

Through the weeks of Lent we are called to live lives of prayer and action.

- Read the Bible reading at the start of each week.
- Pray the prayer each day.
- Make time during the week to go to a different place to pray.
- Try to put your faith into action with the simple suggestion.
- Colour in the action block when you carry out the task.
- Colour in a prayer square below for each day you say the prayer.

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| Action | 26 Feb-3 March | | | | | | | 4 -10 March | | | | | | | 11-17 March | | | | | | | 18-24 March | | | | | | | 25-31 March | | | | | | | 1 April – Holy Week | | | | | | |
| Prayer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Repent and believe in the good news

READ Mark 1.9-15

Week 1 beginning **26** February 2012

PRAY Good news

Lord, help me to make this a time of reflection. Help me to find the space and quiet to open my mind to a different way. Convince me of your good news. Amen.

GO to your favourite quiet place away from the daily hustle and bustle, e.g. a park or library. Tell someone where you are going.

ACT Think about the 'angels' in your life who look after you, friends, family, teachers. Show them how grateful you are for what they do. How can you be an 'angel' for others?

If any want to become my followers, let them deny themselves and take up their cross

READ Mark 8.31-38

Week 2 beginning **4** March 2012

PRAY Face problems with courage

Lord Jesus, help me to face the difficulties in my life with your strength and power. Give me the faith to know that you can turn any negative into a positive through your cross of love. Amen.

GO and sit in front of a cross. Place pebbles around it to represent the things you find hard to do.

ACT List the things you don't like doing in your house and do them. Make an effort to be nice to those people you find it difficult to get on with.

I will raise it up

READ John 2.13-22

Week 3 beginning **11** March 2012

PRAY Create a holy place

Lord Jesus, help me to make this place holy, to chase out greed and temptation to follow your example and to show your love and respect to all. Amen.

GO to any place that you feel close to God. This might be outside, in a church, or in a place in your own imagination.

ACT Think of the many places in the world spoiled by lack of respect. How can you help the work of people trying to take care of God's creation? Act locally to help protect God's creation.

The light has come into the world

READ John 3.14-21

Week 4 beginning **18** March 2012

PRAY Let your light shine

Lord, you came into the world, to bring light for all. Thank you for your loving light and help me to live my life by it. Amen.

GO to a space in your school or workplace where people gather. Ponder the good that can happen through doing what God wants.

ACT Write out the words of John 3.16 on slips of paper and leave these around the place for others to find.

Whoever serves me must follow me

READ John 12.20-33

Week 5 beginning **25** March 2012

PRAY Help me to grow

Lord, help me to follow you more closely and to grow in your love. Give me the courage to hold on to your message and not the things which get in the way. Amen.

GO to an outside space that might be a bit overgrown or messy. Create a place to sit.

ACT Fast from something this week that has perhaps too much importance in your life. It could be food, or money, or television.

Blessed is the one who comes in the name of the Lord!

READ Mark 11.1-11

Week 6 beginning **1** April 2012 Palm Sunday

PRAY Welcome the Lord

Lord, thank you for being in our world in such humble form, as one of us. May we welcome you with the same wonder and joy as the crowds in Jerusalem. Amen.

GO to the edge of an excited crowd, perhaps a football match, or a busy place in school or at work.

ACT Go out of your way to bless those who you come into contact with, especially those who some people think are less important. Speak to the lonely person at school or work, or buy the Big Issue or do something to show someone they are welcome.