



# Going Wild in Lent

A SERIES OF REFLECTIONS AND ACTIVITIES  
TO CONNECT WITH CREATION AND GOD

## GOD'S CREATION, OUR WORLD

# Going Wild in Lent

## WEEK 1 - SOIL & SEEDS

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

Plant some cress seeds on a damp tissue. Look at them every day to see how they are growing.



*<sup>9</sup> And out of the ground the Lord God made to spring up every tree that is pleasant to the sight and good for food.*

Genesis 2:9

2

If you have a garden, take a handful of soil, feel it, and smell it. What words would you use to describe it?

God has created an amazing world for us to live in, but so much of it often passes us by because of how small it is! Sometimes the smallest of things can make a big difference; a flower seed grows and brings joy, a tomato seed grows and brings sustenance, all sustained by micro-organisms in the soil invisible to the naked eye. As we begin Lent, what small thing could you start that could, with God's help, be transformed into something bigger that makes a difference to your life and the life of others?

3

Go for a walk and notice all the things that are growing around you, both wild and in people's gardens.

4

A spoonful of good soil has more living organisms in it than there are people on the Earth. Dig up a spoonful of soil, imagine all those tiny life forms that are in it.

5

Many plants simply drop their seeds around them in the autumn. See if you can still find a seed on the ground.

6

Is there something that you could plant now and take care of, either in your garden or a pot?

# Soil & Seed Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

Make a bowl of popcorn from scratch adding salt and/or sugar to taste and enjoy it whilst watching a much-loved film on your television, tablet, or computer. If you cannot make your own popcorn, then buying a bag from the shop will do. As you eat the popcorn, remember how something that started out so small has grown into something that now brings you such joy. Thank God for the small things in life that bring you joy.



## Prayer for Soil & Seeds week

Gather (or go by yourself) to a place where soil is visible; or if you are unable to do that, light a candle inside and place a small amount of soil beside it and some seeds if you have any. Be quiet and reflect on the importance of good soil and seeds to our world. You may then wish to say the following prayers:

*Creator God, thank you for the seeds and good soil in which to grow them. Thank you for the food they provide, the beauty they produce, and the creatures they sustain.*

*Silence is kept*

*Please help people in those places where food is difficult to grow because of poor soil and unfavourable weather. Forgive us for the times when we have forgotten them.*

*Silence is kept*

*Help us to value soil and seeds as part of your creation; not just for what they can give us, but simply because you made them and you love them.*

*In the silence allow the seeds and soil to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*

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## WEEK 2 - FLOWERS

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

See how many different colours of flower you can find. Look at all levels, don't forget - trees have flowers too.



*27 Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.*

*Luke 12:27*

2

Go for a walk. Smell the flowers you find (and can easily reach). How are their scents different?

In flowers we see the variety and complexity of God's creation. In their colours, size, and scent, each is individual and provides its own contribution to the glory of creation. In the intricacies of their petals and their centres, we see each flower is lovingly created and sustained by God. As you venture outside this week, remember that you are uniquely created by God and when we turn to him he shall sustain us in all the complexities of our lives.

3

Find a flower bud. Can you imagine what the flower will look like when it opens?

4

Choose a flower to contemplate. Remind yourself that this flower has value simply because God made it and loves it.

5

Look closely at a flower. Look at the patterns and colours; the number of petals; the connections between the parts of the flower.

6

Watch a flower for a while. Observe how it interacts with the world e.g. wind, insects, rain.

# Flowers Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

Buy yourself a hyacinth or another flowering pot plant and put it in a prominent place in your home. As you nurture it throughout Lent and beyond may it remind you of God's ongoing nurturing of your faith. As it flowers, may its beauty remind you of the beauty of God's grace bestowed onto us.



