

Lent Resources

Take a step into Lent.

A time to wait, a time to listen, a time to say sorry, a time to strip back, a time to lay bare, a time to drink deep

What will you do, buy, watch, pick up, put down, give up or sit with this Lent, whether on your own or as a group or family?

Here are some ideas:

1. **Check out the songs, poems and visual reflections** at Engage Worship's site:

http://engageworship.org/newsletter/Lent_resources

2. **Books from Kevin Mayhew** such as Hearts on Fire -Living the Resurrection now by David Adam, containing a daily meditation.

http://newsletter.kevinmayhew.com/public/?q=preview_message&fn=Link&t=1&ssid=35823&id=3gs6273vqexqd2fqg535zsk5uhpur&id2=kdrmlt0uvhd2kr351eu40bhd286kx&subscriber_id=4ajohv4zkgm0nlka1390rlz49dazm&delivery_id=boqpugttgqxgxdvagvuikeuodvzcbel&messageversion_id=avfziqkxyxdbeuwuxlxlppgrdbjrboa&tid=3.i-8.C9RHUQ.DDzv.AZN34g..AhERww.b..s.Af0F.a.VrN8Dw.VrN8Dw.ExSPtg

3. **Daily prayer reflection:**

<http://www.mothersunion.org/content/faith-resources-lent>

4. **Blessing Eggs:** Buy hollow plastic eggs that unscrew. Label an egg for each member of the family. Write or draw messages of love, compliments and thanks to someone else in the family and place in their egg, whenever you have the urge or at regular times of the week together. The eggs can be opened up and shared on Easter Sunday.
5. **Bean Jar:** If you're keeping some kind of fast or giving up, place a jar or vase in the centre of the table and place a dried bean into the jar every time you manage to keep to your resolution. It makes for a stark centrepiece on the dinner table, but a good reminder of our Lenten resolutions and incentive to keep them. Imagine when the kidney beans are replaced with Jelly Beans on Easter Sunday morning!

6. Lent Tree:

e.g. Lent Tree Take a bare branch and place it in a pot or vase as a decoration. Draw an egg shape, copy it onto thin card and cut out 47 eggs. Decorate the eggs and make a small hole in the top of each card. Push a piece of thread through each hole and tie into a knot so that it will hang. Write on an egg shape each day something to give thanks for, something to pray for or something to say sorry for to God, and hang the egg on the tree. Or write out verses from the story of Jesus' arrest and crucifixion each day, building through the story as you approach Easter.

<http://www.mothersunion.org/content/faith-resources-lent>

7. A new step:

Or just decide to do something new: come to morning prayer Mon -Wed at church 9.15 - 9.45. Come to an evening service as well as a morning service. Buy some Bible reading notes. Offer for the soup run or visiting team. Start praying for a friend at work or a local friend. Pray for your locality when you walk the dog or pound the pavements on your run.

What will you do?