

"This Lent, we hope both adults and children might engage in God's plea for us to "Care for Creation". If many of us do little things, they can add up to make a big difference."

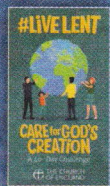
Archbishop Justin Welby &
Archbishop John Sentamu

God has given us a wonderful world to enjoy, but also to protect. **#LiveLent: Care for God's Creation** – **For Kids** will help children and their families learn more about the amazing gift of God's creation and how we can care for it better.

For the 40 days of Lent there is a daily challenge to help you honour and treasure the earth, plus weekly short prayers and Bible readings on creation themes.

Find out about all the ways you can be involved in the **#LiveLent** challenge, including booklets for adults, all-age activities and ideas for churches at: www.churchofengland.org/livelent

#LiveLent: Care for God's Creation is the Church of England's Lent Campaign for 2020. It has been inspired and informed by the Archbishop of Canterbury's 2020 Lent Book, *Saying Yes to Life* by Ruth Valerio (SPCK).



Adults' version
also available:
**#LiveLent: Care
for God's Creation**

 **CHURCH HOUSE
PUBLISHING**
www.chpublishing.co.uk

ISBN: 978-1-78140-173-6



9 781781 401736

#LIVE LENT CARE for GOD'S CREATION

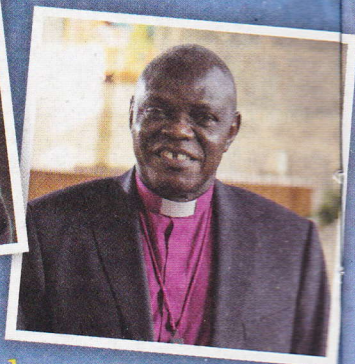
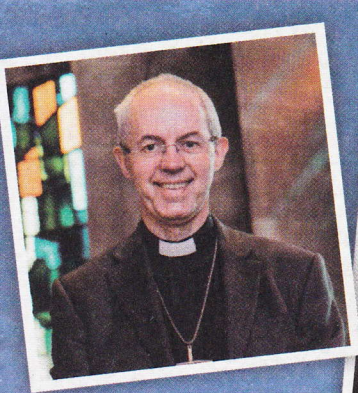
**FOR
KIDS**



A 40-DAY CHALLENGE



THE CHURCH
OF ENGLAND



Introduction by the Archbishops of Canterbury and York

Lent is a time for reflection, a moment where we can turn away from the luxuries and distractions of daily life and face God. In so doing we face light, love and life.

Facing God makes Lent a time for renewal. God has entrusted us to look after his wonderful creation. We are called to care for and honour God's creation as a way of delighting in its Creator. We are also called to care for our brothers and sisters all over the world who face having their families uprooted and their livelihoods destroyed by the effects of climate change.

This Lent, we hope both adults and children might engage in God's plea for us to "Care for Creation". It is an opportunity for us to rebuild our relationship with our planet, and with the God who is Lord of everything. During this time, we hope you might spend time praying, learning more about the remarkable world we have been given and building habits that last beyond the season to protect and honour the earth.

The daily actions suggested here – and the reflections in the accompanying booklet for grown-ups – provide you, your family and your church with an opportunity to come together to meet with God and rejoice in the beauty of God's creation. There are so many ways to be involved with this year's #LiveLent. Why not download the free app, get a group to pray together, or do some of the activities as a family?

Many Christians use Lent as an opportunity to give something up, to remember that Christ went without during his time in the wilderness. Perhaps you could consider giving something up as well to help the environment: maybe you could use less plastic, use less water or save electricity by turning off lights. If many of us do little things, they can add up to make a big difference.

*Archbishop Justin Welby &
Archbishop John Sentamu*

#LiveLent: Care for God's Creation is the Church of England's Lent Campaign for 2020.

The contents of this booklet (and the accompanying version for adults) have been inspired and informed by the Archbishop of Canterbury's Lent Book 2020, *Saying Yes to Life*, written by Ruth Valerio of Tearfund and published by SPCK.

