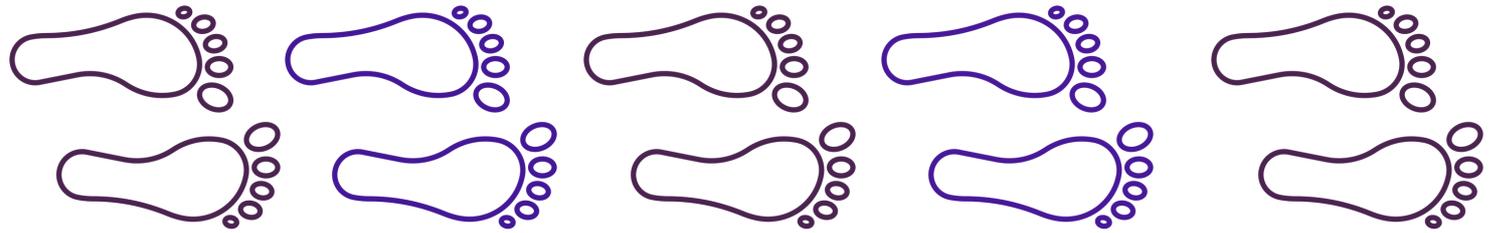


Steps through Lent



Lent is a time when we remember how Jesus spent 40 days in the wilderness - a place where there was no distractions, no food and no people. A time where He was preparing His heart, mind and spirit for what was ahead of Him. The journey to the cross.

As we head into Lent, it is a time that we are encouraged to put aside distractions, to spend time talking and listening to God, finding ways to be more aware of those around us who are in need, and to consider the habits which take us away from God's good plan for our lives.

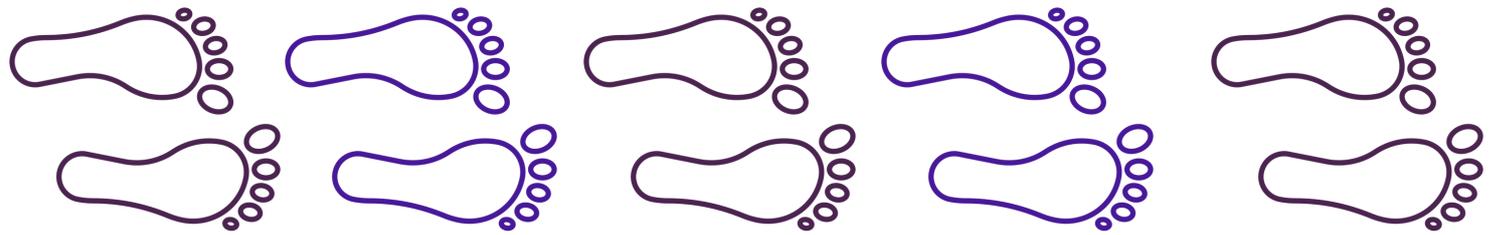
This year we encourage you to take 40 steps in Lent together. You might choose to do this in your home, in your school or in your church.

Starting on Ash Wednesday, after pancake day (Shrove Tuesday), there will be a step available for each day - apart from Sundays. Each day will be one of the following, a step of: Grace, Prayer, Giving, Love, Sacrifice or Change.

We encourage you to take as many steps as you are able to. Some of you will be able to take a step every day, others will just do one each week - we all walk at different paces.

You will see there is a big footprint and a small footprint. That is because we are walking together, adults and children - whoever you are doing this with - whether you are parents, carers, grandparents, aunts, uncles, teachers or close family friends. No matter what our age we are all equal on this journey of faith and can teach, encourage and inspire each other.

Steps through Lent



If you are doing this as a family, school or children's club you might like to make a cross either from two sticks tied together, or simply from paper to form the focus to which your footsteps will lead.

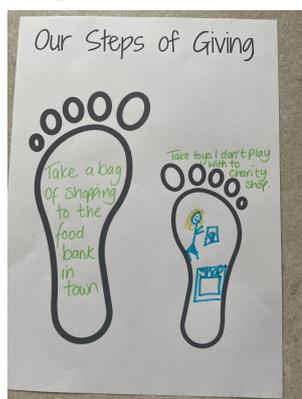
Together, talk about each step and what you might do. For example with the step of Grace, you would think about something you might need to say sorry for, or someone you need to forgive.

