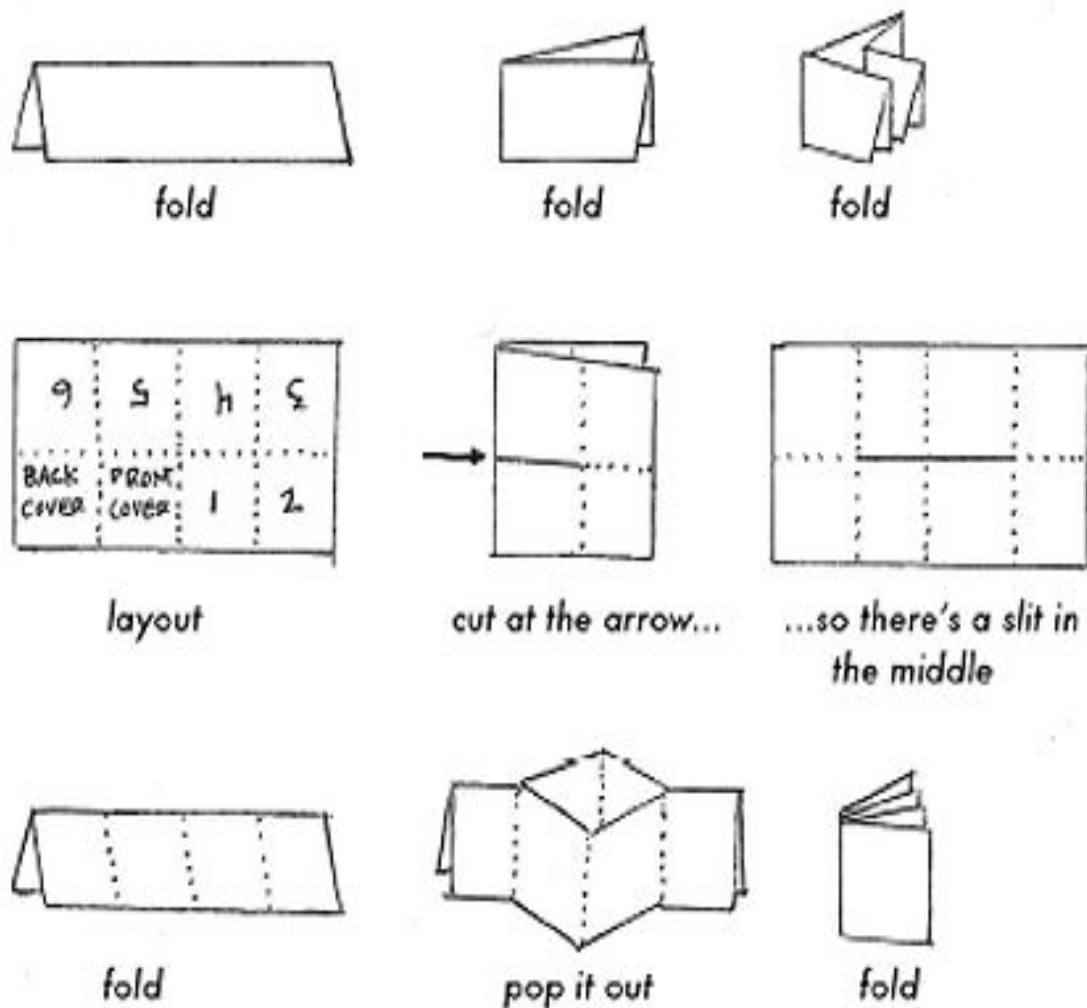
The smallest finger reminds you to pray for yourself and any needs or worries you have.








