

## Messy Church & VG Lent Challenge 2021

*Dear Lord*

*Please be with us as we journey through Lent.*

*Thank you for turning bad into good; dark into light*

*And help us to turn our lives to You this Lent.*

*Amen*

Say thank you for your meal	Write out your favourite Bible verse	Say sorry to something you've done wrong	Help with a job around the house	Find out why Good Friday is called 'good'
Make a card for someone you love	Draw a rainbow and pray for NHS staff And key workers	Think of three things you are grateful for	No complaining for one whole day	Read a Bible story
Make a donation to the food bank	<i>Your choice Lego challenge</i>	Feed the birds	Take turns or let someone else go first	Say something nice to someone
Pray for someone who is ill	Phone up someone for a proper chat	Tidy up your toys or stuff	Clean your teeth for an extra 10 seconds	Read a book
Find out about climate change	Share a treat with someone	Find out what Lent means	Smile!	Pray for a family member
List the good things that happened today	Recycle something	Pray for your teacher	Sit quietly and think for 5 minutes	<i>Your choice Lego challenge</i>
Challenge yourself: Learn something new!	Find out what happens on Ash Wednesday	Make your bed	Say thank you to someone	Say thank you to God for something that has happened today
Learn the Lord's prayer	No TV/screens for one night/Lego challenge	Write a letter to someone you don't see very often	Pick up litter	Go on a prayer walk, finding places to stop and pray.