Church House Publishing would like to express our warmest thanks to Ruth Valerio and to SPCK for allowing us to develop these #LiveLent resources and we hope they will encourage many to go on to read *Saying Yes to Life*.

Published 2019 by Church House Publishing
www.chpublishing.co.uk

Church House, Great Smith Street, London SW1P 3AZ

Copyright © The Archbishops' Council 2019.

Single copy ISBN 978 1 78140 173 6

Pack of 10 ISBN 978 1 78140 174 3

Pack of 50 ISBN 978 1 78140 175 0

This content of this booklet has been inspired and informed by *Saying Yes to Life: The Archbishop of Canterbury's Lent Book 2020* written by Ruth Valerio and published by SPCK, which is copyright © 2019 Ruth Valerio.

Bible readings are taken from *The New Revised Standard Version (Anglicized Edition)*, copyright © 1989, 1995 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. All rights reserved.

The opinions expressed in this book do not necessarily reflect the official policy of the Archbishops' Council or the General Synod of the Church of England.

All rights reserved. No part of this publication may be reproduced or stored or transmitted without written permission from copyright@churchofengland.org

A catalogue record for this publication is available from the British Library.

Design by www.penguinboy.net



Printed in Great Britain by Ashford Colour Press on recycled paper made from 100% post-consumer waste.

How to use this booklet

There are 40 actions, one for each of the forty days in Lent, plus one for Easter Day.

For each week (starting on Sunday from Week 1 onwards) there is:


- A **theme**, based on the days of creation as described in Genesis Chapter 1
- A very short **passage from the Bible**
- A **prayer** for use throughout the week.

For each day (Monday to Saturday) there is a **theme** and a **challenge**. On some days there are suggestions of practical changes you and your family might take to help the environment. On others there are challenges to find out more about creation, to explore the Bible, to reflect and to pray.

How many challenges can you do?

There is also an accompanying booklet for grown-ups, *#LiveLent: Care for God's Creation*, which also includes daily readings and reflections, as well as a free app.

You can find links to all the print and digital resources for #LiveLent at:
www.churchofengland.org/livelent



From Ash Wednesday to Lent 1 **BEGINNINGS**

READ: Psalm 100

*Make a joyful noise to the Lord, all the earth
... Know that the Lord is God. It is he that
made us, and we are his ...*

During Lent we prepare to celebrate Easter, when Jesus rose from the dead to bring new life and hope to the whole world. This week's challenges encourage us to remember that God created and cares for the whole world, and wants us to care for it, too.

PRAYER FOR THE WEEK

Thank you, God, for making this wonderful world. Be with us this Lent and help us to love you and to care for your creation. Amen.

Ash Wednesday to Lent 1

BEGINNINGS

Ash Wednesday

Give up something to help the environment

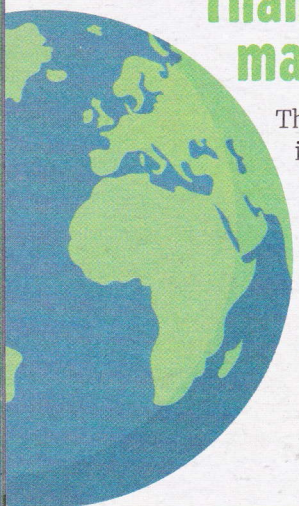
During Lent we remember that Jesus spent 40 days going without food and comfort in the wilderness. Could you give up something this Lent that would save electricity, plastic, waste or water?



Thursday

Thank God for making the world

The Bible shows us that God is not only concerned about the people he has made but about the whole of creation. Thank God for giving life to everyone and everything – perhaps find a hymn or a song to sing.



8

Friday

Pray for the needs of our world

Jesus began his work saying that he was sent “to bring good news to the poor”.

Christians are called to pray and work for a fairer world. This includes taking care to protect the life of the whole earth, including its animals and plants.




Weekend

Look after something living this weekend

Spend time planting some seeds, taking care of a pet or feeding the birds, remembering that God made and cares for all things.



