

Lent

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Colossians 3:13 (NIV)

Creative idea, a wooden cross with salt dough prayers

God gives us unconditional love and He loves each of us the same regardless of our merit. Remember that Christ died for us and will always be there for us, willingly carrying our burdens. Use the dough to represent how God's love has inspired your life in your actions towards others in the world. Now place your shape at the foot of the cross as a symbol of your continued service to Jesus, our Lord.

Standing Cross

These are obtainable from:

- Christian Gift Company
www.thechristiangiftcompany.co.uk
- Love into Action www.loveintoaction.org
- Christian bits www.christianbits.co.uk
And many other places



SALT DOUGH RECIPE

- 1/2 cup of salt
- 1/2 cup of water
- 1 cup of flour
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HOW TO MAKE THE SALT DOUGH

Add the 1/2 cup of salt and 1 cup of flour to a bowl, and stir in the water adding it slowly. You may not need all of the water. You want the dough to be dry. If it gets sticky add more flour. Knead the dough, then flatten out and shape it as wanted.



Once you have made the shapes you want then you need to dry them so you can paint or write on them. Traditionally salt dough is dried in the oven which takes about 3 hours at a low heat so they don't burn. But instead, you can swap your oven for a microwave and microwave on high for approximately 90 secs.

Prayers

We pray for the marginalised people in our society. For the homeless, people who use food banks and those in prison. Help us to support the projects that allow members to walk alongside these people in their time of trouble. May we be generous with our time and provide the resources needed so that we can support this important work.

A Prayer before a crucifix, by *St. Francis of Assisi*

Most High, glorious God,
enlighten the shadows of my heart,
and grant unto me a right faith,
a certain hope and perfect charity,
sense and understanding, Lord,
so that I may accomplish
Thy holy and true command. Amen

At the foot of the cross, in silence, we pray for those who cannot pray, for those who suffer and for everything which troubles our hearts. Lord God, your sacrifice and suffering have made us whole. In silence we pray now for love, for healing and for peace of mind.

In Jesus' name Amen

Take my life, and let it be by *Frances Havergal*

Consecrated, Lord, to Thee;
Take my moments and my days,
Let them flow in ceaseless praise,
Take my will, and make it Thine;
It shall be no longer mine.
Take my heart; it is Thine own;
It shall be Thy royal throne,
Take my love; my Lord, I pour
At Thy feet its treasure-store.
Take myself, and I will be
Ever, only, all for Thee,
Ever, only, all for Thee.

Dear Lord,

Let me reach out and feel your hand to guide me,
so that everything I do this day and in this season of Lent
comes from you and is inspired by you.

Help me to remember that you are the only truth
and to keep my focus on you at the centre of my life. Amen