

Print on different coloured paper and cut into strips. Use the strips to make a paper chain of activities for Lent. Use the blanks to add your own ideas if you wish

Pray for a neighbour

Pray for a friend

Pray for refugees

Pray for those who are hungry

Pray for those who are homeless

Pray for another country

Pray for politicians

Pray for church leaders

Pray for teachers and school staff

Pray for shop workers

Pray for postal workers

Pray for Claire Bedford in Chad

Pray for Cally Magalhães in Brazil

Pray for Peter and Louise Lynch in Bangladesh

Pray for people with leprosy

Pray for doctors

Pray for NHS staff

Pray for those who are lonely

Pray for those who are unwell

Pray for those leading church services

Pray for your family

Donate some food to a foodbank

Invite another family to Family Worship

Search the house for loose change and donate it to a charity

Bake a cake and share it

Put a message in your window

Clean up a mess someone else made

Learn a Bible verse

Pick up some litter

Smile at everyone you meet today

Do someone else's chores

Give someone a nice surprise

Draw 10 things you are grateful for

Write a thank you note to your teacher

Find a way to be generous

Keep a promise

Tell someone what you know about God

Write a thank you prayer

Say sorry to someone you have hurt

Take a photograph of God's beautiful world and share it with others

Send a message to someone to let them know you're thinking of them