

## **40 acts**

Monday 13 March

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

Our scripture for this week: Jesus said to the Samaritan woman,  
'Whoever drinks this water will get thirsty again; but anyone who  
drinks the water that I shall give will never be thirsty again.'

Today's 40 Acts challenge is: Say a prayer for someone who needs it  
today.

Lord,  
today we bring before you someone who is in need of prayer.  
We take a moment in silence to think of someone who is ill,  
or suffering, or finding life difficult at the moment.

*(pause)*

Lord, we pray for those in need of your help this day.  
Surround them with your love  
and grant them the strength they need.  
May they know the power of our prayers.  
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 14 March

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

Our scripture for this week: Jesus said to the Samaritan woman,  
'Whoever drinks this water will get thirsty again; but anyone who  
drinks the water that I shall give will never be thirsty again.'

Today's 40 Acts challenge is: Use your phone and social media in a  
positive way today. #BeKind

Lord,  
thank you for the good gifts of technology and social media  
through which we can create, communicate,  
learn and glorify you.

Help me to be wise in the words I use,  
words that encourage and build others up,  
so that they may know that they are made  
in your image and likeness.

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 15 March

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

Our scripture for this week: Jesus said to the Samaritan woman,  
'Whoever drinks this water will get thirsty again; but anyone who  
drinks the water that I shall give will never be thirsty again.'

Today's challenge is: Replace negative words with positive ones  
today.

Lord,  
we ask you to take away any feelings of bitterness towards others,  
and inspire us to be generous and positive,  
that we may be more able to see the good in others.  
Help us to develop our own talents and abilities more fully,  
and praise others for the good use of theirs.  
Help us to appreciate people more for who they are.  
Amen.

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

**40 acts**

Thursday 16 March

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

Our scripture for this week: Jesus said to the Samaritan woman,  
'Whoever drinks this water will get thirsty again; but anyone who  
drinks the water that I shall give will never be thirsty again.'

Today's challenge is: Catch up with someone you haven't spoken to  
in a while today.

Lord,  
you have blessed us,  
with the gift of relationships.  
We thank you for such a blessing  
of those with whom we share our lives.  
Help us to strengthen our bonds of relationship today  
by reaching out to someone.  
May our words be a blessing to them,  
and may they in turn be a blessing to us.  
In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

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

**40 acts**

Friday 17 March

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

Our scripture for this week: Jesus said to the Samaritan woman,  
'Whoever drinks this water will get thirsty again; but anyone who  
drinks the water that I shall give will never be thirsty again.'

Today's 40 Acts challenge is: Find the positive in everything today  
(don't be grumpy!)

Today is a new day, loving God,  
with an opportunity for a fresh start.  
This day offers us a great potential  
to learn and to grow in your love.  
Help us to carry a positive attitude  
through everything we do today  
and so make a difference  
to the lives of others and to ourselves.

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**

Monday 20 March

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

Our scripture for this week:

Amen.

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

**40 acts**

Tuesday 21 March

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

Our scripture for this week:

Amen.

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

**40 acts**

Wednesday 22 March

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

Our scripture for this week:

Amen.

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



**40 acts**

Thursday 23 March

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

Our scripture for this week:

Amen.

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

**40 acts**

Friday 24 March

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

Our scripture for this week:

Amen.

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

**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:

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:

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:

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:

Amen.

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:

Amen.

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