Each person then chooses to either write down or draw a picture of what they will do. We can then place / stick the footsteps close to the cross.

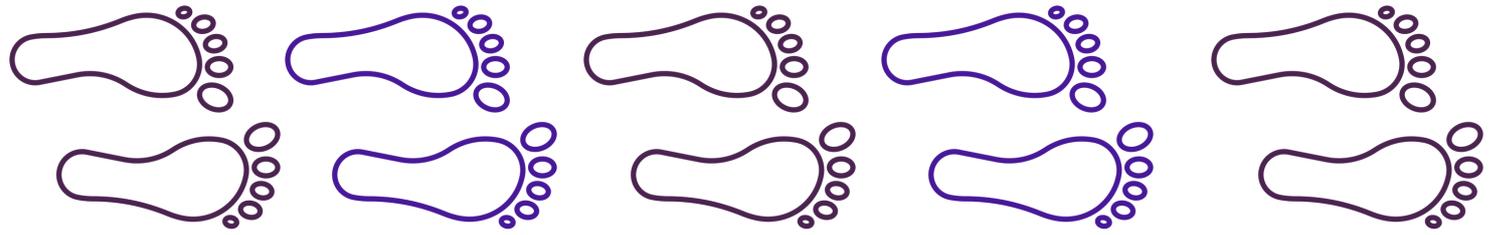
You might choose to do the week's steps in one go on the Sunday so you plan ahead, or day by day, whichever is best for you.

If you have room you could lie each week's step as a path leading to the cross.

If you are doing this with your Church, you could keep your steps and bring them to service on Sunday and each person can lay their steps down leading up to the alter for example.



Steps through Lent



Steps of Grace: Grace is receiving a gift we have not earned. God shows Amazing grace to us and forgives us when we say sorry, even though we don't deserve it. Thinking of forgiveness, is there anything you need to say sorry to God for, or is there anyone you need to forgive? How can you show grace in this day?

Steps of Prayer: Praying is really just the word we use for chatting with God. It is so important for us - can you imagine what would happen if you stopped chatting with your friend? We can chat with God any time, in any place, about anything. God loves to hear us talking to Him. What things do you want to chat with God about - something that made you happy, something that made you scared or worried, anything at all. When will you make time to pray?

