



Sunday:
Sabbath.



Gratitude.



Tuesday:
Practice gratitude in
community.



Monday:
Create a visual reminder
of God's goodness to you.

Gratitude.

Lent, the period leading up to Easter, gives us the opportunity to remember Jesus' life, death and resurrection. To look with wonder and awe at his life on earth and to sit with the discomfort of his sacrifice, so when it comes to Easter morning, we are ready to rejoice in the resurrection.

In Psalm 107:1-2 we read these words: 'Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story – those he redeemed from the hand of the foe.'

This Lent, we invite you to adopt a simple rhythm of gratitude, to acknowledge and reflect on the goodness of God. With an intentional practice for each day, we hope you will cultivate a grateful heart and a rhythm that will last when Lent is over.



Sunday

Sabbath.

Take time to say thank you to God for his goodness to you this week. Hold before you all the notes of gratitude you have written down. Recall the conversations you have shared. Remember who God is.



Monday

Create a visual reminder of God's goodness to you.

'Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.' (Psalm 107:8)

Today, make a note of all the things you are grateful for. You may want to collect notes in a jar. Or perhaps create a poster of all your thoughts. At the end of the day, read through everything you have noted down and reflect on the goodness of God.



Tuesday

Practice gratitude in community.

'Therefore, encourage one another and build each other up, just as in fact you are doing'. (1 Thessalonians 5:11)

Partner up with a friend, colleague or family member and share what you are grateful for today. Invite them to share what they are grateful for too.



Thursday:
End of day reflection.



Wednesday:
Try gratitude journaling.



Saturday:
Gratitude for the cross.



Friday:
Gratitude for others.



Wednesday

Try gratitude journaling.

'I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.' (Psalm 9:1)

Today, set aside a few minutes to write in a journal. Reflect on the moments throughout your day that have brought you joy, peace or comfort. A kind word from a friend, a task you completed, an answered prayer, a warm cup of tea – write down what you are thankful for and why. Read back what you have written and see how God has blessed you in small and meaningful ways.



Thursday

End of day reflection.

'Whatever is true, whatever is noble, what is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.' (Philippians 4:8)

Dedicate a few minutes before bed to reflect on three things that went well during today and why you're grateful for them.



Friday

Gratitude for others.

'I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.' (Psalm 9:1)

Today, reach out to someone in your life and let them know how grateful you are for their presence, support and the positive impact they've had on you. It could be a friend, a family member, a colleague, or even someone you haven't spoken to in a while. Be as specific as you can.



Saturday

Gratitude for the cross.

'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.' (Romans 5:8)

As you reflect on Jesus' life and journey to the cross in this Lent season, take a moment to kneel in gratitude. Thank Jesus for the ways his sacrifice deeply moves you.