

Lent is a time to prepare for the celebration of Easter. We are invited to stretch ourselves during this time of preparation. These suggestions are offered as a way of travelling the journey to the cross and leaving our burdens there.



Make a commitment to start your Lenten journey

Pray for our community

Fast from Social Media

Pick up some rubbish and look after God's creation

Read Matthew 4:1-11

Greet everyone you meet, and use their first name

Clean out a drawer or cupboard & donate something you no longer use or need to charity

Go without a treat today, like chocolate or ice-cream.

Watch the sunrise or sunset

Fast from guilt today

Pray for those affected by natural disaster

Try something new

Spend some quality time with your family

Tell someone why they matter to you

Read Matthew 17:1-9

Look after God's creation by saving electricity or water

Fast from worrying and trust God instead

Pray for those affected by conflict

Read John 4:5-42

Write a note to someone and thank them for their help

Take time to sit with a colleague for Morning tea or lunch

Commit today to gratitude

Go plastic free

Pray for those dealing with mental illness

Fast from self doubt today

Read John 9:1-41

Do a duty for someone today

Donate to Foodbank at your local supermarket

Be happy with how things are

Pray for those who grieve

Fast from TV tonight



Use a book of reflections on the bible and sit quietly in the silence

Fast from the busyness and reflect in the almighty Love God has for You

Keep watch and Pray

Consider a place of worship for Easter

Invite someone to a share a meal

Sit and eat your lunch with a student who is always alone

Read John 11:1-45

Shop at a farmers market