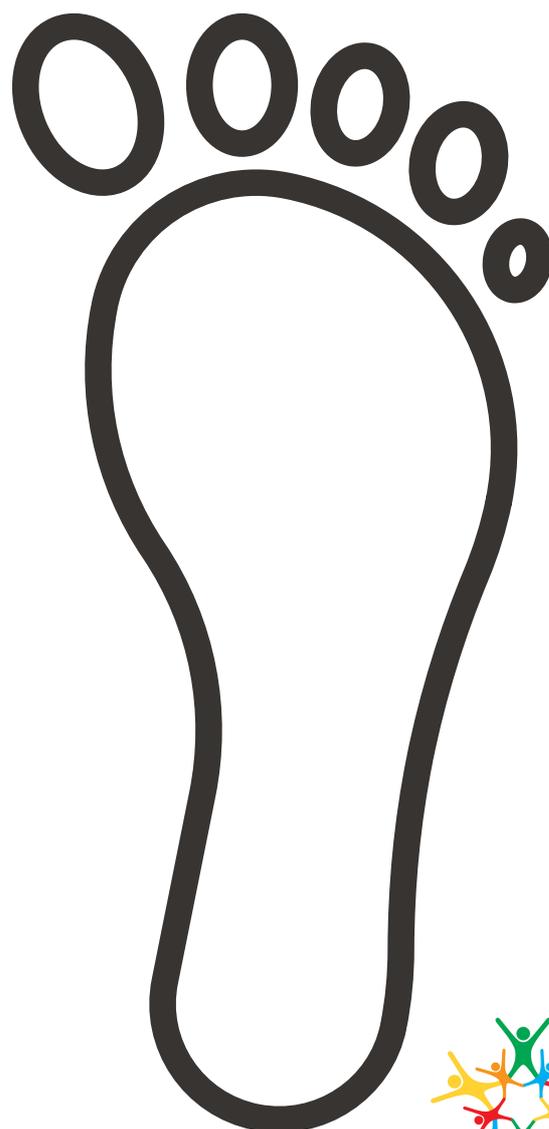
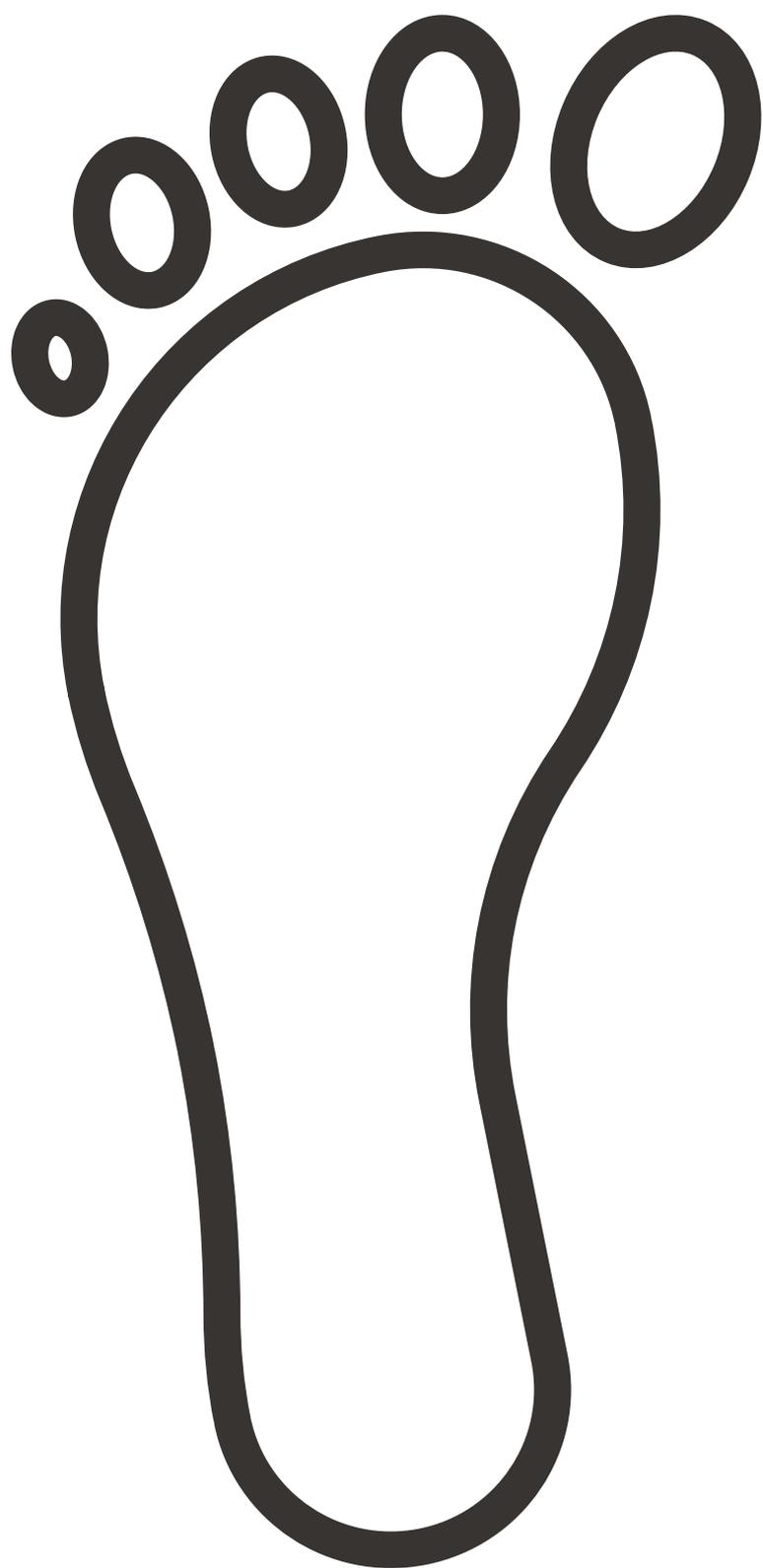
Steps of Giving: The Bible tells us that God loves a cheerful giver, that when we are generous and care about people around us it shows God's love in action. What ways can you give to help people in your house, your school, your church or community?

