

Connect with God's creation over Lent

As we begin the season of Lent this week, Lord, open our eyes each day to see something new and wonderful in your world, so we may choose to be more considerate towards your creation during this time of reflection and beyond.

Week One – Bring nature into your home or garden. What could you grow inside your home, in the garden or even at church? Plant a herb or flower as a reminder of our responsibility to steward God's earth. As you tend to this plant, prayerfully ask God how you might nurture nature better at home over the Lent period and beyond.



Week Two – Connect with creation in a new way. Time spent enjoying God's creation will help set your mind and seek the things that are above. Bring your sketch or note book, your Bible, or whatever helps you connect with our heavenly Father. Or perhaps God is inviting you to just bring yourself (with some extra layers!). Note all the signs of the season. Use this time to reflect on the changing season and what we can be thankful for.



Week Three – Discover the great outdoors with company. Meet up with a friend or several for an extended or brisk wintery walk together. You could visit an outstanding area of beauty in the UK or keep it local and soak up the seasonal sights on your doorstep in your nearest green space. Bring along a notepad and pens to write about or draw something that inspires you in nature and share your ideas and reflections.



Week Four – Plan a Wild Time! Plan something **completely** wild in nature for later this year. Experience kayaking, wild camping, forest school, forest church... Make sure to take the opportunity to **really** enjoy what nature has to offer beyond Lent. Break out of your normal routine and join a volunteer work party or take to the water for wild swimming. Whatever you do – do something different and have fun!



Week Five – Join us to protect and restore nature together. How can we make small changes in our everyday lives that can make a big difference to others and for your world? Contribute to positive change as part of an A Rocha UK community, as a church (Eco Church) and as an individual or family (Wild Christian).



Week Six – Be still in nature. During Holy Week, find a quiet spot outdoors and reflect on what Holy Week means to you. Surrounded by the beauty and creativity of nature, the shortcomings of humanity and our need for repentance are often clearer, but so also is the power and timelessness of God. Bring before him your own concerns and the needs of the natural world. Continue to pray with us via our weekly prayer diary at: arocha.org.uk/get-involved/pray



Easter Sunday – The Easter hope of reconciliation is good news for all. May we celebrate anew Christ's commitment in relating to his creation; that the God-man Jesus would enter into the deepest pains and realities of the flesh in order to restore the relationship between Creator and creature. By this restorative work all creation is reconciled to its intended delight, finding peace and mutual flourishing.



Other ways to get involved with A Rocha UK

Keep in touch

bit.ly/aruksignup

Plan a quiz

arocha.org.uk/greenquiz

Include an easy eco tip in your church newsletter each month

arocha.org.uk/get-involved/engage-your-church/

Book a retreat or holiday at one of our Partners in Action

arocha.org.uk/what-we-do/partners-in-action-directory/

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