## Prayer for Flowers week

Gather (or go by yourself) to a place where flowers are growing; or if you are unable to do that, light a candle inside and place a flower or a house plant beside it. Be quiet and reflect on what flowers mean to you and what the world would be like without them. You may then wish to say the following prayers:

*Creator God, thank you for flowers. Thank you for the beauty that they bring to your world, for the life they support, the mental health they sustain, and the part they play in your creation.*

*Silence is kept*

*We are sorry for the times that we have been in such a hurry that we have not taken the time to appreciate the beauty and variety of the world around us in all its complexity and detail.*

*Silence is kept*

*Help us to value flowers as part of your creation; not just for what they can give us, but simply because you made them and you love them.*

*In the silence allow the flowers to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*

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## WEEK 3 - TREES

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

On a walk, touch the trunk of a tree, hug it if you wish. Remind yourself that God made this tree and he loves it just as he loves you.

2

Find an evergreen tree. How would you describe the green of this tree? Be imaginative, use similes and analogies to add to your description.

3

Find a tree with no leaves on it yet. Can you see buds where the leaves will form? Can you see any signs of life on or in the tree?

4

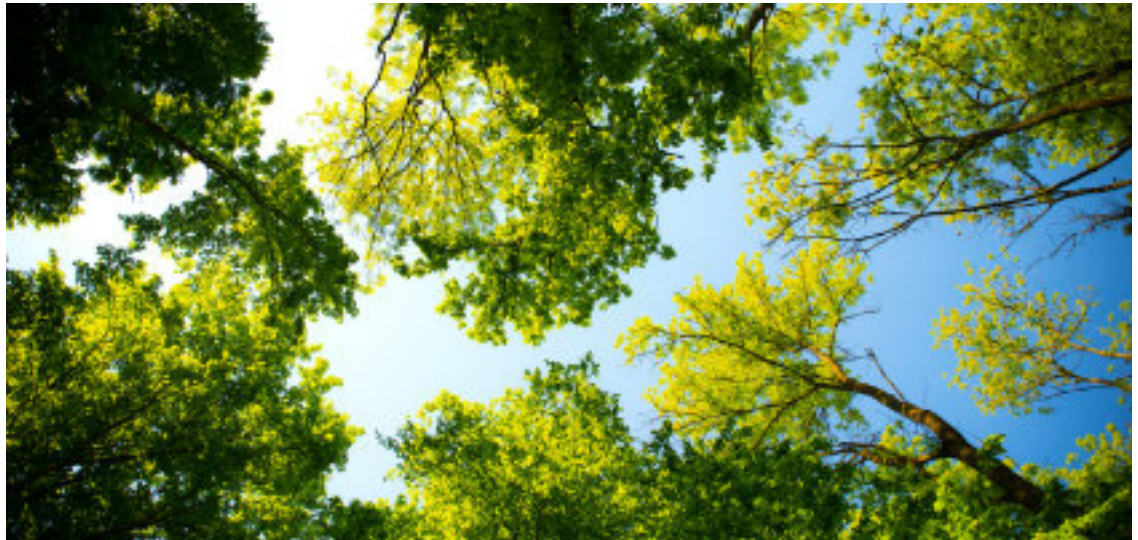
Take a long view and see if you can tell trees apart by the shape of their branches. (You do not need to be able to know what they are, just spot the differences).

5

Take a few minutes to sit (or lean) against a tree. Does the experience speak to you in any way?

6

Look at the base of a tree. Imagine the roots driving down, deep into the ground. Imagine the strength that tree has. What gives you strength?



*<sup>8</sup> He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.*

*Jeremiah 17:8*

Like an iceberg, there is much more to a tree than what we see above the surface. The roots of a tree burrow deep into the ground providing a strong foundation that protect it from all manner of harm and danger. Jesus Christ, as revealed in the Bible, is the foundation of our faith providing us with stability throughout all seasons of our lives so that although we may be shaken, we will not fall. How might you strengthen that foundation this Lent?

