

40 Day Lent Challenge

Day	Bible Passage	Challenge	Reflection
1	Luke 1:26-38	Grab a piece of paper and stick it on your bedroom door, fridge or somewhere you pass every day. For each day of lent write down at least one thing you are grateful to God for!	What difference does it make to your attitude, when you focus on gratitude? Note: The Ash Wednesday services, marking the beginning of Lent, are at Midday and 7pm at Church. Why not go?
2	Luke 2:1-21	Create a giving jar and over Lent put any spare change/coins you might have spent into the jar instead. At the end of Lent chose a charity to give it to.	In which ways does your generosity reflect God's generosity?
3	Luke 2:22-40	Write down the names of 3 people you are going to be praying for. Place the note somewhere you will see it every day. Pray for each of these people every time you see the note.	Why do you think it is important that we pray? Why should we pray in good times and bad?
4	Luke 2:41-51	Write an encouraging email/text/message to someone who has inspired you. You could thank them for something they have done for you or just encourage them for the day.	Do you think as Christians, we have a responsibility to help those in need?
1st Sunday of Lent Sunday – Service begins at 10:30am. Join us in person or online.			
5	Luke 3:21-23	Get into nature! Find somewhere that is naturally beautiful and sit and be still. Reflect on the beauty of the world around you and pray to God about the worries you have for the environment.	Which emotions arise within you when you are in nature? How could you communicate those to God?
6	Luke 4:1-13	Go on a walk either on your own or with your family and take a phone or camera! Take 10 photos of things that remind you of God.	Reflect on the images you have taken and pray that you can see God in the world around you every day.
7	Luke 4:39-44	Cut down your screen time - read your Bible, a book or play a game with your family!	What might God want to highlight to you about your screen habits, this Lent?
8	Luke 5:1-11	Do something nice for someone without being asked.	When was the last time you did something without expecting anything in return?
9	Luke 5:17-26	Go through your old books, games or toys and give what you don't use to charity (with your parents permission!)	In which ways does holding onto things make you poor? Try writing some down.

10	Luke 6:37-42	Walk to school/work today. While you are walking, look around for things that are man made that you think look beautiful!	Consider how much you usually take note of the beauty around you. What would help you pay more attention?
Sunday – Service begins at 10:30am. Join us in person or online.			
11	Luke 7:11-16	When you go into a shop this week, say hello to the person serving you with a smile! You will be surprised how it may help to improve their day.	What other 'free' things could you do today, to bless others?
12	Luke 7:18-23	Today do something to make someone in your life smile!	How did it make you feel to know you could be such a positive influence on another?
13	Luke 8:1-15	Take a prayer walk around your neighbourhood and pray for needs.	How aware are you of the needs of your neighbors? What could you do that would put you more in touch with them?
14	Luke 8:22-25	Think of one way you can be generous with your time. Who needs your help?	What could you do to ensure you are being generous with your time every day? Pray and ask God to help open your eyes to those in need so you can always be generous with your time.
15	Luke 9:1-9	Write down a list of gifts/talents Jesus has given you. Pick one that you aren't using and find a way of using it this week.	If you struggle to know what your gifts are, who might you need to ask?
16	Luke 9:10-17	Draw a heart and inside of it write down some ways you can show love to others.	How deeply are you aware of God's love for you? Did you know that God loves you more than is humanly possible? Who can help you to experience God's love more deeply?
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17	Luke 9:18-27	Call a friend/family member and arrange to meet up for a walk or coffee! Put a date in the diary and keep it. Relationships are important for our mental health.	Who might God be calling you to befriend? How might you be the kind of friend that person needs?
18	Luke 9:43-45	No social media day! Instead be with the people around you or spend the day doing something you love.	At the end of the day, consider whether a day away from social media was healthy or not. If it was a good thing, how might you create opportunities for this to become a practice?
19	Luke 10:38-41	Spend some time praying, but ONLY pray to give thanks and praise God. Don't ask Him for anything.	Why not write your own Psalm of praise - song or poetry which reflect your praise.

