

# 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!

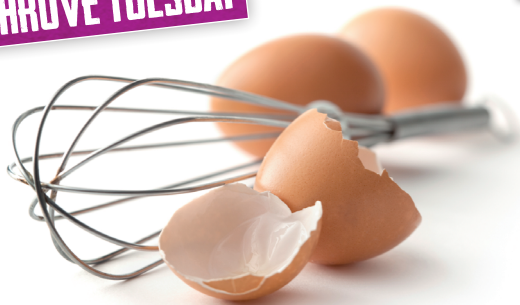
**Paula Gooder &  
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Week 1

**SHROVE TUESDAY**

**CELEBRATE MORE** ☐



**Have a pancake party!**

**ASH WEDNESDAY**

**SAY SORRY** ☐

Think about something you have done wrong and say sorry for it.



**THURSDAY**

**BE MORE GIVING** ☐

Get a jar and put your small change into it each day. At the end of Lent give it to a charity.

**FRIDAY** CARE FOR THOSE IN NEED ☐

Watch the news. Pray for someone or something you've seen on it.



**SATURDAY**

ENJOY OUR WORLD ☐

Plant some seeds and care for them as they grow.

