



My EnviroLent Diary

Name:





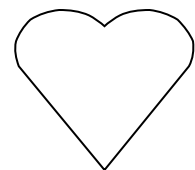
40 days 40 challenges

Can you do a challenge for the Environment every day during Lent? Colour in the heart each day to keep track.

Day 1	Scripture:	God saw all that He had made and it was very good. (Genesis 1:31)
	Prayer:	Heavenly Father, You gave us the world to live in, and you also gave us the task of helping to build a beautiful world. Give us the grace to build things of beauty and not destroy. Amen
	Challenge:	Pick up a piece of litter and put it in the bin.
	Hymn:	Be still my soul

Day 1

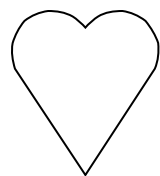
Comment:



Day 2	Scripture:	God made them in His image and likeness; male and female He created them. (Genesis 2:22)
	Prayer:	Holy Spirit of God, You gave us life, help us to recognise that you created male and female with equal divinity and love. May the rights of both men and women be always respected. Amen
	Challenge:	Respect the pens and pencils you have by cleaning up after yourself.
	Hymn:	Christ be beside me

Day 2

Comment:



Day 3	Scripture:	As far as the east is from the west, does God remove our sins. (Psalm 103)
	Prayer:	God our Father, We have often abused the planet which you have given us to live in. May our efforts to recycle and care for our planet be pleasing to you. Amen
	Challenge:	Recycle all your packaging today. Put your empty bottles into a recycling bin.
	Hymn:	Give me joy in my heart

Day 3

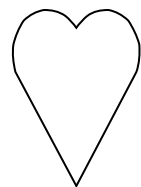
Comment:



Day 4	Scripture:	I formed you in the womb; you are fearfully and wonderfully made. (Psalm 139)
	Prayer:	Heavenly Father, When you created me, you saw the best in me and I pray that I will always do my best. Help me to love others; to see them as you see them, beautifully made. Amen
	Challenge:	Only use positive words to people you meet today
	Hymn:	Oh the Word of my Lord, deep within my being

Day 4

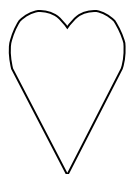
Comment:



Day 5	Scripture:	You are the salt of the earth, you are the light of the world. (Matthew 5)
	Prayer:	Jesus, you invite us to be people who enrich our world with goodness and kindness, give us perseverance to always do good. Amen
	Challenge:	Go for a walk or a run in solidarity with migrants and refugees who have had to flee their homeland because of rising water, deforestation and war.
	Hymn:	Christ be our light

Day 5

Comment:



Day 6	Scripture:	Be happy! I repeat always be happy in the Lord. (Philippians 1)
	Prayer:	God our happiness is found in following your will. Help us to know and follow your will and so be truly happy. Amen
	Challenge:	Happiness spreads when we share it. Share a smile with someone today.
	Hymn:	If I were a butterfly

Day 6

Comment:



Day 7	Scripture:	Joseph was a just man. (Matthew 1)
	Prayer:	God, you gave us St Joseph as an example to follow. His work ethic and consideration for others is an inspiration for us all to follow, thank you. Amen.
	Challenge:	St Joseph is the patron saint of workers, show respect to your parents by cleaning up after yourself. Recycle where you can.
	Hymn:	I watch the sunrise

Day 7

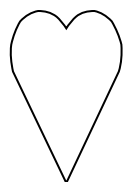
Comment:



Day 8	Scripture:	Love one another as I have loved you. (John 13)
	Prayer:	Lord you create us unique and special. Let us not fail to love those who are different from us. Amen
	Challenge:	We wear odd socks to celebrate Downs Syndrome Awareness Day. Wear your odd socks with pride.
	Hymn:	Make me a channel of your peace

Day 8

Comment:



Day 9	Scripture:	The Lord is my strength! He makes me as sure footed as a deer able to tread upon the heights. (Habakkuk 3:19)
	Prayer:	Lord Our God, We are lucky to have a home when there are people in the world with no place to call home. We are in light but they are in darkness. Help us to make our world a fairer place. Amen
	Challenge:	Write a letter to our local homeless charity Cornerstone to let them know you are thinking of them.
	Hymn:	The Deer's cry

Day 9

Comment:



Day 10	Scripture:	The prayer of the righteous is powerful and effective. (James 5:16)
	Prayer:	Dear Lord, We are in danger of losing your beautiful creation. Help us to stop our greed and make a better world. Amen
	Challenge:	Turn a piece of recycled paper into an animal. It's called origami.
	Hymn:	Oh Lord my God when I in awesome wonder

Day 10

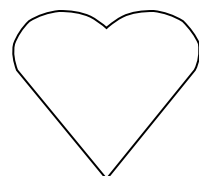
Comment:



