

# INTRODUCTION

“Do good...be rich in good works, generous and ready to share.” **1 Timothy 6:18**

Do you ever wish the world could be a better place? Do you think that if only people could be more caring, more generous, less selfish, more loving, that the world we live in would be so different? Mahatma Gandhi, an inspirational leader in India in the early part of the 20th century, once said, “Be the change you want to see in the world.” What he meant is that if we want the world to be a better place, each one of us has to change it ourselves, one action at a time. Why not start this Lent?


From Shrove Tuesday (Pancake Day) to Easter Day there is an action for you to do on six days in each week of Lent. Lent is 40 days long to match the amount of time that Jesus spent in the wilderness. Sundays are not counted because every Sunday is a reminder of Easter Day.

The actions are quite simple. What makes them challenging is how you do them and, if we all do them, then the world really could become the place that God wants it to be: one person at a time, one action at a time.


This Lent start a revolution –  
and be the change you want  
to see!

**Paula Gooder &  
Peter Babington**





# HOW TO USE THIS BOOK



Sometimes what we do is not as important as why we do it. *Love Life Live Lent: Be the Change* Adults' Version tries to give you the space to think about why you might be doing the LLLL actions; so the headings (Celebrate More, Say Sorry) are as important if not more so than the actions themselves. Below each heading is a quotation from the Bible followed by a brief reflection that aims to give you something to think about during the day.

Each reflection is, of course, very short and, for each subject, there is so much more that could have been said, but the point of each reflection is not to say it all but to kickstart your thinking. Inevitably some of the reflections will resonate more with you than others, but we hope that what is here will give you plenty to think about during Lent.



It is also worth noting that under each heading you could do so much more than the one action we suggest. As far as possible (except where it really doesn't work) we have tried to keep the Adults' and Children's actions the same, so that hundreds if not thousands of people will be doing the same action each day in Lent, but you aren't restricted to one action! If the reflection suggests to you that you should be doing something else ... then do that.

The things we do in Lent are not meant to be kept for Lent alone. The idea is that we learn new lessons about ourselves, about the world, and about God that we then apply for the rest of our lives. The revolution may start in Lent but can stretch outwards to change the whole of your life, maybe even the whole world – so be the change you want to see!

**NOW GET STARTED!**



Week 1

**CELEBRATE MORE**

# SHROVE TUESDAY

“And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’” **Luke 15:6**

Jesus loved to celebrate and, in fact, was often criticized for feasting with the wrong kinds of people. In Luke 15, when he was criticized for feasting with sinners, Jesus told three stories, about a lost sheep, lost coin, and lost son, all of which ended with a party to celebrate the finding of something lost. The point seems to be that the Kingdom of God is exactly the place where celebration should take place, so ... celebrate more!

☐ Have a  
pancake party!

