

40 Day Lent Challenge

<p>1 DO Call an elderly relative and see how they are.</p>	<p>2 PRAY Say thank you for your favourite food and try and eat some of it!</p>	<p>3 READ Read some your favourite book. Why do you like it so much?</p>	<p>4 QUESTION Who has shown you kindness this week?</p>	<p>5 DO Write a letter to a friend you cannot see at the moment</p>	<p>6 PRAY Ask for forgiveness for something which you may have done to upset someone</p>	<p>7 READ 'Peace be with you' John 20:19 How do you find peace?</p>	<p>8 QUESTION Who can you turn to when you are sad? Do you turn to God?</p>	<p>9 PRAY Go for a walk and try talking to God about all you can see</p>	<p>10 DO Make a paper chain and write down all the names of people who you love</p>
<p>11 PRAY Pray for someone you know who is feeling unwell</p>	<p>12 READ 'Make a joyful noise to the Lord!' Psalm 100, 1 Can you sing praises to God?</p>	<p>13 QUESTION If you could change one thing about the world what would it be?</p>	<p>14 DO Put on your favourite song and dance! How did it make you feel?</p>	<p>15 PRAY Draw an outline of a person and right down all the things you want to say thank you for inside</p>	<p>16 QUESTION When have you ever felt God talking to you? What did he say?</p>	<p>17 READ 'We love because he first loved us.' John 4:19 How can you show others love?</p>	<p>18 DO Draw a picture of a hope you have for the future</p>	<p>19 PRAY Pray for guidance for our leaders</p>	<p>20 QUESTION What makes you feel angry? What do you do when you feel like this?</p>

<p>21 READ 'We live by faith, not by sight.' 2 Corinthians 5:17 How hard is it to always have faith</p>	<p>22 DO Lie down on your bed and close your eyes. Focus on your breathing</p>	<p>23 PRAY Ask for God's strength for a difficult time in your life</p>	<p>24 QUESTION If you could teleport to another place where would you go? What would you do?</p>	<p>25 READ 'Children obey your parents in all things,' Colossians 3:20 How can you help your parents/carers today?</p>	<p>26 DO Tidy your room or help to tidy the house. How does it feel to be helpful?</p>	<p>27 PRAY Are there any questions you would like to ask God? Ask them in prayer today</p>	<p>28 QUESTION What 3 things are you most grateful for? Draw them.</p>	<p>29 READ 'In the beginning God created the heavens and the earth.' Genesis 1:1 How many wonderful creations can you see out of your window?</p>	<p>30 DO Have a sort out of your toys and clothes, or even kitchen! Are there any items you can donate to a charity?</p>
<p>31 PRAY Listen to a worship song and praise God</p>	<p>32 QUESTION How can the small things we do to help have a big impact?</p>	<p>33 READ 'Do to others what you would have them do to you' Luke 6:31 What do you think Jesus meant by this?</p>	<p>34 DO Make a den with your family and watch a film or listen to music inside</p>	<p>35 PRAY Cut out photos or texts from a newspaper and ask God to bless the events and headlines</p>	<p>36 QUESTION Imagine Jesus is next to you in your room, what questions would you ask him?</p>	<p>37 READ 'You are the light of the world.' Matthew 5:14 In what ways can you let your light shine?</p>	<p>38 DO Make a poster of encouragement for others and put it in your window at home for all to see</p>	<p>39 PRAY Draw or print a map of the world and colour in places to pray for</p>	<p>40 QUESTION What have you enjoyed about your daily challenges? Can you make a new challenge sheet to continue?</p>