Steps of Love: Each person feels and shows love in different ways, talk about times you have felt loved - it might be when a friend gave you a hug, or someone made a gift for you, a kind thing someone said to you. What could you do to show someone in your life that you love them?

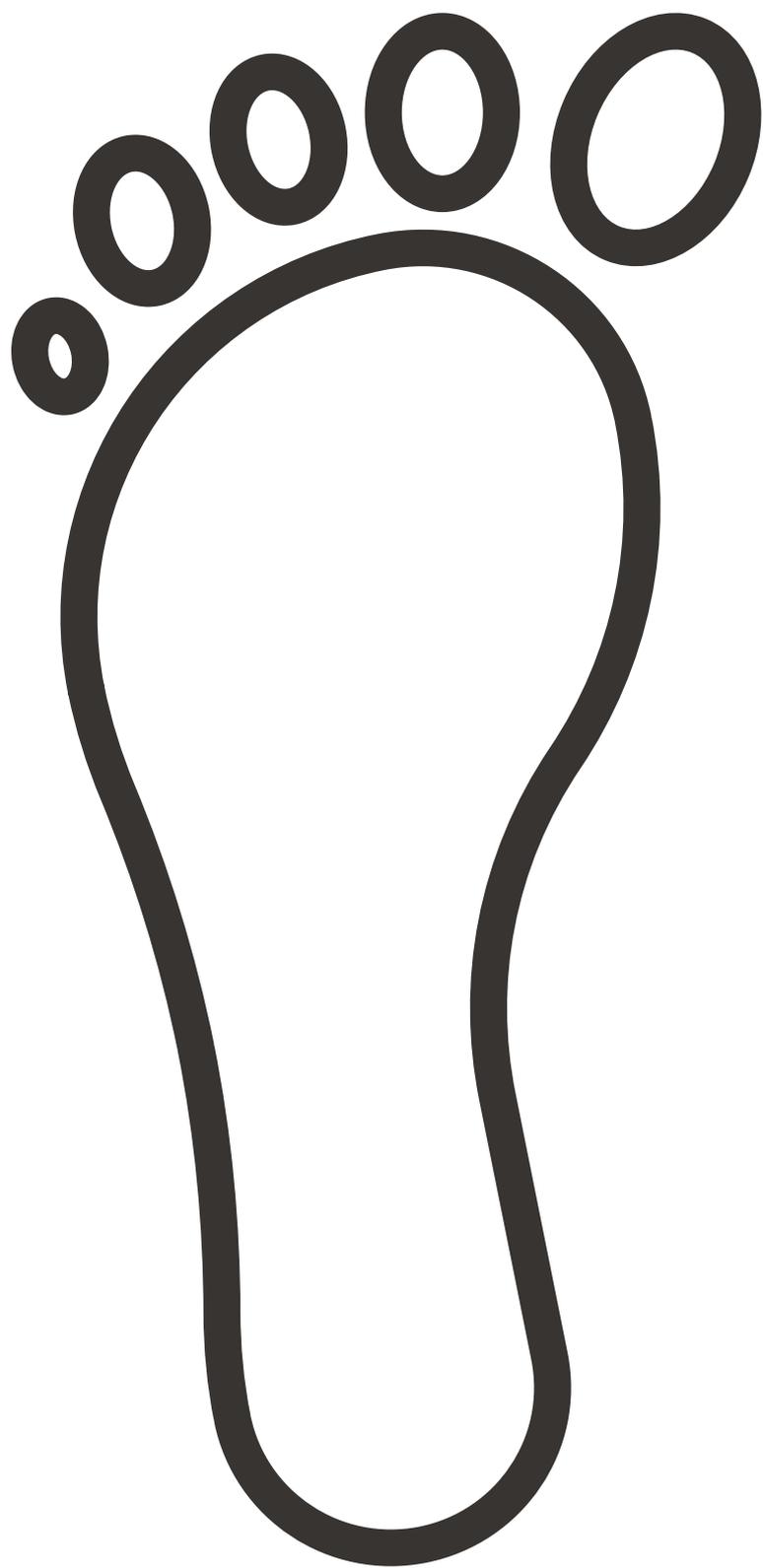
Steps of Sacrifice: When Jesus was in the wilderness he gave up eating lovely food, he gave up being with people who entertained him, all so He could focus on what Father God was saying to him. What could you give up for today or this week to help you spend more time chatting and listening to God and reading your Bible?

