

# LIVE LENT

Embracing  
JUSTICE



*For  
Kids*

A 40-DAY CHALLENGE

# HOW TO USE THIS BOOKLET

There are 40 actions, one for each of the forty days of Lent, plus one for Easter Day. For each week (starting on Sundays from Week 1 onwards) there is:

- **A theme**, to help us think about how we can live together well
- **A short passage** from the Bible
- **A simple prayer** for use throughout the week.

For each day (Monday to Saturday) there is a challenge. On some days there are suggested practical actions you and your family or your class at school could take to help others. On others there are challenges to read or watch Bible stories, reflect, pray and learn more about the theme of justice.

How many challenges can you do?

There is also an accompanying booklet for grown-ups which also includes daily reflections, as well as a free app.

You can find links to all the print and digital resources for **#LiveLent** at: [churchofengland.org/livelent](http://churchofengland.org/livelent)

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## Start of Lent

# MADE IN GOD'S IMAGE

Lent is a time when Christians journey together towards Easter. We try to turn away from doing wrong and ask God to help us become more like Jesus in how we treat other people and our world.

**Read:** Genesis 1.24-31

“ Then God said, ‘Let us make humankind in our image, according to our likeness ...’ ”

## Prayer for the week

*Generous God, help us to find you in everyone we meet and share the gifts you give us with the world and its people. Amen.*

**START OF LENT**

# MADE IN GOD'S IMAGE

**ASH WEDNESDAY**

## Help others by giving something up for Lent

Is there a treat you could give up for the next few weeks? If you can, put aside any money you save to give to charity.



**THURSDAY**

## Try to see the good in everyone you meet

This week's Bible reading tells us that God made everyone in his image. Remember this as you encounter different people today.



**FRIDAY**

## Imagine a fair and equal world

Write about – or draw – a world where humans live in harmony with each other, nature and God.

What would be different to today's world?



**WEEKEND**

## Read what Jesus said about judging others

In Matthew 7:3,4 Jesus tells his listeners to take the log out of their own eye before trying to take a speck out of their neighbour's eye! What do you think he means?

