

40 DAYS.  
40 CHALLENGES.  
1 WORLD.



# ENVIROLENT



# 40 DAYS TO CHANGE THE WORLD?

God gives us everything we need. He gave us the sun and the moon and the stars and the sea and the sky and so, so, so, so, SO MUCH MORE! As God's people, we need to do our best to look after the good world God gave us.

So this Lent, we're giving you one challenge each week to help to make the world a better place. Keep track of your progress, and if you complete all the challenges you'll get a prize!

ARE YOU READY TO TAKE THE CHALLENGE?



What did the big tree say to the little tree?  
Leaf me alone!

This week, your challenge is to clean up your area. Go on a little pick with your family, and make the world a prettier place!

HOW MANY PIECES OF RUBBISH DID YOU FIND?



God loves the world. He created it. He said it was good. He asked us to look after the world for Him. One way we can do that is by making sure the world is clean.

Next time you're outside, take a look around. How does your neighbourhood look? Is it clean and tidy, or is there litter lying around? What are you going to do about it?

**READ:** Genesis 1:31

**PRAY:** This week, thank God for the beautiful world He has created.

**ACT:** Go on a litter pick! Take a bag with you next time you're on a walk and pick up any rubbish you find on your way. Remember to wash your hands afterwards!

## WHAT'S THE STORY OF LENT?

Lent is a really special time of year. It helps us to get ready for Easter. Often, Christians give something up at Lent. Some people give up food, like meat or chocolate. Other people give up things like social media or television.

### But why give something up?

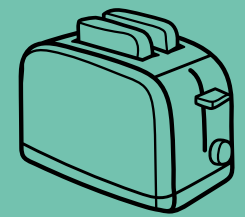
Jesus spent 40 days in a desert. At Lent, we give something up to remind us of everything Jesus gave up for us.

WEEK 1  
CHALLENGE:  
CLEAN UP

**WEEK 2  
CHALLENGE:  
TURN OFF**

**WHAT IS ELECTRICITY?**

Electricity is energy. We need electricity to turn things on. Stuff like mobile phones and toasters only work because we have electricity, so it's pretty important (especially if you eat toast for breakfast!)



**READ:** Luke 3:11

**PRAY:** This week, pray for the people who don't have electricity.

**ACT:** Switch it off! This week, make sure you turn everything off after you've finished using it. Make sure you've turned off the lights when you leave a room!

At the moment, electricity is limited. This means that one day it might be all used up. One way we can change the world is by making sure we only use the electricity we need.

This week your challenge is to turn things off when you leave the room. Lights, iPads, the television... If no one's using it, turn it off!



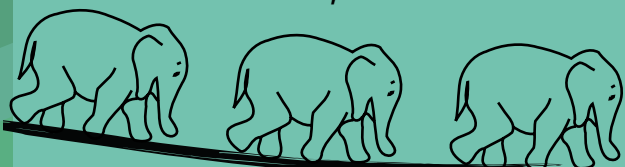
**HOW MANY THINGS IN YOUR BEDROOM USE ELECTRICITY? ASK AN ADULT TO COUNT WITH YOU IF YOU NEED HELP, AND WRITE YOUR ANSWER IN THE STAR**

**CAN YOU GUESS HOW MUCH FOOD GETS WASTED IN THE UK EVERY DAY?**

Over 25,000 tonnes! That's about the same as 5000 elephants. Remember how last week we talked about only using what you needed? Well, this week it's the same kind of idea!



**WEEK 3  
CHALLENGE:  
EAT UP**



Every meal is a miracle. Everything you eat is a gift from God. Because it comes from God, we should be thankful. But how can we show our thanks to God? Well there are a few ways, but here are two for you to practice this week...

**READ:** John 6:12-13

**PRAY:** This week, thank God for the food He has given to you and your family

**ACT:** Give thanks and eat up! Every time you eat this week, remember to thank God for the good things He has given to us, and try not to waste any food.

**GIVE THANKS**

Write a prayer here to say before you eat...

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**EAT UP**

As much as possible, try not to waste any food this week. Don't take more than you need, and try to finish everything on your plate if you can. Remember that food is a gift from God and we shouldn't waste it.

Daniel was a prisoner. He lived in a city that didn't believe in God. The person in charge of the city said that Daniel had to eat fancy food, like pork pies and seafood. But God told Daniel he wasn't allowed to eat any of the food in the city.

**WEEK 4  
CHALLENGE:  
SORT OUT**

**READ:** Daniel 1:8

**PRAY:** This week, ask God to give you the strength to always do the right thing

**ACT:** Sort it out! Make sure all your rubbish this week goes in the right bin. Recycle any paper, plastic, or cardboard you use.

Daniel had a choice. He could do the easy thing; he could ignore God and eat the fancy food. Or, he could do the right thing.

He did the right thing. Daniel knew he couldn't stop the rest of the city from eating the food, but he decided that he could still do the right even if he was the only one doing it.

It's always good to do the right thing, even if you're the only person doing it. This week, your challenge is to sort all your rubbish and recycle everything you can. Ask a grown up if you're not sure what can be recycled.

**DID YOU RECYCLE  
ANY OF THESE  
THINGS THIS  
WEEK? CIRCLE  
THEM!**



**READ:** Matthew 5:14

**PRAY:** This week, thank God for all of the gifts and skills and talents He's given you. Pray that you can use them to make the world a better place.

**ACT:** You choose! Find one way to shine in the world, and decide to do it this week. Make sure it's a good one!



EnviroLent is all about showing you the small steps you can take to make the world a better place. But this week it's over to you.

Look at the world around you. What can you do to make it better? Set yourself the challenge this week to find one way you can change the world in a good way.

God has chosen you to be the light of the world. So be a light! Shine, and make the world better because you're in it.

**THIS WEEK I'M  
GOING TO...**

**WEEK 5  
CHALLENGE:  
STEP UP**

**DID YOU MANAGE TO COMPLETE ALL FIVE  
CHALLENGES? IF YOU DID, GIVE YOUR  
BOOKLET TO YOUR SUNDAY  
SCHOOL LEADER IN  
EXCHANGE  
FOR A PRIZE!**

