

Little acts of kindness for Lent

<p>1. Start a giving jar Fill your jar with loose change or Post-it notes of ideas of ways you can give later on. <i>Pray for the work of HOPE not hate, our church charity</i> Reading: Luke 6:38</p>	<p>2. Compassion Note down two or three people who you know are struggling at the moment and commit to pray for them daily. <i>Pray for the NHS</i> Reading: Colossians 4:2</p>	<p>3. Share a smile Do something today to make someone else smile or laugh. <i>Pray for our church family</i> Reading: Galatians 5:22-23</p>	<p>4. Write a letter to a friend It's always nice to get some happy mail. Write a letter or a card to send to a friend. <i>Pray for those who are feeling lonely or isolated</i> Reading: Proverbs 25:25</p>	<p>5. Get an early night We all feel better for a good night's sleep. Make sure you get an early night tonight. <i>Pray for faith leaders</i> Reading: Matthew 11:27-29</p>
<p>6. Sticks and stones Are there words that you need to hold back at times? Make a conscious effort today to keep unkind words in check. <i>Pray for those facing discrimination</i> Reading: James 3:9-10</p>	<p>7. Pray through the news Take a few minutes to focus on the news and pray for the areas of need that arise. <i>Pray for areas where there is conflict</i> Reading: Philippians 4:6</p>	<p>8. Do something creative Write a poem, paint a picture, do some crafts. Take a few moments to do something creative today. <i>Pray for our government</i> Reading: Hebrews 10:24</p>	<p>9. Re-use and recycle Can you reduce your waste by reusing items or ensuring you are recycling as much as you can? <i>Pray for those facing redundancy</i> Reading: John 6:12</p>	<p>10. No complaints Can you go a whole day without complaining? <i>Pray for those who are struggling with their mental health</i> Reading: Proverbs 16:24</p>
<p>11. Comfort Is there someone you know who could do with a few words of comfort today? Let them know they are in your thoughts today. <i>Pray for those who are bereaved</i> Reading: 2 Corinthians 1:3-4</p>	<p>12. Tread lightly Find one way that you can reduce your carbon footprint and help to slow down climate change. <i>Pray for areas affected by climate change</i> Reading: Psalm 24:1-2</p>	<p>13. Go meat-free for a day Reducing our meat consumption is one way we can help the planet. Can you go meat-free for a day or commit to doing so regularly? <i>Pray for those who produce our food</i> Reading: Matthew 6:25-26</p>	<p>14. Encourage others Our words have immense capacity for good. How can we use them to encourage someone today? <i>Pray for Communicare Counselling Service</i> Reading: 1 Thessalonians 5:11</p>	<p>15. Listen to something uplifting Put on some music that you love or listen to an uplifting radio show or podcast. <i>Pray for carers</i> Reading: Psalm 57:7</p>
<p>16. Switch off Switch off the phone or the TV and take the time to really focus on the people and things around you. <i>Pray for those who work for the emergency services</i> Reading: Luke 10: 38-42</p>	<p>17. Under the weather Send a text or a card to someone who is ill to let them know that you are thinking of them. <i>Pray for those who are in hospital</i> Reading: Matthew 25:37-40</p>	<p>18. Think before you shop Consider shopping from local businesses, ethical traders or from small online sites where possible. <i>Pray for shop workers</i> Reading: Matthew 6:21</p>	<p>19. Listen Make a conscious effort to remove distractions when someone is talking to you and really listen. <i>Pray for those in the armed forces</i> Reading: Proverbs 18:13</p>	<p>20. Be still Take a few moments to sit quietly in prayer or meditation. <i>Pray for those seeking to grow in faith</i> Reading: Luke 5:16</p>

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<p>21. Gratitude Write down three things that you are grateful for today. <i>Pray for key workers</i> Reading: 1 Thessalonians 5:16-18</p>	<p>22. Phone a friend Pick up the phone to someone you haven't spoken to for a while. <i>Pray for those in care homes</i> Reading: Colossians 3:12</p>	<p>23. Donate to the food bank Add a few extra items to your shopping basket or donate online to the food bank. <i>Pray for those who are hungry</i> Reading: Matthew 14:13-21</p>	<p>24. Be mindful Stop and be fully present in the moment. Listen to the birds, really taste that sip of coffee or tea. <i>Pray for our Boys' and Girls' Brigades</i> Reading: Psalm 46:10</p>	<p>25. Food for thought Take a look at your shopping list and see if you can swap anything for something produced locally or a Fairtrade product. <i>Pray for the homeless</i> Reading: James 5:4</p>
<p>26. Go the extra mile Go a little further when it comes to encouraging someone, surprising someone or praying for someone today. <i>Pray for refugees and asylum seekers</i> Reading: Matthew 10:42</p>	<p>27. Make a stand Sign a petition or write a letter to your MP about an issue that you care about. <i>Pray for those who live in fear</i> Reading: James 2:14-18</p>	<p>28. Reconciliation Are there any relationships in your life which need restoring? Pray over them and take a step towards reconciliation if you can. <i>Pray for broken relationships</i> Reading: 2 Corinthians 5:17-19</p>	<p>29. Inner voice We are often our own harshest critic. Write down three things that you like about yourself. <i>Pray for teachers and students</i> Reading: John 15:9</p>	<p>30. Prayer walk If you're heading out for a walk today, pray for your neighbours and the businesses you pass along the way. <i>Pray for our neighbours</i> Reading: Matthew 22: 37-39</p>
<p>31. Shout-out Take the time to say thank you to someone or acknowledge their efforts. <i>Pray for our Church Council</i> Reading: Proverbs 3:27</p>	<p>32. Clean-up If you're out for a walk today, take a pair of gloves and pick up a few pieces of litter. <i>Pray for those whose service often goes unnoticed</i> Reading: 1 John 3:18</p>	<p>33. Captive We are called to love those who are captive. Can you pray for someone in prison, or find a practical way of giving hope? <i>Pray for those who are in prison</i> Reading: Matthew 25: 34-36</p>	<p>34. Share something you love Do you have a favourite book that someone else might enjoy or a recipe to share? How can you share something you love today? <i>Pray for scientists</i> Reading: Acts 4:33-35</p>	<p>35. Get outside We all feel better for a little fresh air. Spend a few moments outside today. <i>Pray for those awaiting medical treatment</i> Reading: Genesis 1:31</p>
<p>36. Habit Can you commit to making it a daily habit to do something positive? <i>Pray for those who are part of our wider church family</i> Reading: Galatians 6:9</p>	<p>37. Forgive yourself We've all done things that we regret but sometimes we hold on to those regrets. Let go of regret and forgive yourself. <i>Pray for vulnerable people</i> Reading: Ephesians 1:7-8a</p>	<p>38. Commit Find a charity that supports a cause that is important to you and commit to give regularly. <i>Pray for those living with poverty</i> Reading: Mark 12:41-44</p>	<p>39. Forgiveness Is there someone that you need to forgive? Can you make a conscious decision to do so? <i>Pray for those who we struggle to get along with</i> Reading: Matthew 18:21-22</p>	<p>40. Share the love How can you share God's love with someone else today? <i>Pray for family and friends</i> Reading: John 3:16</p>

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