

Lent – a time for growth

Here is something to do for each day of Lent. The theme is growth – in different ways. Sunday we think about growing the church, Monday about growing your mind. Tuesdays is about growing faith, and Wednesdays about growing with the family. Thursdays is about the growth of the planet. Friday is about growing your giving, and Saturday is actually about growing things! (You don't need a garden, just a pot).

Ash Wednesday 14 th February	Attend a service. Pray with your church family and/or with your actual family.
Thursday 15 th February	Think about water; turn off the tap when cleaning your teeth, spend 5 minutes less in the shower, boil only enough for the tea you will make.
Friday 16 th February	Give up a meal or a coffee or a snack today – and give the money to Christian Aid or another charity
Saturday 17 th February	Plant a cutting – there are lots about or pick up some in church tomorrow !
Sunday 18 th February	THIS WEEK; look prayerfully at all the rotas for Sunday church jobs-coffee, counting, Junior Church, sides people, reading, prayers. What could you do? If you are already on them, how can you encourage and help someone new?
Monday 19 th February	Read a newspaper or news website in depth about a country you don't know much about.
Tuesday 20 th February	Get up five minutes earlier or stay up five minutes later, and give this time to praying – pray for a Holy Lent
Wednesday 21 st February	Write to a member of your family (or all of them!) whether they are in your house or not –a postcard or letter to tell them how much you appreciate them
Thursday 22 nd February	Turn the heating down by a few degrees and put on a jumper (did you save money? Can you give it away?)
Friday 23 rd February	Walk instead of catching a bus, or driving, and give some money to Christian aid
Saturday 24 th February	Buy some flower seeds and plant –to grow something for the Flower Festival in May
Sunday 25 th February	THIS WEEK; look at all the jobs which needed doing, cleaning, maintenance, gardening, flower arranging, finance and administration and volunteer for one or find out who leads and can help
Monday 26 th February	Talk to someone about some of the experiences of their life which are different to yours –especially someone of a different faith, country of origin.
Tuesday 27 th February	Pray the Jesus Prayer, every time you get five minutes today, Lord Jesus Christ, Son of God, have mercy on me.

Wednesday 28 th February	Where can you best pray in your own house, and how could you make it more likely you do? E.g. putting up a cross, an icon, or a prayer card
Thursday 1 st March	Look at all the plastic in your bin or recycling box. What could you do without – what could you buy WITHOUT the box or the bag?
Friday 2 nd March	Find some clothes which you can give to charity. Find a piece of clothing you really don't want to do without and give the purchase price as a thanks gift to Christian Aid
Saturday 3 rd March	Find something in your food rubbish that might grow and plant it – carrot tops, apple seeds, or sprout some beans
Sunday 4 th March	Look at all the groups which the church runs; which cement our fellowship. Which ones could you join or contribute to? Bible study, feeding and fellowship, mothers union, home group, quiet prayer
Monday 5 th March	Commit to an evening without TV or screens. Can you read, play a game, talk to someone or make something? Why not visit a neighbour?
Tuesday 6 th March	Read the whole book of Ruth –it's not very long –and pray for all those who are leaving their homes because of conflict or hunger
Wednesday 7 th March	Give someone in your family (especially a child) at least half an hour when you are sitting and listening- or better still, making something together (it can be on the phone!)
Thursday 8 th March	International Women's Day – pray for women who keep small gardens to feed their families in the developing world
Friday 9 th March	Leave something out of your usual Saturday shopping and give to a charity which supports women's work
Saturday 10 th March	Find some daffodil bulbs and plant them in a tub or garden
Sunday 11 th March	We have a range of activities for different ages – could you invite someone to café, or youth group, or toddler time?
Monday 12 th March	Find an atlas (perhaps online) and look up all the countries in Africa. What do you know about their politics? Try and find out
Tuesday 13 th March	Thank God today for each meal you eat. If you dare, do it out loud even when at work, or at school!
Wednesday 14 th March	Make something for someone in your family or someone in church which they would like, - bake, sew, or saw, or whatever
Thursday 15 th March	Put some flowers, or a tree branch, in a vase on put it on your table to remind you of the creativity of God.
Friday 16 th March	Find a charity which works in a country you found in the atlas on Monday and make a donation.
Saturday 17 th March	Find something growing in your street or community and help – take off dead leaves, water it, prune it or whatever.
Sunday 18 th March	Take a weekly newssheet this week and pray for every meeting on it – not just ones you might go to

Monday 19 th March	What problem has been on your mind? Spend some time thinking about solutions or talk it through with someone.
Tuesday 20 th March	Read the book of Colossians all through and thank God that at the end of difficulty is the triumph of Christ.
Wednesday 21 st March	Invite someone to share in a meal or a cup of tea in your home. Or accept an invitation!
Thursday 22 nd March	Buy a fair trade product instead of something else you would have bought.
Friday 23 rd March	Whatever you eat today, buy a box/bag of something similar for the food bank box in church
Saturday 24 th March	Grow something with yeast –make hot cross buns, rolls, or ginger beer
Sunday 25 th March	There are weekly prayer sheets which we use in church- find out how to get hold of one to use in your own prayer, - with the names of the parish streets, the sick in our community to pray for
Monday 26 th March	Thank God that you can read this. Read the passion stories from one of the gospels.
Tuesday 27 th March	Read Psalm 22 and remember the sacrifice God made for you on the cross
Wednesday 28 th March	Hug someone and thank God for your friends and family
Thursday 29 th March	Make a cross out of natural materials (e.g. a couple of twigs) and hang it from your house door
Friday 30 th March	How much would you usually spend on a Friday? What else can you cut out? Give away all this money to Christian aid. Then double this – sacrificial giving
Saturday 31 st March	Give someone flowers or a plant for Easter
SUNDAY 1ST APRIL	Celebrate Easter with us and enjoy an Easter egg!