## PRAYER BOOK ACTIVITY:

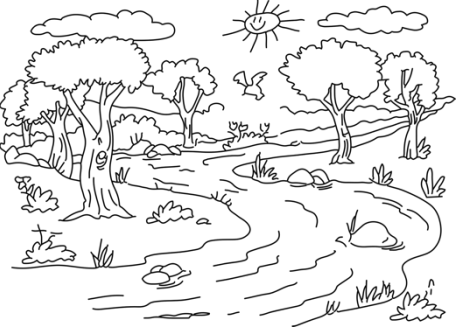

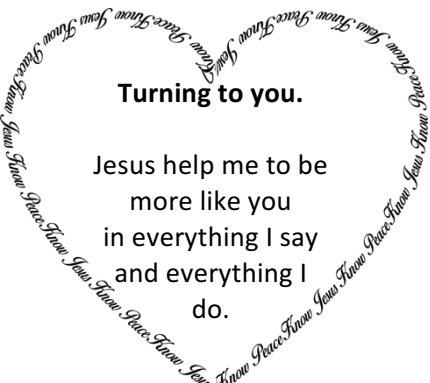
If you would prefer a more hands-on activity the children may like to make their own little prayer books. Below is a template to make a mini book from an A4 piece of paper.

Once you have folded the book the children can cut and paste some of their favourite prayer into it. They can decorate the front with MY PRAYER BOOK cover page, encourage them to also write any personal or family prayers they use regularly.



The next few pages can be copied and used to paste into their prayer books.

<p style="text-align: center;"><b>The Sign of the Cross</b></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>In the name of the Father, Ki te ingoa o te Matua,</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>and of the Son, o te Tamaiti,</p> <p>and of the Holy o te Wairua</p> <p style="text-align: center;">Spirit Tapu</p>	<p style="text-align: center;"><b>Grace or Food Blessing</b></p> <p style="text-align: center;">E te Atua Whakapaingia ēnei kai Kia ora ai mātou Amene</p> <p style="text-align: center;">God, Bless this food, So that it will strengthen us, Amen</p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b>Our Father</b></p> <p style="text-align: center;">Our Father in heaven. Hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. Amen.</p>	<p style="text-align: center;"><b>Ko Te Patere</b></p> <p style="text-align: center;">E to mātou Matua i te rangi, Kia whakatapua tou ingoa, Kia tae mai tou rangatiratanga, Kia whakaritea tou hiahia i te whenua Kia pera ano i tō te rangi. Homai ki a mātou āiane he taro ma mātou mo tēnei ra. Whakakahoretia o mātou hara, me mātou e whakakore nei i ngā hara o te hunga e hara ana ki a mātou. Kaua mātou e tukua kia whakawaia, Engari whakaorangia mātou i te kino. Amene.</p>
<p style="text-align: center;"><b>Hail Mary</b></p> <p style="text-align: center;">Hail Mary full of grace The Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.</p>	<p style="text-align: center;"><b>Ko Te Awe E Maria</b></p> <p style="text-align: center;">Awe, e Maria, e ki ana koe i te keratia kei a koe te Ariki. E whakapaingia ana koe i roto i nga wahine, a e whakpaingia ana hoki a Hehu, te hua o tou kopu. E Hata Maria, e te matua wahine o te Atua, inoi koe mo matou, mo te Hunga hara āiane, a, te haora o to ātou matenga rawa. Amene</p>
<p style="text-align: center;"><b>Kororia</b></p> <p style="text-align: center;">Kororia ki te Matua, ki te Tamaiti, Ki te Wairua Tapu, he pera ano ināiane, a, he pera tonu a ake ake. Amene.</p>	<p style="text-align: center;"><b>Gloria</b></p> <p style="text-align: center;">Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall, be world without end. Amen</p>