# Trees Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

If the weather is nice, go out and find a nice tree to sit underneath for a picnic - bring a chocolate log with you for dessert (or some other similarly branch shaped dessert). If you do not wish to go out for a picnic, bring the picnic inside! Set out a tablecloth and picnic basket on your table, perhaps even place some branches or leaves upon it too. As you enjoy your picnic thank God for his support through all the seasons of our life.



## Prayer for Trees week

Gather (or go by yourself) to a tree or a place where trees are visible; or if you are unable to do that, light a candle inside and place a leaf or twigs beside it. Be quiet and reflect on what trees mean to you and their importance for our world. You may then wish to say the following prayers:

*Creator God, thank you for the trees. Thank you for the homes they provide, the life they sustain, and the part that they play in your creation.*

*Silence is kept*

*We are sorry for those times and places around the world when greed has driven people to destroy your trees and threaten the lives of creatures who live in them.*

*Silence is kept*

*Help us to value trees as part of your creation; not just for what they can give us, but simply because you made them and you love them.*

*In the silence allow the trees to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*

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## WEEK 4 - WATER

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

Water is essential for all life. Go for a walk and see how many places you can spot water.



*14 ...whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."*

John 4:14

2

If you are near wild water that you can safely reach, put your hands in it or paddle in it. Feel its force against you.

Over two thirds of this world is covered in water. Most of it is not drinkable and yet water sustains all life. From the smallest insect to the mightiest tree each requires water to live. Just as water sustains our physical well-being, so too does God sustain our spiritual well-being through the work of the Holy Spirit. In what ways does God sustain you and your spiritual life? Where can you turn for spiritual refreshment this Lent?

3

Go outside in the rain. Turn your face upwards and let yourself get wet. If you prefer, go out after the rain and jump in a puddle.

4

Go for a walk where there is running water. Close your eyes and listen. How does it make you feel?

5

Listen to the sound of rainfall. Notice the different sounds it makes as it lands on different surfaces.

6

Go for a walk and notice all the things around you that rely on water to grow.



# Water Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

Water is a difficult thing to celebrate thematically however you may wish to try one of the following:

Find a beautiful jug and glasses if you have them. Fill the jug with water and make both it and the glasses the centre of attention during your main meal of the day. Pour and drink it as if it were the most precious commodity you have.

Make your own ice lollies or flavoured ice cubes. Use whatever squash or flavoured liquid you wish to make them. As you enjoy them think of the joy you have because of God's ongoing sustenance for you.



## Prayer for Water week

Gather (or go by yourself) to a place where you can see or hear flowing water outside; or if you are unable to do that, light a candle inside and place a bowl or glass of water beside it. Be quiet and reflect on the importance of water to our world. You may then wish to say the following prayers:

*Creator God, thank you for water, for the plants it helps to grow and the creatures it sustains. We thank you particularly for our access to clean, safe, drinking water.*

*Silence is kept*

*We are sorry for those times when we have wasted water. We remember now those places where there is not enough water to keep crops alive and where the only choice some have is between unsafe water or no water at all.*

*Silence is kept*

*Help us to value water as part of your creation; to realise how precious it is, how dependent we are on it, and our responsibility to look after it.*

*In the silence allow the water to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*

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## WEEK 5 - BIRDS & AIR

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

Wherever you are today, keep an eye out and see if you can spot any birds. How many different varieties do you see?

2

Find somewhere you can be quiet for a few minutes and listen to the birds singing.

3

Put some food out for the birds and watch for a while to see what comes.

4

Choose a windy day and go out and fly a kite. Make a simple one of your own if you do not have one.

5

Go for a walk and see how many ways you can tell that air is there even though you cannot see it.

6

Watch a bird flying. See how different birds move in different ways. Take note of how you feel as you watch them.



*<sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?*

*Matthew 6:26*

Birds have such freedom in the air but when the evening comes, they always find a place to rest. By Christ's death and resurrection, God has given us freedom from sin and the law meaning we can come before God wherever and whenever we are. Ultimately though, we are longing for that day when we can rest in God's presence forevermore, when we are fully free from every limitation we have here on earth. As you express your freedom this week exploring the world around you and see the birds flying free remember the freedom Christ has made possible for you and the assured heavenly home that will be yours for all eternity.