Steps of Change: We know that we all have habits that are not good for us, those we live with or for the planet. It's not easy to break a habit, but if we know it will be better for us, for others or for the planet then it is important. Think about what changes you could make that would help you be healthier, others in your house be happier or the planet be cleaner and greener?

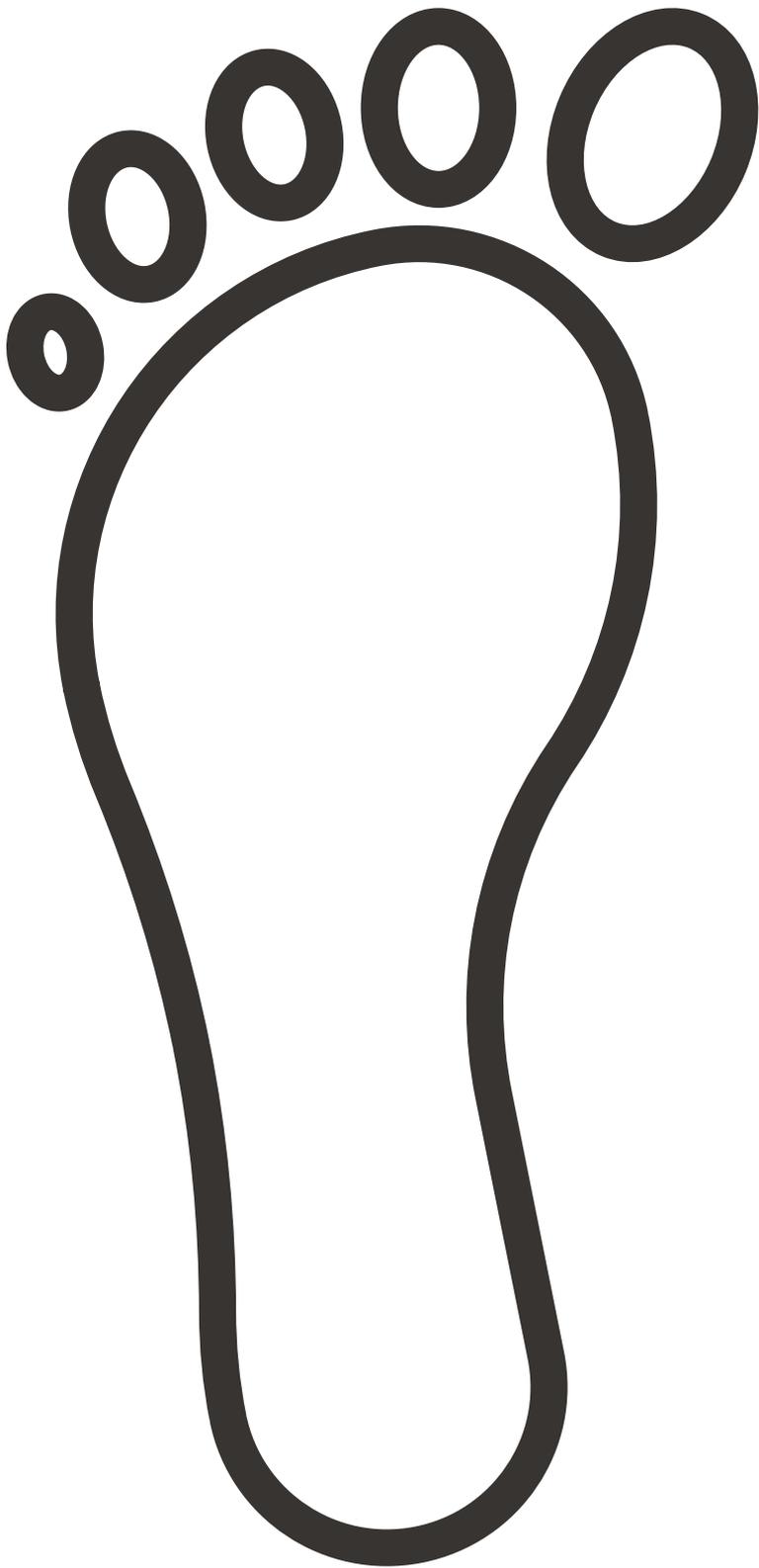
Our Steps of Grace



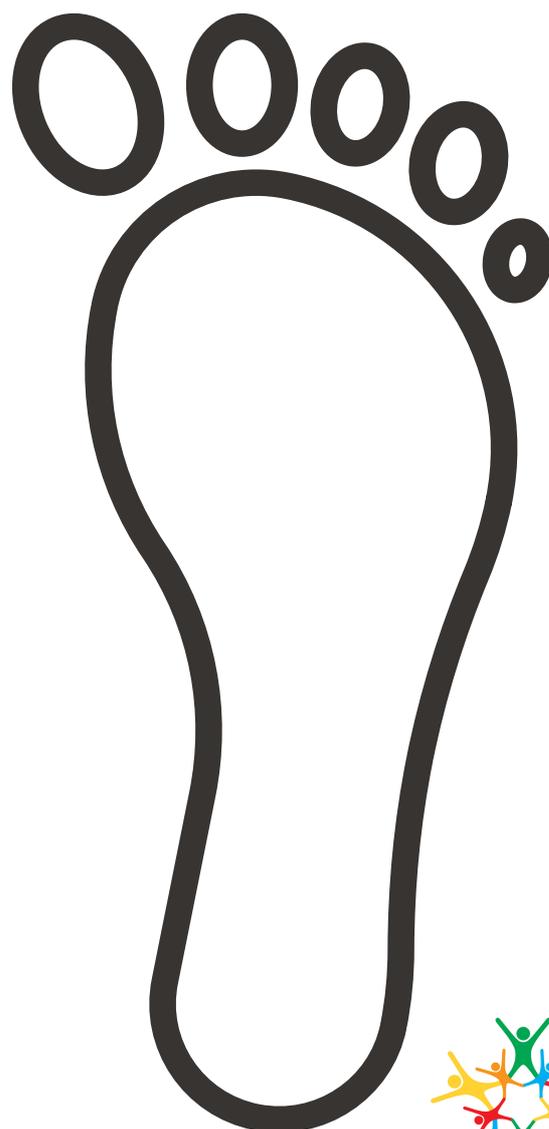
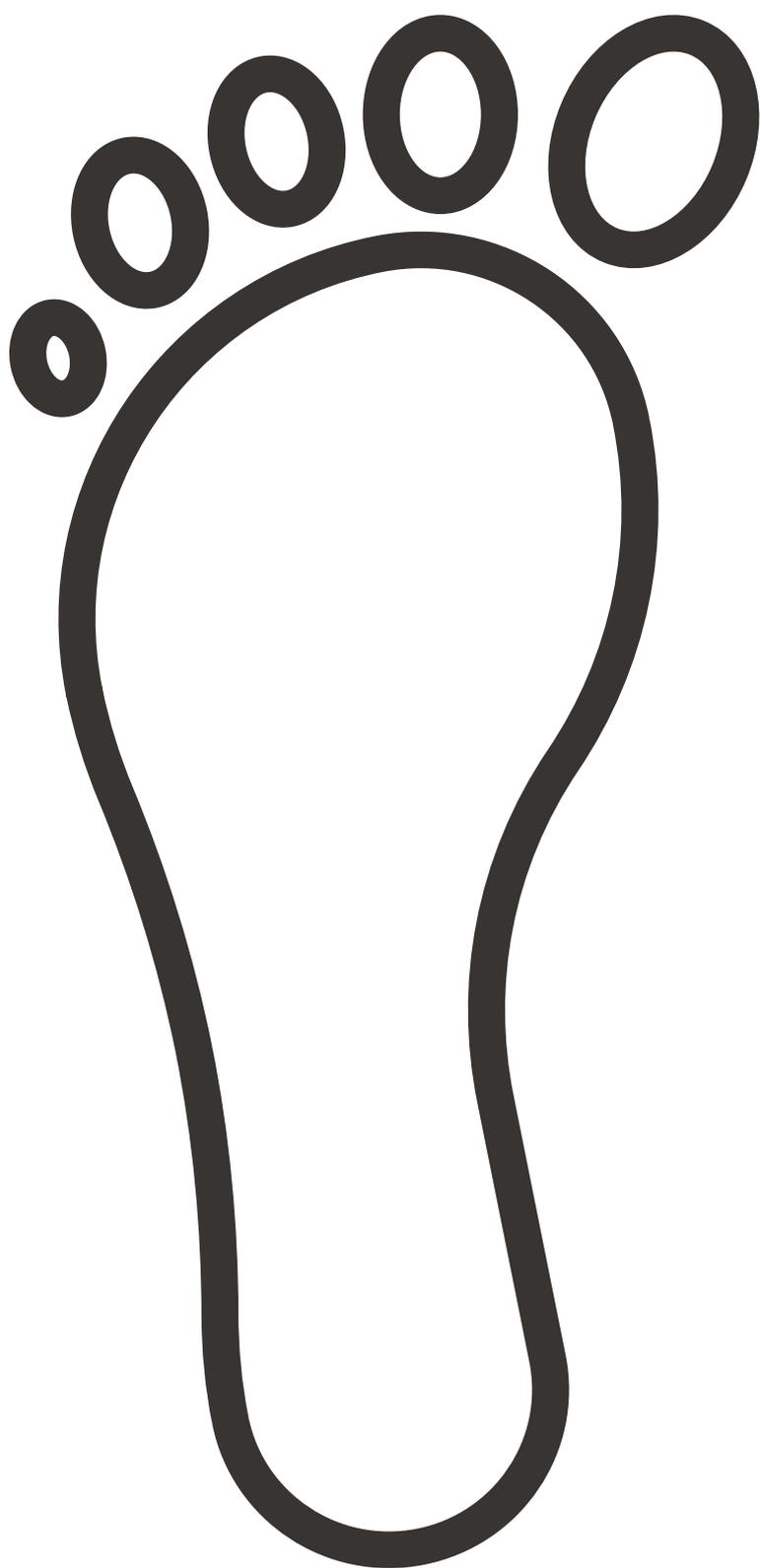
Our Steps of Prayer



