

40 acts

Monday 6 March

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

Our scripture for this week: Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. ... And from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

Matthew 17:1,5

Today's 40 Acts challenge is: Include someone today who is on their own.

Creator God,
all of us have felt lonely at some time in our lives
and we know the sadness that loneliness brings.
Help us today and every day
to notice those who are on their own
and give us the courage to speak to them.
May we always remember
that every human person is made in your image.

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 7 March

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

Our scripture for this week: Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. ... And from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

Matthew 17:1,5

Today's 40 Acts challenge is: Follow instructions without complaining.

God,
grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

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 8 March

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

Our scripture for this week: Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. ... And from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

Matthew 17:1,5

Today's 40 Acts challenge is: Make an effort not to interrupt anybody today when they are speaking and be polite to everyone you meet.

Lord,
In my conversations today
help me to listen without speaking,
to truly hear what another person has to say.
Help me to value the opinions of others
and be willing to listen
with respect and understanding.

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 9 March

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

Our scripture for this week: Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. ... And from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

Matthew 17:1,5

Today's 40 Acts challenge is: Help somebody else with their work today.

Lord,
help us to recognise the many talents we have been given
and put them to use today for the good of others.
Where we are able to offer help,
may we do so with humility and kindness.

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

Friday 10 March

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

Our scripture for this week: Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. ... And from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

Matthew 17:1,5

Today's 40 Acts challenge is: Treat everyone you meet today with respect – family, friends, peers and adults.

Lord,
we ask you to open our eyes
that we may value and appreciate all people,
recognising what we have in common
rather than focusing
on what our differences might be.
Inspire us to distinguish
between what is important
and what is not,
and open our minds and hearts
that we may always be people of good will
who bring life and joy to others.

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.