<p style="text-align: center;"><b>Thank You Prayer</b></p> <p>Thank you for the food we eat, Thank you for the friends we meet. Thank you for the birds that sing, Thank you God for everything.</p> 	<p style="text-align: center;"><b>Helping Prayer</b></p> <p>Hold my hand God, lead the way, Help me be good every day. Let me know what's wrong and right, Keep me safe day and night, Let me know what you have planned, Lead the way God, Hold my hand.</p> 
 <p style="text-align: center;"><b>Turning to you.</b></p> <p>Jesus help me to be more like you in everything I say and everything I do.</p>	<p style="text-align: center;"><b>Sorry prayer</b></p> <p>Merciful God I am sorry for choosing to turn away from you. Through your loving grace, give me the courage and strength to make life giving choices that turn me towards healthy relationships with you, with those around me, with myself and with the world.</p>
<p style="text-align: center;"><b>My Prayer</b></p> <p>I'm so thankful for _____ I'm sorry that I _____ I'm glad you helped me today with _____ I love you because _____ Please help me to _____</p> <p style="text-align: center;">God of love hear my prayer.</p>	<p style="text-align: center;"><b>God</b></p> <p>Loving God, use my eyes to see new friends, Listening God, use my ears to hear others, Helping God, use my hands to help, Knowing God, use my mind to learn new things, Strong God, remind my heart you are always there and I am never alone. Amazing God may your light shine through me.</p>
<p style="text-align: center;"><b>Prayer starters:</b></p> <p>Hey God I'm sorry for ...</p> <p>Thank you God for ...</p> <p>God please take care of ...</p> <p>God please bless ...</p>	<p style="text-align: center;"><b>Sad</b></p> <p>God, I feel sad, I don't even know why. I'm not sure what to say to you, but thank you for listening and loving me always. Knowing you are there makes me feel better. Amen</p>

## Giving: (Turning outwards to others)

(20 min)

(Material needed: Large pieces of paper, pens, magazines, scissors and glue,)

When we use the gifts that God has given us to serve others, we can give of ourselves to others and are uniquely able to show our love for God. Lent reminds us to **turn** outwards and notice others.

How can you use your gifts to creatively give to those around you?

**Give** encouragement to those who are needing a boost, **give** time to someone who is lonely or stuck in a hospital, in their house or in a rest home. **Give** your brothers and sisters time **by** playing a game with them or helping them with their homework. **Give** someone your ear for a moment to really **listen** to what they are saying instead of thinking about the next thing you need to do. **Give** your life to God each morning, trusting that God will provide. **Give** freely your smiles and during Lent this year **give** freely of your **love** too.

Set up: Sit in a circle and challenge the group to share one thing for which you have a talent or gift.

- Ask everyone to think of something they can do well, and that they feel good about. It does not have to be something at school, it could be physical like a back flip on the trampoline or something related to their personality like being happy, and always having a smile
- Go around the group saying 'I am good at ...'  
If a child wants to pass you can ask others to suggest what they are good at. If someone says they are not good at anything, you can acknowledge that they may *feel* that way but then you can suggest that you have noticed something about them like, they are good listeners, polite etc.
- Split the group into smaller groups and ask them to draw a life size outline of a body on the large piece of paper.
- Distribute pens, magazines, scissors, glue and a large sheet of paper big enough for a child to lie on.
- Invite the groups to decorate the bodies representing all the talents skills and abilities they have. They can write words, draw pictures or paste pictures on.
- To end this section, encourage each person to take one of the 'Lent - Gift Certificates' and fill it in, showing how they can **give** or use one of their gifts to help others.

e.g.     The gift of reading stories to my little brother every night for a week  
            The gift of walking my nanna's dog every weekend for lent  
            The gift of playing music for my family to enjoy  
            The gift of organising the kitchen cupboards  
            The gift of smiles to everyone I meet today

These gift certificates do not have to be given to people but can be used to remind the children of how they can give to others during lent. If they are to be kept you might like to place them on the fridge at home for a reminder.



MY LENT GIFT CERTIFICATE  
GIVEN WITH LOVE

THE GIFT OF: .....

.....

FOR: .....

FROM:.....



MY LENT  
GIFT CERTIFICATE

● THE GIFT OF: .....

● .....

