

From Ash Wednesday to Lent 1 **BEGINNINGS**

READ: Psalm 100

*Make a joyful noise to the Lord, all the earth
... Know that the Lord is God. It is he that
made us, and we are his ...*

During Lent we prepare to celebrate
Easter, when Jesus rose from the dead
to bring new life and hope to the whole
world. This week's challenges encourage
us to remember that God created and cares
for the whole world, and wants us to care
for it, too.

PRAYER FOR THE WEEK

*Thank you, God, for making this wonderful
world. Be with us this Lent and help us to love
you and to care for your creation. Amen.*

Ash Wednesday to Lent 1 **BEGINNINGS**

Ash Wednesday **Give up** **something to** **help the environment**

During Lent we remember that Jesus spent
40 days going without food and comfort in
the wilderness. Could you give up
something this Lent that would
save electricity, plastic,
waste or water?



Thursday **Thank God for** **making the world**

The Bible shows us that God
is not only concerned about
the people he has made
but about the whole of
creation. Thank God for
giving life to everyone and
everything – perhaps find
a hymn or a song to sing.



8

Friday **Pray for the needs** **of our world**

Jesus began his work saying that he was sent
"to bring good news
to the poor".

Christians are
called to pray and
work for a fairer world.
This includes taking care to
protect the life of the whole
earth, including its animals
and plants.



Weekend **Look after** **something** **living this** **weekend**

Spend time planting
some seeds, taking
care of a pet or
feeding the birds,
remembering that
God made and cares
for all things.



9