

Explore It TOGETHER



HEALTHY SOUL

 **Luke 4:1-13 Jesus in the wilderness**

Here are some ideas and activities you could do as a family



Read

At the start of Lent, perhaps after making your pancakes, reread the story of Jesus going into the wilderness again together and discuss how each of you are going to be closer to Jesus this Lent. Are you going to give something up or do a new thing?



Investigate

Explore different ways Christians around the world mark the period of Lent. Come ready to share your ideas next week.



Share

This week is Random Acts of Kindness Week. If you look on its website you'll find lots of ideas for spreading kindness to others. Have a look as a family and try a few. Which ones are most meaningful for you? Which ones could you make a habit?



Pray

It has probably been a long time for many people since they have been able to be with groups of people as we were used to. Have you got any photos you can share together of the people you spent time with? For example different community and church groups, clubs and activity groups ... As a family pray for the different friends and family in the pictures.