● FOR:

● FROM:

●

## SHARE THE GOSPEL: (5 min)

(Material needed: Bible)

Lent is a time for us to discover how we can **return** God to the centre of our lives. The bible has many stories that remind us to live like Jesus, here is one that tells us sometimes we confuse what we want with what God wants. Lent is a time to check in with God and make sure we are on the right track.

**MARK 8:31-36**

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### **Jesus Predicts His Death**

<sup>31</sup> He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. <sup>32</sup> He spoke plainly about this, and Peter took him aside and began to argue with him.

<sup>33</sup> But when Jesus turned and looked at his disciples, he gave Peter an earful. “Get behind me, Satan!” he said. “You do not have in mind the concerns of God, but merely human concerns.”

<sup>34</sup> Then he spoke to the crowd and his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. <sup>35</sup> For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. <sup>36</sup> What good is it for someone to gain the whole world, yet lose their soul?

This is the Word of the Lord.

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**OR**

### **Galatians 5:13**

My friends, you were chosen to be free. So don't use your freedom as an excuse to do anything you want. Use it as an opportunity to serve each other with love.

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## SONG:

(15 min)

(Materials needed: computer with song and sound system)

Below are a few different options for song choices, depending on your ability and confidence. Some of them are more upbeat and lend themselves to actions while some are more reflective and quiet.

The lyrics can be found in the resources at the end of the workshop.

- *You may want to learn this song as a whole group*
- *Then break up into smaller groups to add actions to the verses.*
- *Return to the main group and sing through together with each group showing the actions they have created*

### **Open My Eyes Lord.**

<https://www.youtube.com/watch?v=D-3FAR0cICI>

### **Change my heart Oh God**

<https://www.youtube.com/watch?v=6MdRBp0XYkg&list=PLQFDK8kdIKc8DSmc3DnqxivM-8hKOVlBI&index=10>

### **Every move I make**

[https://www.youtube.com/watch?v=hqbW0hfTkr8&list=PL-3aEhmkZ8LMPOZYnrVPV03-3fcjT\\_K3H&index=2](https://www.youtube.com/watch?v=hqbW0hfTkr8&list=PL-3aEhmkZ8LMPOZYnrVPV03-3fcjT_K3H&index=2)

### **Will you come and follow me**

<https://www.youtube.com/watch?v=o469PRLdbHU>

### **He is the Light**

[https://www.youtube.com/watch?v=fzoOmdZxrx8&list=PL-3aEhmkZ8LMPOZYnrVPV03-3fcjT\\_K3H&index=40](https://www.youtube.com/watch?v=fzoOmdZxrx8&list=PL-3aEhmkZ8LMPOZYnrVPV03-3fcjT_K3H&index=40)

## PRAYER SESSIONS (x2 Options): OPTION 1

(10-15min)

(Materials needed: computer with song and sound system, prayer table, prayer cloth, candle and matches, quote from Mother Theresa on card or power point, scripture on card for someone to read)

### Session 1: Silence

Prepare a prayer focus/table that is simple with a single candle on a purple cloth. You may like to have quiet music playing as people gather together in a circle of chairs

- Saint Teresa of Calcutta who some of you may know as Mother Theresa lived her life in service of others. Here is one of her famous quotes:
- “We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence ... we need silence to be able to touch souls.”
- This quote is the inspiration for our prayer session on silence.
- We begin with a verse from scripture.
- Reader: Psalm 62.1-2

“For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall never be shaken.”

(pause)

- Leader: Being silent can be hard. Trying to stop and quieten your mind is difficult. But the more you try and give yourself space, the easier it becomes.

1. Sit upright on a chair, uncross your arms and legs, lie your hands softly on your lap.

2. Keep your back straight.

3. Imagine someone has got something important to say to you. Sit, relaxed and comfortable, but attentive.

4. Let your eyes flutter closed and relax. Breathe deeply a few times, at your natural speed. Breathe in through your nose and out through your mouth. The deep breaths will help your whole body to relax.