20	Luke 11:1-11	Take some time to think about why you decided to follow Jesus. Write it down, record or video yourself talking about it. You don't have to share it with anyone but keep it somewhere as a helpful reminder when things feel tough.	When was the last time you spoke to someone about your faith? Ask God to show you who you might open up to, and when he does, speak up.
21	Luke 18:1-11	Write a letter to God as if you are writing to a dear friend.	Why not read this letter aloud as a prayer to God.
22	Luke 22:1-6	Write out today's verse. It encourages us to pray when we are worried or anxious. Every time you feel anxious talk to God about it.	What is your favourite Bible verse, the one you find most encouraging? Write that up too and put it with the first one.
<p>Mothering Sunday – Our service will be led by our children and young people.</p> <p>Sunday – Service begins at 10:30am. Join us in person or online.</p>			
23	Luke 22:7-13	Turn on the TV or check the internet and see what is going on in the world. Look for what situations need God's intervention and pray about the people, places and things you read.	Prayer: God, please show me how to pray for the world around me. Amen.
24	Luke 22:14-23	In your family/friendship group or with someone you trust, share 4 things that you like about them and them about you.	How could you develop your character? Who might hold you to account?
25	Luke 22:24-30	Today, turn off your social media (Shock! Horror!) and see what life is like without distractions. It might not be easy, but you maybe surprised by what you notice!	What impact does social media have on your relationship with God?
26	Luke 22:31-38	Write a list of things you do, that you wish you didn't. Say sorry to God for this stuff and ask for his help. Share a couple of these things with a trusted friend, youth worker, mentor.	Prayer: Father, forgive me and cleanse me of everything that gets in the way when I think about you; help me to feel truly whole.
27	Luke 22:39-46	Choose a Bible story or passage (if you get stuck try Psalm 23) and rewrite it in your own words.	What new things have you learned or been struck by re-writing your story/passage?
28	Luke 22:27-53	Longer Challenge today...go to the Gospel of Mark and read through it all today, or listen to it using an online audio Bible.	Write down 3 new things you learnt reading the book of Mark. Also write out one question you have and find some one to ask it too.
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29	Luke 22:54-62	Choose a worship song on YouTube. Sit quietly and listen to it once or twice through. Then sit in complete silence.	Write down anything you think you may have heard, ways in which God may have been speaking to you. If you don't think you have heard anything, that is fine. Why not write down why you connect with that worship song?
30	Luke 22:63-71	Look at today's Bible verse. Try and draw a picture based on what you read. Sometimes we may struggle with words, but we can also connect with God through art.	How do you connect with God? Is it through reading the Bible, listening to music, singing worship songs, through art? Why do you think you connect more in that way?
31	Luke 23:1-12	Go onto the St Paul Old Ford website. Look at the things that go on in our church. Choose one activity/area of church life and pray for it! Some examples: Rise, Midday Bible Study, Memory Cafe, Pastoral Work)	Reflect on your week, is there anywhere you can volunteer some time to the group you chose? It doesn't need to be to join the group, but to commit to praying for that group each day/week.
32	Luke 23:13-25	Offer to start doing a new chore at home. E.g. doing the washing up, taking the bins out.	Prayer: God, help me to notice ways I can help others around me today.
33	Luke 23:26-43	Talk to someone new at church this week - how can you make someone feel welcome at the service?	Think or write down a time where someone made you feel welcome. What was it that they did that made you feel welcome?
34	Luke 23:44-49	Spend some time today praying for the people who you find it hardest to like, or even people who have treated you badly.	Prayer: Lord, I want to love others in the same way that you love me. Give me the strength to love those I find it most difficult to like.
<p>Palm Sunday</p> <p>Sunday – Service begins at 10:30am. Join us in person or online.</p>			
35	Luke 23:50-56	The Bible says God created the world and he was pleased with it. Look at the sky - what do you notice? Look at the trees - what do you notice? Look at your pet! - what do you notice? What do these things tell you about the God who made them...and you!	Write down a list of your favourite things that God has made! Give God thanks for them, perhaps in a creative way!

36	Luke 24:1-12	The Bible is full of encouragement. Be inspired today and write out a note, text or email to encourage someone else. Or around the dinner table, say something encouraging to your family.	EXTREME CHALLENGE! Write out encouraging verses and comments on post-it notes. When you go on a walk today, put them in places for people to find.
37	Luke 24:13-27	Go for a long walk (on your own or with friends/family). Wherever you go, spend some time talking and praying to God.	Prayer: God, speak to me today. Help me to recognise your voice.
38	Luke 24:28-35	Write a list of all the things you are thankful for today. Now spend some time thanking God out loud for each of the things you have written.	Prayer: God, thank you for all the things I have remembered, and for all the things I take for granted. Maundy Thursday (14 th April) - we will be holding a service at St Paul Old Ford at 7 pm.
39	Luke 24:36-49	Over the past 40 days together we have read lots of the gospel of Luke. What has been something that has really stood out to you?	Find someone else who has taken part in the 40 days of Lent challenges and ask them what has stood out to them. Share in the experience with one another. Good Friday – we have 3 services today. 12-1pm – Stations of the cross 1pm-2pm – Meditation and Music 2pm – 3pm – Passion Eucharist
40	Luke 24:50-53	Think, what are you going to take away from the 40 Days of Lent Challenges? What impact would you like to see in your day-to-day life?	How will you take this forward? Who might you do it with? In which way will you commit to make a change? Prayer: God, help me to always look to you, to follow you, and to daily give over my life to you. Amen.
<p>Easter Sunday Feast.</p> <p>Sunday – Service begins at 10:30am. Join us in person or online.</p>			