# Birds & Air Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

Indulge yourself with a luxury hot chocolate with whipped cream on top. Enjoy it with a slice of your favourite sponge cake. As you drink your drink and eat your cake remember the role air has played in making it enjoyable: the whipping of the cream, the texture of the cake, the way it carries the smell to your nose and enhances the taste. Thank God for the way that air both sustains and enhances your life.



## Prayer for Birds & Air week

Gather (or go by yourself) to a place where you can see birds and feel the air; or if you are unable to do that, light a candle inside and open a book to a page with a bird on it and place it beside the candle. Be quiet and reflect on the importance of clean air to our world. You may then wish to say the following prayers:

*Creator God, thank you for the air we breathe and the beauty and gracefulness of flying creatures like birds.*

*Silence is kept*

*We are sorry for when we have taken the simple pleasures of life for granted; for the times when we have been so occupied with our homes we have not taken time to appreciate the world just outside our doors.*

*Silence is kept*

*Help us to value clean air and to do our bit to keep it clean. Help us to reduce our reliance on dirty energy that pollutes our planet and threatens the lives of birds and other living creatures.*

*In the silence allow the birds and the air to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*

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## WEEK 6 - INSECTS & ANIMALS

Read the Bible passage and the reflection. During the week, choose any of the activities to do or do one each day and enjoy being outside connecting with nature and its creator.

1

If you have a pet, show it some affection and think about what your pet adds to your life.

2

Go for a walk and take note of how many different sorts of animals you spot.

3

Hang a banana skin on a bush and watch it in the early evening. What sort of insects are attracted to it?

4

Go for a slow walk. How many insects do you see creeping on the ground? As you look at these small creatures reflect on how God loves them and how he loves you.

5

Find one animal or insect and watch it for a while to see what it does. As you watch, reflect on how it makes you feel, what thoughts come to mind?

6

Go outside at night. Listen for any night-time creatures. Go out in the morning and see if you can notice where those creatures may have been.



*<sup>25</sup> And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the ground according to its kind. And God saw that it was good.*

Genesis 1:25

Throughout the Bible God uses animals to work out his purposes. From the frogs, gnats, flies and locusts in the plagues of Egypt, to the donkey that Jesus rode into Jerusalem before his crucifixion, each has a role to play and each reveals to us something more about God. What role do you play in serving God's purposes in this world? How do the things you say and do reveal to others the majesty and wonder that is God our creator and sustainer?

# Insects & Animals Celebration

*Sundays in Lent, just like the rest of the year, are a day when Christians celebrate the resurrection of Jesus Christ and so for each Sunday of Lent there is an act of celebration linked to the theme for the week.*

With Easter fast approaching why not buy yourself a chocolate bunny or Easter egg! As you unwrap it, thank God for his ongoing care that surrounds all creation. As you enjoy it, thank God for each animal or creature that brings you joy or happiness.



## Prayer for Insects & Animals week

Gather (or go by yourself) to a place where you can see animals or insects of some sort; or if you are unable to do that, light a candle inside and place an image of one of your favourite animals beside it. Be quiet and reflect on the importance of the many different animals that make up our world. You may then wish to say the following prayers:

*Creator God, thank you all your living creatures. Thank you for they enjoyment they give us, for the way they can support us both physically and mentally, and for the part they play in your creation.*

*Silence is kept*

*We are sorry for those times when we have neglected or been thoughtless in the way we have treated animals and insects or not helped them when we have seen the neglect of others.*

*Silence is kept*

*Help us to value every living creature as part of your creation; to realise that everything has a part to play in the world you have created and that we have a responsibility for caring for them.*

*In the silence allow the animals and insects to draw you closer to God our creator and redeemer*

*Lord God we thank you for all your creation, let it draw us closer to you this Lent and forever more. Amen.*