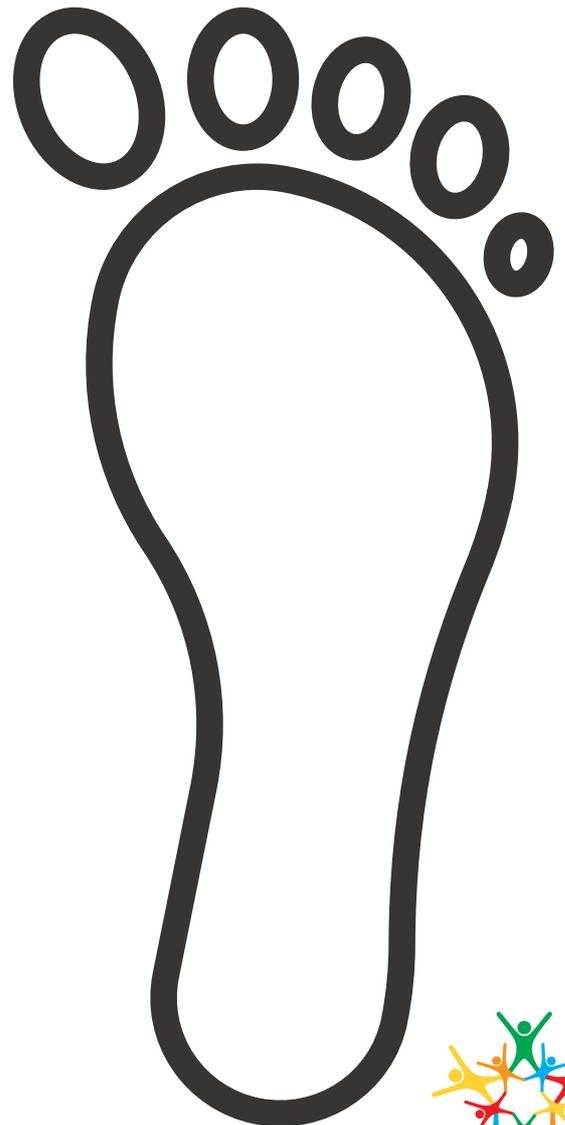
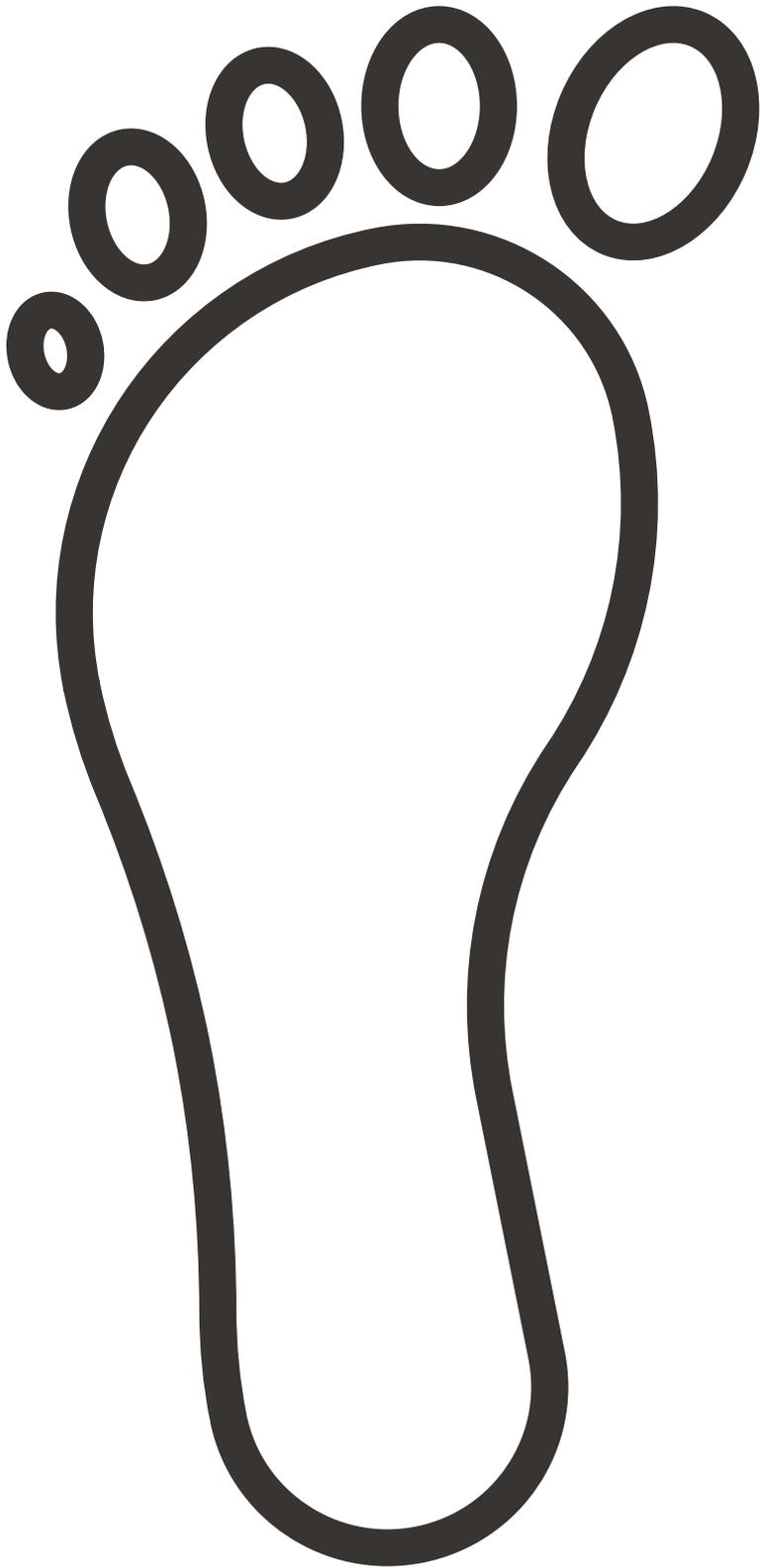
Our Steps of Giving



Our Steps of Love



Our Steps of Sacrifice



Our Steps of Change

