

illuminate #LentChallenge 2021

During Lent (17th Feb to 3rd April) we have put together 7 challenges for you to complete - one for each week. This **#LentChallenge** will get you thinking, moving, giving and praying - helping you to engage with God in new ways. Each challenge lasts the whole week and is really simple.

They will challenge you each day to focus on God and your faith for just a few minutes.

Did you know that it takes just 40 days to create a new habit, so come the end of Lent you will have adopted the habit of thinking about God every. Each challenge is optional, and you can do as much or as little as you want. You can miss a day or even a whole week - but the more you put in, the more you'll get out of it. **We'd love to see you sharing your progress - why not take a photo of how you're getting on with each challenge and send them to hello@illuminatestroud.org.uk , or Instagram tagging [@illuminatestroud](https://www.instagram.com/illuminatestroud)**



Week 1 - 15th Feb

This week we are celebrating Shrove Tuesday, the last day before Lent begins. Traditionally a day for making (and eating!) pancakes because pancakes were a way to use up rich foods before the start of fasting for Lent.

This week's #LentChallenge is to try and make a lightbulb pancake. Recipe details and ideas are included in this pack. And don't forget to share your photos or videos with the team.



Week 2 - 22nd Feb

Lent is traditionally a time of fasting and some people use the 40 days to give something up such as chocolate and replace it with healthier eating. It doesn't always have to be about food; this week's #LentChallenge is to try and cut down on your screen time. Find different ways to spend your time; exercise, cooking or maybe some art.

Week 3 - 1st March

As well as giving things up Lent can be a time to take on new good habits. This week your #LentChallenge is to try a new way to pray. While you are out on your daily exercise find somewhere to stop and pray. Or you could plan a prayer walk with a number of places to stop and spend time with God. Remember: stay safe while you are out.

Week 4 - 8th March

This week's #LentChallenge is to share a positive message with someone that needs one each day. Whether in person, by phone, text, email or social media, how you share the message is up to you. Try and find a different person each day to send a message to.



Week 5 - 15th March

For this week's #LentChallenge Spend some time researching different charities and decide which one you would like to support more – you might even want to sign up to their newsletter or make a donation.

Week 6 - 22nd March

Think about what changes you could make at home to save energy. Turning things off at the plug, turning off lights when you leave a room or only charging things when they run out.



Week 7- 29th March

A chance to be creative with this week's #LentChallenge, write out a Bible verse that you find inspirational or is important to you in some way then decorate around it. Share it with someone else to inspire them too.



What will you carry on doing after Easter?