

Lent prayer and action Journey 2024



ONE - Pray for
people who are
hungry

2. DO something
nice for a
teacher

Three
Pray for
someone who
is sick



Read a bible
story



4

5. Thank God
for creation



SIX
Give someone a
hug today



7. Pray for your
friends



8. NO sweets
today



9 Pray for
someone who
is lonely



TEN give
something you
own away to
someone else

11 Pray for
your family



TWELVE pray
for refugees

13. Thank God
for something
that brings you
joy



Help someone
today

14

15. Pray for
your
neighbours

Sixteen
Give someone
a compliment

17. Pray for a
country
experiencing
war

18. Surprise
someone with a
kind note



19. Pray for
your
class



20 Tell God
what you are
thankful for

21. Pick up a
piece of litter



22. Pray for
people without
clean water

23. Thank
God for
your school

Twenty four

Do a random
act of kindness



25. Pray for
people who don't
have a job

26

Buy someone some
sweets



27. Pray for
someone who
has upset you
recently

28

Hold the door
open for
someone



Twenty nine

Pray for the
elderly

30. Read a
verse of the
Bible



Thirty one
Forgive someone
for something
they did to you

Pray for
peace in the
world

32



33. Make an
Easter painting
for your family

34



Thank God for
your food

35. Pray for
your teacher

Thirty six

Give up
something for
the day

37. Thank God
for your
favourite animal



38. Listen to the
song 'Story of the
Cross' by Rend Co
Kids

39. Pray for
hope this
Easter



40. Attend an
Easter
Church service

Jesus is RISEN!



THE CHURCH
OF ENGLAND
Diocese of Manchester

CHURCH
FOR A
DIFFERENT
WORLD

