

# 40 POSITIVE DAYS OF LENT...

Lent is the period of time when we prepare for the journey Jesus goes on as he dies on a cross on Good Friday before rising again on Easter Sunday. Traditionally it is about giving up something, such as chocolate, to show we too can understand struggle. This year, when we have all given up so much, as we stay at home to stay safe and help overcome the pandemic, perhaps we should all try to have a positive Lent. Just something small every day .... being helpful, being kind or thoughtful. Keeping in touch with people, checking friends are well or checking our neighbours. Or it might be remembering to enjoy God's good creation, look at nature, the night sky, feed the birds, go for a walk. It might be improving or learning a new skill, hobby, recipes, languages, sport. Try each day to pray for something or somebody different. If you can't think of words to say then just hold that thing or person in your heart ... God listens. You will have ideas of your own, make a list, see how many you can do over 40 days and use the calendar to mark what you have done.....

## MY LENT LIST.....

1. _____	11. _____	21. _____	31. _____
2. _____	12. _____	22. _____	32. _____
3. _____	13. _____	23. _____	33. _____
4. _____	14. _____	24. _____	34. _____
5. _____	15. _____	25. _____	35. _____
6. _____	16. _____	26. _____	36. _____
7. _____	17. _____	27. _____	37. _____
8. _____	18. _____	28. _____	38. _____
9. _____	19. _____	29. _____	39. _____
10. _____	20. _____	30. _____	40. _____

# 40 POSITIVE DAYS OF LENT

ASH WEDNESDAY				1st SUNDAY OF LENT			
1	2	3	4	5	6	7	8
9	10	11	2nd SUNDAY OF LENT	13	14	15	16
17	18	3rd SUNDAY OF LENT MOTHERING SUNDAY 19	20	21	22	23	24
25	4th SUNDAY OF LENT PASSION SUNDAY 26	27	28	29	30	31	32
HOLY WEEK BEGINS PALM SUNDAY				MAUNDY THURSDAY	GOOD FRIDAY	HOLY SATURDAY	EASTER SUNDAY
33	34	35	36	37	38	39	40

