

LENT CALENDAR

This year our Lent calendar takes seven of the last sayings of Jesus from the cross as inspiration for reflection and preparation.

ROOTS

WORSHIP AND LEARNING FOR THE WHOLE CHURCH

WEEK BEGINNING

6 March First Sunday of Lent	13 March First Sunday of Lent	20 March Second week of Lent	27 March Third Sunday of Lent	3 April Fourth Sunday of Lent	10 April Fifth Sunday of Lent	17 April Holy Week
Father, forgive them for they do not know what they are doing. Luke 23.34	Today you will be with me in Paradise. Luke 23.43	Woman, here is your son... here is your mother. John 19.26-27	My God, my God, why have you forsaken me? Matthew 27.46	I am thirsty. John 19.28	Father, into your hands I commend my spirit. Luke 23.46	It is finished. John 19.30

Words spoken by Jesus

THEMES

Forgiveness

Hope

Family and friends

Courage

Justice

Trust in God

Love

	Hope	Family and friends	Courage	Justice	Trust in God	Love
SUNDAY	Smile! Share happiness with those around you.	Pray for your church community today.	Have courage in your faith in God – share it with others!	Raise some money for charity during this week.	Pray Jesus' words today: 'Into your hands I commend my spirit.'	Start Holy Week by making a palm cross.
MONDAY	Pray the Lord's Prayer. How can you make your bit of earth more like heaven?	Spend some quality time with your family or friends.	Pray for those who are facing an uncertain or challenging future.	Be grateful for all that you have – try not to waste anything.	If you have any worries pass them over to God.	Jesus prays with his disciples. Pray for your friends today.
TUESDAY	Think before you judge people – give them a chance.	Be grateful for the little things that happen today.	Look out for anyone who appears to be lonely. Make time for them.	Read a newspaper. Pray for any situations that trouble you.	Pray for the first non-family person that you see today.	Jesus is denied by Peter – be confident and proud of your faith in the Lord!
WEDNESDAY	Pray for all who are persecuted.	Are there any household people in your neighbourhood whom you could help?	Pray for the unemployed and for all who feel desperate.	Look at a charity website (e.g. Tearfund, Oxfam) and pray for their current work.	Do you know anyone who is recently bereaved? Give them a call.	Jesus prays in the Garden of Gethsemane. Spend some quiet time today.
THURSDAY	Talk to somebody you'd normally ignore.	Surprise a friend by doing something special for them.	Ask God to help your belief to grow stronger.	Think about how you treat others. Are you always fair?	Keep focused on God – think before you speak and act.	Jesus washes the disciples' feet – show compassion to someone today.
FRIDAY	Surprise someone by sending an affirming text message.	Make contact with someone you have not seen for a while.	Think about those who are in hospital – pray that they will be strengthened.	Check any prejudices that you might have. Change any negative attitudes.	Think about your relationships with others – put right any disagreements.	Fast today as you think about the cross – just have a simple meal and water.
SATURDAY	Pray for those who are sick – that they will be comforted.	Do a positive action to show appreciation to someone who cares for you.	Think differently: challenge yourself to do something new!	Try not to spend any money on yourself.	Ask someone to pray for you and your intentions. Pray for them too!	Jesus is placed in the tomb. Pray for those who have died.