9

An illustration on the left page of a double-page spread. It shows two stylized figures on a green grassy field. On the left, a person with dark skin and short hair, wearing an orange long-sleeved shirt and dark pants, holds a large white circle with a green leaf inside. On the right, a person with a beard, wearing a yellow hard hat, an orange safety vest over a white shirt, and dark pants, carries a large solar panel. In the background, two white wind turbines stand against a dark blue sky with a few white clouds.

Week 1 **LIGHT AND ENERGY**

READ: Genesis 1.1-3

In the beginning ... darkness covered the face of the deep ... Then God said, "Let there be light"; and there was light.

Our reading reminds us that all light – and all life – comes from God. This week's actions help us think about how we use light and energy and how to make small differences that will help us and others.

PRAYER FOR THE WEEK

Thank you, God, for the light and energy that we use every day. May all countries act swiftly to reduce energy use and combat climate change. Help us to make small differences where we can. Amen.

Week 1

LIGHT AND ENERGY

Monday

Notice light around you

Sit and watch the sunlight, a lightbulb or a candle and think about the difference that light makes to our lives.

Tuesday

Make small changes

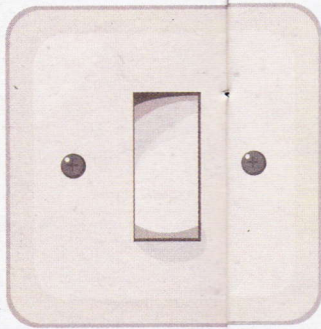
Little things add up to save a lot of energy. Turn lights off when you leave a room. Turn off chargers once mobile devices are charged.

Wednesday

Walk in the light

Walking or cycling – rather than driving – are good for our health and for the environment. Can you make one extra journey on foot, bike or scooter today?

12



Thursday Let your light shine

Jesus calls us to share his light with the world. Can you suggest ways your family, school or church could take better care of creation?

Friday

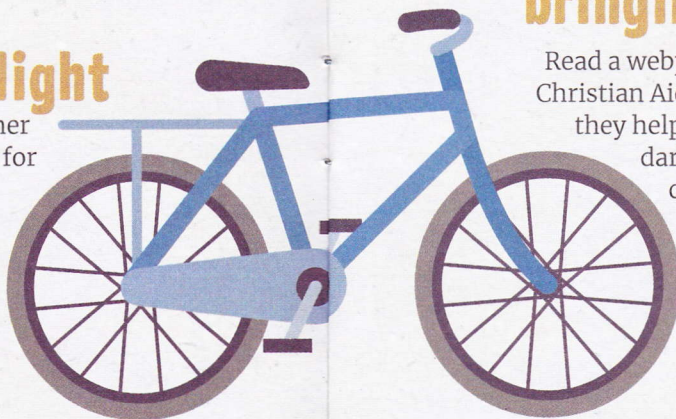
Give thanks for light and warmth at home

Almost a billion more people now have electricity at home than did ten years ago. Thank God for this progress, and for your own home, too.