5. Then breathe normally, but concentrate on your breathing. This will help relax your mind. Let all the other thoughts go by listening to your breathing.

6. It's normal to get distracted by sounds and thoughts, but just take a breath and if it helps as you breathe through your nose say 'Be still' and as you breath out through your mouth, 'and know that I am God'

7. Your breath is also the breath of God, the life-giving Spirit within you. 'Be still' – to know that you are alive. 'Know that I am God' to know that God's Spirit is the breath within you.

8. You can enter into silence wherever you are, even with noise around you, because you can find that still point within yourself. When you are still you may have something to say to God, or you may like to sit in silence listening ...

(After the appropriate time of silence 5-10min)

9. Our prayer is drawing to an end ...begin to notice the sounds around you again, feel your feet on the ground your back on the chair ... you may like to gently move your toes and fingers ... take a final deep breath in and out and flutter your eyes open.

**Leader:** God we find you in the silences, help us to be more aware of you as we move through Lent. May we see you in those around us and hear your voice more clearly.

Amen

Finish this session by listening to a gentle piece of music or

**You are mine David Haas.**

<https://www.youtube.com/watch?v=Sgm9lkTNQmc>

*"In Quietness" by Luke Parker is also a great song to reflect on if you have it.*

- End with the sign of the cross: In the name of the Father and of the Son and of the Holy Spirit. Amen.

## **PRAYER SESSIONS (x2 Options): OPTION 2**

**(10min)**

(Materials needed: copies of the finger labyrinth for everyone, attach them to a piece of card to make the path easier to follow, Mother Theresa's prayer displayed for everyone to see or on individual copies)

### **Session 2: Labyrinth**

- Sometimes it is difficult to relax our minds so the Labyrinth can help to relax the mind and allow you to become still and connected to God.
- The Labyrinth is an ancient prayer path that takes us on a silent journey and leads to God at the centre. It was used as an alternative to pilgrimages in the Middle Ages, and life sized ones, you can walk on can be found in the tiles of some churches. When we follow the twists and turns to the centre we may become aware of twists and turns in our own lives. Sometimes you are closer to the centre and sometimes further from the centre, but it is comforting to know that the path of the labyrinth always leads to the middle, the path you are on leads to God.

- Before we begin let's take some time to quieten our minds.
- Notice your breathing, notice its rhythm.
- Perhaps you want to ask God to join you on this journey of prayer.
- As you begin there may be things you have to let go of to be present with God.
- Maybe you have a prayer, a thought or a challenge that you want to take with you.
- Trace your finger slowly along the path, take your time and pause where you need to.
- Notice at times that the path leads you closer to God then at times further away.
- When you reach the centre pause for a while, listen to God.
- When you are ready you can start to return down the same path.
- Let your prayer continue and when you reach the end sit quietly for a while with God in stillness.

To end this prayer session, pray this prayer from Mother Theresa together:

- Leader: The simple path:

Silence is prayer,

Prayer is faith,

Faith is love,

Love is service,

The fruit of service is peace.

Amen.

- End with the sign of the cross: In the name of the Father and of the Son and of the Holy Spirit. Amen.

Enlarge this image to use as a finger labyrinth:



## Conclusion:

(10 min)

(Materials needed: Computer with song and sound system)

To complete the work-shop finish off with a few games that again remind everyone about the value to silence:

- **Silent Ball:**

Everyone finds a place to stand around the room and then plants their feet so that they do not move. Introduce a ball and explain that the ball is passed around quickly with no noise. If anyone drops the ball they sit, if you throw a difficult pass you sit and if you make a noise you sit. The winner is the last one standing.

If they are really good you can introduce another ball or make the ball smaller and have a 2 second rule for holding onto the ball.

You may like to play Pictionary or Charades which also encourages silent communication!

