

challenge

Family Challenge Week 1 (17th – 20th February)

Ash Wednesday

Wednesday's verse:

"The Lord's Spirit has come to me, because he has anointed me to tell the good news to the poor."

(Luke 4.18a)

- I wonder what Good News the poor would like to hear?
- I wonder what anointed means?
- How can you tell good news to the poor?

Some Activity Ideas for Ash Wednesday and Lent

- Decorate an envelope or a box and collect some money over Lent for your favourite charity to help the poor.
- Decorate a scrapbook and stick in the activity sheets and other things you discover and do over Lent.
- Think of something to give up this Lent (perhaps the bag of crisps in your lunch box, the chocolate bar you have after school or your comic) and send the money you save to your favourite charity to help the poor. You could collect it in the box or envelope you decorated.

Prayer:

Loving Father,
look after all the people who are much poorer than my family.
Help me to share your Good News with them
by the things I do and say and give,
especially in this season of Lent. Amen