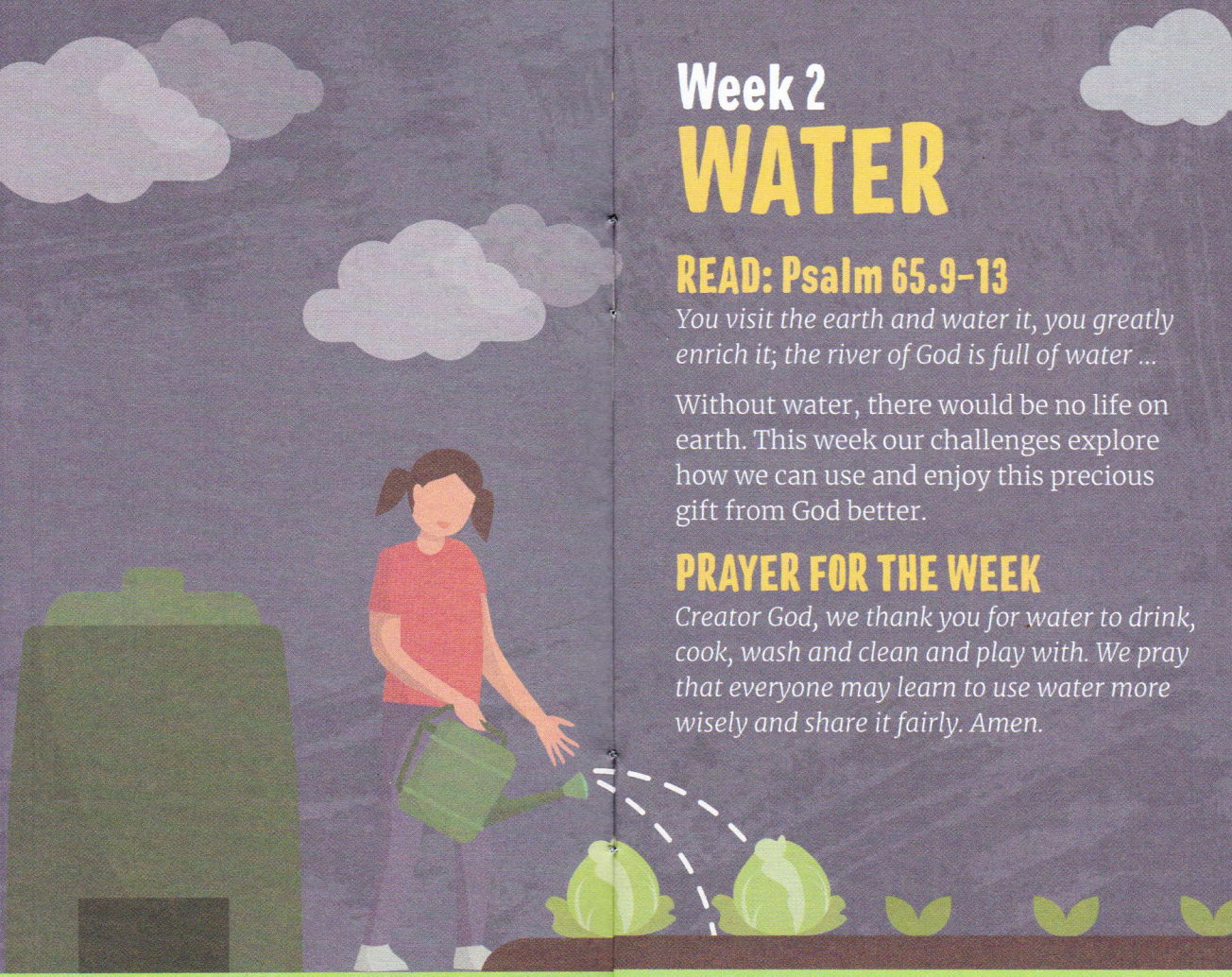
Weekend

Help those bringing hope

Read a webpage for a charity like Christian Aid or Tearfund. How do they help to bring light into dark situations, such as countries badly affected by climate change?



13

An illustration of a young girl with brown hair in pigtails, wearing a red t-shirt and purple pants, watering two green plants in a garden bed. She is holding a green watering can. To her left is a large green bush. The background is a dark blue sky with white clouds. The ground is green.

Week 2 WATER

READ: Psalm 65.9-13

You visit the earth and water it, you greatly enrich it; the river of God is full of water ...

Without water, there would be no life on earth. This week our challenges explore how we can use and enjoy this precious gift from God better.

PRAYER FOR THE WEEK

Creator God, we thank you for water to drink, cook, wash and clean and play with. We pray that everyone may learn to use water more wisely and share it fairly. Amen.

Week 2

WATER

Monday

Give thanks for water

Whenever you see or use water today, thank God for this amazing gift we often take for granted.

Tuesday

Find out about "virtual water"

How much water does it take to make a pair of jeans?
Or a hamburger? Research online and share what you find.

Wednesday

Care for local waterways

Where are the canals, rivers, ponds or beaches in your area? Ask if your school, church or other local group could organize a clean up.

16

Thursday

Check your cupboards

With a parent or carer, go through your bathroom and kitchen cupboards. Could at least one or two products be switched for others with fewer harmful chemicals?