## EXTRA MATERIAL:

### TAKE HOME:

Give each family a copy of the lent prayer and activity sheet to take home and pin to their fridge.

Encourage the families to use these during their Lenten journeys.

These activity sheets can be found on the website [faithjourney.co.nz](http://faithjourney.co.nz) – Lent – Live your faith page, so some families may already have a copy of it.

## RESOURCES:

## **LORD I NEED YOU:**

### *Verse 1*

Lord I come, I confess bowing here  
I find my rest and without You, I fall apart  
You're the one, that guides my heart

### *Chorus 1*

Lord I need You, oh I need You ev'ry hour I need You  
My one defense, my righteousness  
Oh God how I need You

### *Verse 2*

Where sin runs deep, Your grace is more  
Where grace is found is where You are  
And where You are, Lord I am free  
Holiness is Christ in me  
Yes, where You are Lord I am free  
Holiness is Christ in me

### *Chorus 2*

Lord I need You, oh I need You ev'ry hour I need You  
My one defense, my righteousness  
Oh God how I need You

### *Bridge*

Teach my song to rise to You  
When temptation comes my way  
And when I cannot stand I'll fall on You  
Jesus You're my hope and stay  
And when I cannot stand I'll fall on You  
Jesus You're my hope and stay

### *Tag*

Lord I need You, oh I need You ev'ry hour I need You  
My one defense, my righteousness  
Oh God how I need You  
My one defense, my righteousness  
Oh God how I need You

## **YOU ARE MINE**

David Haas

### **Lyrics**

I will come to you in the silence  
I will lift you from all your fear  
You will hear My voice  
I claim you as My choice  
Be still, and know I am near

I am hope for all who are hopeless  
I am eyes for all who long to see  
In the shadows of the night,  
I will be your light  
Come and rest in Me

Do not be afraid, I am with you  
I have called you each by name  
Come and follow Me  
I will bring you home  
I love you and you are mine

I am strength for all the despairing  
Healing for the ones who dwell in shame  
All the blind will see, the lame will all run free  
And all will know My name

Do not be afraid, I am with you  
I have called you each by name  
Come and follow Me  
I will bring you home  
I love you and you are mine





I am the Word that leads all to freedom  
I am the peace the world cannot give  
I will call your name, embracing all your pain  
Stand up, now, walk, and live

Do not be afraid, I am with you  
I have called you each by name  
Come and follow Me  
I will bring you home  
I love you and you are mine

# 40 Lenten Activities

Smile at 3 random people today	Let someone go ahead of you in a line.	Fast from electricity for a day.	Fast from desserts for a whole week.	Fast from saying negative things for the day.	Go to confession.	Pray for those in prison.	Spend some time at your local beach or park cleaning up rubbish.
Watch a movie together that has an uplifting message.	Clean up a mess that somebody else made (without complaining)	Attend or read the Stations of the Cross.	Pray for the Pope.	Volunteer some of your time to help a	Light a candle at church and pray for someone in your life.	Do something to help mother earth.	Visit a local cemetery and help clean up a few of the graves.
Pray for political and world leaders.	Memorise a prayer that you don't already know off by heart.	Make hot cross buns as a family.	Surprise someone by doing a task or chore that they normally do.	Learn about a Saint.	Do something healthy today to take care of the body that God gave you.	Clear your mind and sit quietly with God for 5 minutes.	Donate a bag of things that are nice but that you just don't use.
Plan and make a very simple meal as a family. As you eat it talk about ways you can help people who are hungry.	Pray for people who are preparing to become Catholic.	Do some art or create something that glorifies God.	Send a note of encouragement to someone who is in a religious order, like a priest or a Sister.	Ask for forgiveness from someone that you know you have wronged.	Have a day when you don't use your car, and you bike or walk or bus everywhere.	Thank someone who has been a positive influence in your life.	Pray the Rosary or even just a decade as a family.
Genuinely compliment someone who is not expecting it.	Donate some food to a local church charity.	Make a giving box and collect change from people in your place during lent to donate.	Make homemade pretzels and invite someone round to share them with you.	Visit an elderly friend or relative who may be lonely.	Pray for good things for someone who has been unkind to you.	Go to a weekday mass.	Give up television and internet for a day.

