























The Rhythm of Life – Relationships - A Journey for Lent 2022 - Weekends

Month	Day	Date	Habit	Action	Tick when done	
Parent(s) / Carer(s)						
March	Saturday	5 th		Encourage	Today, tell your parent(s) / carer(s) about the difference they make to your life. Tell them about what you have learned from them and how it has helped you grow.	
	Sunday	6 th		Pray	Today, pray for your parent(s) / carer(s). Pray for what worries them, the challenges they face and to have the strength to meet them. Pray thankfully for all that they are and do for you.	
	Work / School					
	Saturday	12 th		Pray	Today, pray for your school / work and those who work there. Thank God for those in charge and pray that they can do their jobs well. Pray for those who work closely with you, for example teachers or work colleagues. Thank God for successes and pray for any challenges or difficulties the organisation might face.	
	Sunday	13 th		Create	Today, think of and create some way of representing what your school / work means to you. It could be a picture, a model or something else. If you like, you could share it with someone at school and explain its significance.	
	The Environment					
	Saturday	19 th		Share	Today, take time to share the outdoors with someone today. Go on a walk together or take part in a sport. Talk about what it is you enjoy about being outside.	
	Sunday	20 th		Create	Today, create something, for example a poster, to show people a change they can make at home, work or school that will have a positive environmental effect.	
	Yourself					
	Saturday	26 th		Reflect	Today, take a bit of time to think about a memory that is very special to you and then something that you are looking forward to in the future. Do you think the past or the future is more important?	
Sunday	27 th		Celebrate	Today, write a diary entry or draw a picture of something to celebrate such as a skill you've learned or got better at this year so far. How do you feel?		
Saturday	2 nd		Review	Today, think back over the last seven days. What have you learnt about yourself and this relationship? What might you now do differently going forward?		
Friends						
Sunday	3 rd		Reflect	Today, think about why good friends are important. How do your friends support you, help you and bring you joy? What sort of friends are you to them?		

Saturday	9 th		Rest	Today, take time to rest. Take some time for yourself as a reward. Do something you enjoy, noticing the pleasure it brings, and be thankful for it.	
Palm Sunday	10 th		Review	Today, think back over the last seven days. What have you learnt about yourself and this relationship? What might you now do differently going forward as Holy Week starts?	
God / the Spiritual					
Monday	11 th		Reflect	Today, as we continue into Holy Week, think about how Jesus cleared the temple because he was angry with those who were not using it properly. What makes you angry and how do you manage it?	
Tuesday	12 th		Encourage	Today, as we continue through Holy Week, think about this bible verse that says, 'encourage one another and build each other up' (1 Thessalonians 5:11). How do you think believing in God encourages people to act differently? Can you encourage someone close to you today?	
Wednesday	13 th		Create	Today, as we continue through Holy Week, think about how art inspires people. Find a beautiful picture online and think about what inspired the artist to create it. (One to try could be 'The Light of the World' by William Holman Hunt. Why might he have painted it? What questions would you ask him?)	
Maundy Thursday	14 th		Share	Today, as we continue through Holy Week, we remember that Jesus had a special meal with his friends. Make or prepare some food to share with family or friends today. What makes a meal 'special' for you?	
Good Friday	15 th		Pray	Today, Christians all over the world remember how Jesus died on the cross. See if you can find any of the special prayers for Good Friday that are used today or you could write one of your own.	
Easter Saturday	16 th		Rest	Today, take time to rest. Take some time for yourself as a reward. Do something you enjoy, noticing the pleasure it brings, and be thankful for it.	
Easter Sunday	17 th		Celebrate	Today is the biggest day in the Christian year as Christians all over the world celebrate the resurrection of Jesus and how that gives them joy and hope for every day. See if you can find out how your local church is celebrating today or ask someone about their memories of Easter over the years. What gives you joy today?	
Monday	18 th		Review	Today, think back over your journey through Lent. What have you learnt about yourself and your relationships? What might you now do differently going forward?	