Friday

Don't give up hope

Pray for people already experiencing damaging climate change. Pray for them, and ask God to bring hope and courage to those trying to help them.

Weekend

Support a water charity

Find out about charities providing clean water and toilets in poor communities. Could your school or church raise money for their work with a bake sale?





Week 3 LAND AND PLANTS

READ: Genesis 1.9-13

The earth brought forth ... plants yielding seed of every kind, and trees of every kind ... And God saw that it was good.

Psalm 24 begins "The earth is the Lord's and all that fills it". This week we explore the trees and plants that fill the earth. Our challenges this week encourage us to do more to enjoy nature and to help protect it.

PRAYER FOR THE WEEK

Loving Father, we praise you for the beauty and plenty of nature. Help us to do all we can to protect plants and trees and to tread more gently on the earth. Amen.

Week 3 LAND AND PLANTS

Monday

Get in touch with nature

Spend time outside noticing any plants, trees and wildlife. Go for a walk. Get wet. Dig the earth.

Tuesday

Find out how trees help the planet

Trees do so much to support other life around them: people, animals and plants. Research the different ways they do this.

Wednesday

Save paper – and trees – today

Think of ways you, your class or your family could use less paper.

Make sure you use both sides of the page and recycle all you can.

20



Thursday

Pray for people leading action on the environment

Pray for those who are working hard to encourage changes that will help to tackle climate change and conserve the natural world.

Friday

Prune your stuff

Sharing and re-using things is good for the environment. Do you have unwanted things like toys or games you could give to a friend, or donate to a charity shop?

Weekend

Remember to take a break!

This weekend includes Mothering Sunday, the half-way point in Lent. Enjoy a break and treat yourself (as well as those who care for you) this weekend!

21



A stylized illustration of the sun, moon, and Earth against a dark purple starry night sky. The sun is a large yellow circle with a jagged, sawtooth-like edge in the top left corner. The moon is a white circle with grey spots representing craters, positioned in the upper middle. The Earth is a green and blue globe showing continents and oceans, located in the bottom left corner. The background is a deep purple with numerous small yellow dots representing stars.

Week 4

STARS AND SEASONS

READ: Psalm 104.1-4, 19-23

You have made the moon to mark the seasons; the sun knows its time for setting. You make darkness, and it is night, when all the animals of the forest come creeping out.

The movements of the sun, moon and stars divide our time into patterns of day and night, seasons and years. This week we explore how these patterns can help us draw closer to God and to the natural world.

PRAYER FOR THE WEEK

Heavenly Father, help us to know your loving presence with us through day and night, and in every season of our lives. Amen.

Week 4 STARS AND SEASONS

Monday Start and end your day with a prayer

Jesus taught his followers to pray every day. When you wake up, ask God to bless your day. And thank God before you go to sleep.

Tuesday Gaze at the night sky tonight

With a parent or carer, spend some time tonight (or on the next clear night) enjoying the wonder and beauty of the night sky.

Wednesday Praise God for the wonders of creation

Look up the words of a hymn, worship song or psalm that praises God for creation. Perhaps you have sung one at a Harvest Festival?

24



Thursday Notice the changing season

What signs of spring do you notice today? Think of things you enjoy about the different seasons and festivals of the year and thank God for them.

Friday Find out why darkness is good

God declares both day and night to be good (Genesis 1). Research out online why dark skies are so important to so many animals.



Weekend Plant something this weekend

Plant some seeds or seedlings inside or outside. Notice how they respond to night and day and the coming of spring in the weeks ahead.



25



Week 5

CREATURES OF SEA AND SKY

READ: Genesis 1.20-23

And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky."

Our world is home to over 30,000 species of fish and 10,000 species of birds. God has filled the air and the seas with a dazzling variety of creatures and God sees that they are good.

PRAYER FOR THE WEEK

Lord of sea and sky, we bless you for the wonders of creation. May the people of the world act together to ensure the oceans and the air are protected rather than polluted. Amen.

Week 5 CREATURES OF SEA AND SKY

Monday Explore the wonders of the deep!