# 40 Lenten Prayers

Merciful God, help me be more like you today in my thoughts, actions and words. Philippians 4:4-9	Forgiving God, open my eyes to my sin and give me a repentant heart. 2 Corinthians 7:9-10	Wonderful God, your grace covers me. Help me to draw near to you and offer that same grace to others. Matthew 7:2-5	Take time to pray today in your own words.		Loving God you ask me to love you and others. Help me to do both today. Matthew 22:36-40	Gentle God, help me be more compassionate towards others, and to see them through your eyes. Colossians 3:12	Compassionate God, for all those people who are in prison, may they understand their worth and value.	Creator God, your creation shouts your name. Make me aware of you all day long. Isaiah 44:23
God of comfort be with people who are hurting today. Heal their hearts and be close to them. Lamentations 3:22-23	God who gives us choices, help me to do what is right especially when it is hard to make that decision. Proverbs 14:15	God at the centre of all things, help me pray with my whole heart and mind – with my full attention. Jeremiah 29:13	Welcoming God, when I am not close to you it is because I have turned away. Help be to draw close. Romans 8:38-39	Accepting God, open my heart to the needs of others. I want to be merciful. Luke 6:36	God of truth, make me a truth teller. In you there is no deceit or darkness only light and truth. Psalm 86:11	Take time to pray today in your own words.		Gentle God, give me patience. Your timing is perfect and not mine. Show me how to wait on you. Galatians 6:9
Challenger God, you have given me a spirit of courage, help me to live bravely for you. 2 Timothy 1:7	Devoted God, out of Love you gave us your son. Thank you for all the things you give us, like ... 1 Peter 2:24	Father, please forgive me for _____. Help me to turn always towards you and not away from you. 1 John 1:9	Constant God, make me a person who lives with perseverance and never gives up. Isaiah 40:31	God of light, you tell me to be trustworthy in little and big things. Help me to be a person of trust. Luke 16:10	God who gifts us everything, today I am grateful for these three things _____. 1 Thess 5:18	Teacher God, today I pray for teachers, priests and leaders in our world. Give them courage and guidance. 1 Timothy 2:1-2	Faithful God, help me to choose good friends, and to be a good friend who encourages others towards good. Proverbs 12:20	
Peaceful God, today I pray for all those people who struggle with mental health. May they feel your loving presence in the care of those around them.	God of light, your truth sets me free. Help me to follow your path and be focused on you. John 8:32		Loving Go, may everything I do be done in love. That is the most important thing of all. 1 Corinthians 13:1	God of strength, help me today to be humble and know that we are all made in your image. Psalm 51:17	God of love, living in unity and peace is something you want for us. Help me to create peace in our home. Matthew 12:25	God of truth, help me today to stay on a good path and not make bad choices when tempted. Proverbs 1:10	Creator God, help me today to notice the beauty in the world around me, and know that you have a hand in it all. Wisdom 11:22-12:2	
God of second chances, I want to be kind, help me to choose kindness even when others are not kind to me. Ephesians 4:32	Mother God, you ask that we honour our parents, today I pray that I would be respectful and considerate of others. Ephesians 6:1-3	God who loves me, today I want to listen to you voice. (Spend some time in silent prayer)	Encourage God, fill me with courage and strength. So I may be the person you want me to be. Joshua 1:9	Take time to pray today in your own words.		Forgiving God, make me someone who works for peace, even when others don't. James 3:17	Generous God, you have given me special gifts and talents, help me to use them for your glory. 1 Peter 4:10	Peaceful God, help me to quiet my mind so I can hear your voice clearly. Proverbs 3:5