

Lent is a time when we pray, do kind things for other people, give up things and give to others, as we prepare to celebrate the great feast of Easter.

For forty days, we accompany Jesus on his journey to Calvary and we see the mercy he shows towards others, despite his suffering. Just as God shows mercy towards us, like Jesus, we try to show mercy to others.

This Lent, we are also making our journey alongside families around the world living in poverty; especially those who do not have the basic things they need like enough food or clean water.



Prayers for reflection during Lent:

Loving and compassionate God,
teach us to show love and mercy to each other.
As we begin our journey through Lent, inspire us to be generous and kind.
Through our joy, patience and kindness, may we help to build a better world.
Amen.

Loving God,
We think of our neighbours around the world who live in poverty.
May our gifts, prayers and actions this Lent support them as they work to improve the lives of their communities.
Together, may we build a better world where everyone has the basic things in life, like food and clean water.
Amen