Watch a nature documentary or research online to discover more about the life of our oceans – and thank God for the wonders of his creation.

Tuesday Can you use less plastic?

Too much plastic is ending up in the sea and endangering sea creatures big and small. Think of ways you and your family could use less.

Wednesday Read about Jesus and the amazing catch of fish

Fish make plenty of appearances in the Bible. Read how Jesus helped Simon Peter and his friends make an unexpected catch of fish in Luke 5.4-11.

28

Thursday Look at the birds of the air

Watch – and listen – out for birds today. Bigger cities and changes to farming mean there are many fewer than a few decades ago.



Friday Feed the birds

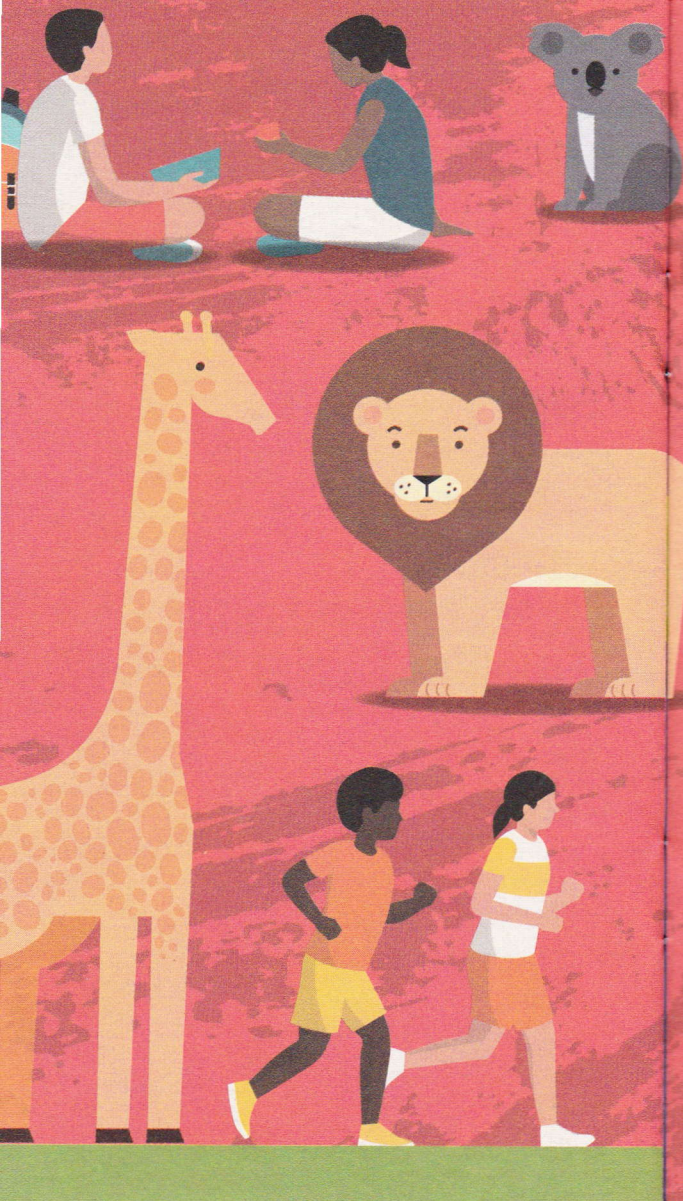
Jesus tells us that God not only cares about every person but even the smallest sparrow. Can you put out some food and water for the birds today?

Weekend Decorate some real eggs for Easter

Eggs remind us of new life and they play a big part in many Easter celebrations. Why not blow and paint some eggs this weekend?*

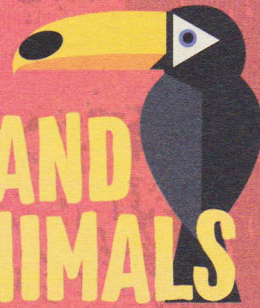
*Find out how at cofe.io/eggs





Week 6

HUMANS AND OTHER ANIMALS



READ: Genesis 1.24-31

And God said, "Let the earth bring forth living creatures of every kind ..."

