

40 acts

Monday 27 March

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our scripture for this week: Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.'

John 11:25-26

Today's 40 Acts challenge is: Give someone your time and really listen to them today.

Lord,
help me today to focus on other people
rather than on myself.
Give me ears to hear their words
so that I may grow in understanding
of each person you place before me.
May I learn from them and so become closer to you.
All: May those around us come to know and believe in you
through our own generous acts of kindness this Lent.
Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

40 acts

Tuesday 28 March

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our scripture for this week: Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.'

John 11:25-26

Today's 40 Acts challenge is: Remember to say 'thank you' to everyone who does something to help you today.

Lord,
I give thanks for those
who look for the best in me
and for all whose love and kindness
encourage and support me in my life.
I place in your care
those through whom I am made aware of your love.
Bless them and fill their lives with your love.
All: May those around us come to know and believe in you
through our own generous acts of kindness this Lent.
Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

40 acts

Wednesday 29 March

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our scripture for this week: Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.'

John 11:25-26

Today's 40 Acts challenge is: Take a break from devices today and have conversations with the people you see instead.

Lord,
sometimes we can spend so much time looking at our phones,
that we forget to look up and see the people around us
who need our time and attention.

Help us today to focus on the people we see,
that we may truly present to listen to them
and leave other distractions aside.

All: May those around us come to know and believe in you
through our own generous acts of kindness this Lent.
Amen.

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

40 acts

Thursday 30 March

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our scripture for this week: Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.'

John 11:25-26

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

40 acts

Friday 31 March

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Our scripture for this week: Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.'

John 11:25-26

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.