

Introduced by the Archbishops
of Canterbury and York

The
Church of
England's
Lent theme
for 2024

An illustration of a garden path leading through various plants and flowers. A large green tree stands on the left, and a path of yellow and orange stones leads towards the right. The background shows a blue sky with clouds and a body of water.

Watch + Pray

A Lent journey for children

40 Daily Activities

 THE CHURCH
OF ENGLAND

SAMPLER

Start of Lent

Waiting with Jesus

During Lent we prepare for the sadness of Good Friday and the amazing joy of Easter Day. On the night before Good Friday, Jesus asked his friends to watch and pray with him. They all fell asleep.

Lent offers us a chance to do better together.

Read

"Then Jesus went with them to a place called Gethsemane; and he said to his disciples, 'Sit here while I go over there and pray ... remain here, and stay awake with me.'"

Matthew 26.36–40

Prayer for the week

Lord Jesus, draw close to us this Lent and help us stay close to you. May we trust you in difficult times and happy times. Amen.

Start of Lent

Waiting with Jesus

Booklet
for Children



ASH WEDNESDAY

Decide how you will keep Lent this year

Giving or taking something up can help remind us to spend time with God each day as we prepare for Easter.

THURSDAY

Encourage someone having a bad day

A smile, a friendly word or just being there can really help when life seems difficult.



FRIDAY

Spend some time in darkness

Jesus drew close to his Father even in the darkness of the Garden of Gethsemane. Psalm 139 tells us that the darkness is not darkness to God, but the same as the light. How do you feel about the dark?

WEEKEND

Pray for anyone who feels alone

Jesus felt alone and deserted by his friends at times. But God was always with him and is always with us, too.