Then God said, "Let us make humankind in our own image ..."

In Holy Week – the last week of Lent – we turn to humans and to the other animals God has made and seen as good. Our challenges are designed help us care for other creatures and to remember that every single person is special to God.

PRAYER FOR THE WEEK

Father, help us to follow your Son Jesus in loving and serving other people, and in caring for the animals and the earth you have entrusted to us.
Amen.



Week 6 HUMANS AND OTHER ANIMALS

Monday

Notice the animals around you



Count how many different creatures you encounter – pets, wildlife or farm animals – today and during this week.



Tuesday

Care for the animals who share our homes

God calls people to share in the work of caring for other creatures. Can you help feed or care for a pet – yours or a friend's – today?

Wednesday

Explore Bible stories featuring animals

The Bible shows us a God who loves and longs to save the whole world. Can you think of any Bible stories that feature animals?

32

Maundy Thursday Be thankful for the food you eat

Today Christians remember Jesus sharing a last meal with his friends before he died. Be thankful for the meals you share and try not to waste any of them.



Good Friday

Remember how Jesus suffered for the world

Spend some time remembering that Jesus died on Good Friday. And ask God to be close to all those who are suffering in the world today.



Easter Eve

Write your own prayer for our world

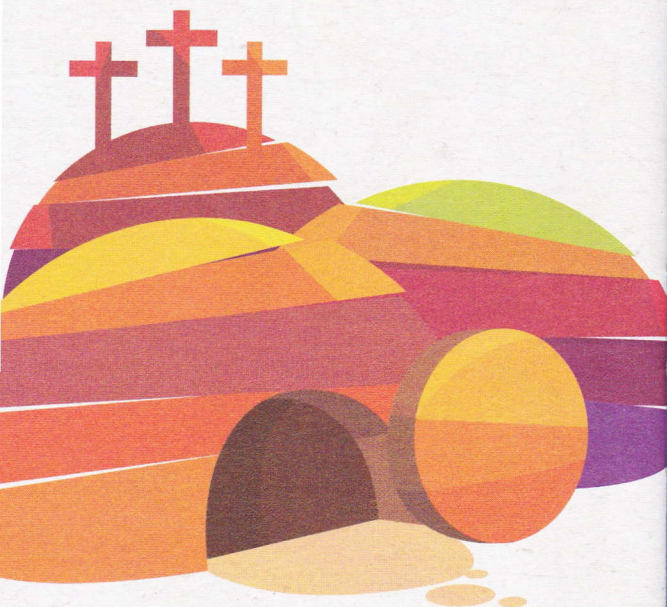
After 40 days thinking about God's creation, what do you want to pray for our world? Why not write it down and share it?

33

Easter Day CELEBRATE NEW LIFE

On Easter Day – and on every Sunday – Christians all over the world gather to remember that Jesus has died and risen again to bring peace between the whole world and God.

If you can, join your local church family in celebrating the new life and hope that Jesus' resurrection brings to the whole of creation.



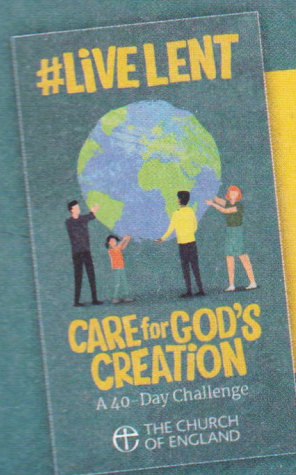
We hope you have
enjoyed this
#LiveLent journey.

Try to make time over Easter to look back over the challenges of the last 40 days. Hopefully you have been able to do lots of them – and don't worry if you didn't manage them all!

Can you identify some actions you could keep going beyond Lent?

Can you think of other things that could help you and your family care for God's creation?

Can you think of anything your church or school could be doing? Why not write a letter to your headteacher or vicar.



Also available from
Church House
Publishing:

A version of the
#LiveLent challenge for
adults, with daily short
readings and reflections.

ISBN 978 1 78140 167 5