Day 11	Scripture:	O all you works of the Lord, bless the Lord, all plants and trees, bless the Lord. (Daniel 3:37)
	Prayer:	Lord, everything you give us is a gift to us, help us to use what we have for your great glory. Amen
	Challenge:	Go for a walk rather than travelling in the car.
	Hymn:	Father we adore you

Day 11

Comment:



Day 12	Scripture:	Act justly, love tenderly and walk humbly with your God. (Micah 6:8)
	Prayer:	Lord you call us to be ambassadors, to be light, to be a voice crying in the wilderness. Give us courage to be change makers; building a better world through justice and care for our common home. Amen
	Challenge:	Challenge your home to be more environmentally friendly. Ask if you what do you do with food waste.
	Hymn:	Oh the Love of my Lord is the Essence - Estelle White

Day 12

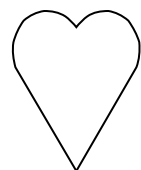
Comment:



Day 13	Scripture:	Come and see. (John 1:30)
	Prayer:	Lord Jesus, you invite us to share in your life, inspire us to be authentic witnesses of your goodness in the world. Amen
	Challenge:	Come up with a pledge of one thing you are going to do to make the difference to climate change.
	Hymn:	Oh the Word of My Lord, Deep within my being - Damian Lundy

Day 13

Comment:



Day 14	Scripture:	I am the living water welling up to eternal life. (John 4)
	Prayer:	Lord, so often we take what we have for granted. In a world where people die of lack of thirst never let me forget to appreciate the gift of water. Amen
	Challenge:	Keep water wastage to a minimum. Don't keep the tap running when brushing your teeth or washing your hands.
	Hymn:	The Lord's my Shepherd

Day 14

Comment:



Day 15	Scripture:	You are <i>God's</i> work of art. (Ephesians 2:10)
	Prayer:	Creator <i>God</i> , you who gift us with talents so that we can create that which is beautiful. Inspired by our goodness we ask you to bless our work. Amen
	Challenge:	Make your mark. Put a thumb print on a poster, see what design it you can make.
	Hymn:	Be Thou My Vision - Mary Byrne/Eleanor Hull

Day 15

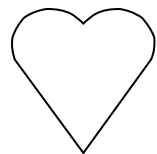
Comment:



Day 16	Scripture:	"I am the true vine." (John 15:1)
	Prayer:	God, you are perfect in goodness, help us to achieve the perfection you call us to by loving you and others. Amen
	Challenge:	Be an environment champion, don't be wasteful today. Turn off the tap when you are not using water. Recycle what you have and respect those around you.
	Hymn:	In the Arms of An Angel - Sarah McLachlan

Day 16

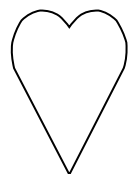
Comment:



Day 17	Scripture:	Be compassionate as your heavenly Father is compassionate. (Luke 6)
	Prayer:	Jesus, you are the greatest example of someone who was compassionate, let me take your example as an invitation for me to be compassionate to others. Amen
	Challenge:	Clear your wardrobe of clothes you no longer use and bring them into school so that they can be distributed to a homeless shelter.
	Hymn:	You Raise Me Up - Josh Groban

Day 17

Comment:



Day 18	Scripture:	Jesus says, "I am the way the truth and the life." (John 14:6)
	Prayer:	Mercy is a gift from you Lord, help me to be merciful with those who offend me and hurt me. Amen
	Challenge:	When was the last time you really affirmed someone? Today is the day to say something to a friend/teacher/parent, telling them how grateful you are for them.
	Hymn:	Who Am I? - Casting Crowns

Day 18

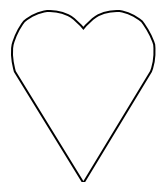
Comment:



Day 19	Scripture:	God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. (Genesis 1:11-12)
	Prayer:	Lord God, you put before us opportunities to choose good or bad, help us to always do that which is good; that which pleases you. Amen
	Challenge:	Litter pick a random piece of rubbish and recycle it if you can.
	Hymn:	Still - Hillsong

Day 19

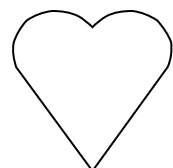
Comment:



Day 20	Scripture:	I am a fool for Christ. (1 Corinthians 4)
	Prayer:	Lord, we often take ourselves too seriously, help us to show disinterest in ourselves and direct our interest to the needs of others. Amen
	Challenge:	Do a good deed, say a kind word, do something to help another person.
	Hymn:	Speak Lord in the Stillness

Day 20

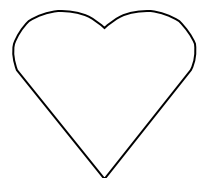
Comment:



Day 21	Scripture:	Those who have died in Christ; their good works go before them. (Apocalypse)
	Prayer:	Lord, we know we have a limited time on this earth, may we leave the world a better place than we found it when we were born.
	Challenge:	As an act of generosity, pray for someone who has died and their families. Have a moment of silence to think and pray for them.
	Hymn:	Be Still for the Presence of the Lord

Day 21

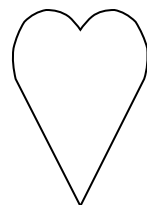
Comment:



Day 22	Scripture:	In the beginning God created the world. (Genesis 1:1)
	Prayer:	Lord God, we have over exhausted our resources which has led to climate change. Please forgive us and give us new insights to be change makers for a better world. Amen
	Challenge:	Use recycled paper to write to your local MP asking to make climate change a priority in their petitions at parliament.
	Hymn:	You have Called us by Our Name

Day 22

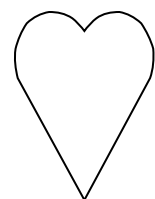
Comment:



Day 23	Scripture:	Don't do to others what you would not like done to yourself. (Matthew 7:12)
	Prayer:	Lord Jesus, help us to love those who you have put into our life, parents, siblings, friends, teachers and those we meet. Amen
	Challenge:	Share a smile and a nice word with others today. It's sometimes hard to be nice to others, that's why it's a challenge!
	Hymn:	Walk With me Oh My Lord

Day 23

Comment:



Day 24	Scripture:	Creation is in a constant state of groaning until the fullness of redemption is realised. (Romans 8)
	Prayer:	Father in Heaven, look down upon us who ask for wisdom and guidance. Our world is suffering and we need your help to make changes to the way we live. Amen
	Challenge:	This weekend encourage your family to walk rather than taking the car or the bus. You can change your family into an environment friendly family.
	Hymn:	Walk in the Light

Day 24

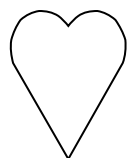
Comment:



Day 25	Scripture:	The Lord is compassion and love. Psalm 102
	Prayer:	God, you teach us how to love others by the example of your son Jesus. Help us to be more like Jesus. Amen
	Challenge:	Use recycled paper to write a letter to a family member telling them about your work for the environment.
	Hymn:	Abba Father

Day 25

Comment:



Day 26	Scripture:	Come Lord Jesus. (Revelations 22:20)
	Prayer:	Jesus, when you come again to bring us to be with you in heaven, we pray to have open hearts to receive you. Amen
	Challenge:	Google ideas for reusing plastic bottles, perhaps you could make an idea or two?
	Hymn:	Water of life

Day 26

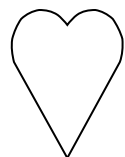
Comment:



Day 27	Scripture:	You will receive power when the Holy Spirit comes upon you. (Acts 1:8)
	Prayer:	Holy Spirit, you inspire us to do good. Please keep my family in your care. Amen
	Challenge:	Use recycled paper to make a poster about the environment, then display them, perhaps using plastic bottles and rubbish to make your display colourful.
	Hymn:	I the Lord of Sea and Sky

Day 27

Comment:



Day 28	Scripture:	I am the Alpha and Omega. (Revelations 22:13)
	Prayer:	Jesus, you are the first and last of all that is. Help us as we seek to make you known near and far. Amen
	Challenge:	Draw around your hand on a piece of recycled paper and write down how you will help to make this world a cleaner, safer, happier place to live in.
	Hymn:	Be not afraid

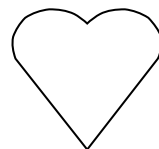
Day 28



Comment:

Day 29	Scripture:	Come follow me. (Matthew 4:19)
	Prayer:	As Christians we follow you Jesus, give us the love that we need so that we can share it with others. Amen
	Challenge:	Time to share what you have done for your environment with others. Share the difference you have made with your family.
	Hymn:	Follow me

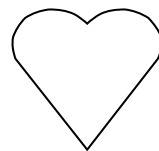
Day 29



Comment:

Day 30	Scripture:	I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you. Plans to give you hope and a future. (Jeremiah 29:11)
	Prayer:	Dear Lord, Help us to be your heart people. We are your children and we love you with all our hearts. Amen
	Challenge:	Swap your snacks in single-use plastics, for snacks with a natural wrapper, bananas, apples, pears, oranges.
	Hymn:	Do not be afraid

Day 30

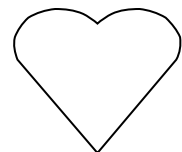


Comment:

Day 31	Scripture:	I can do all things through Christ who strengthens me. (Philippians 4:13)
	Prayer:	Heavenly Father, help us to change our world. Help us to feed the hungry. Help us to make a better world to live in. Amen
	Challenge:	Every time you go for a walk, pick up 5 pieces of litter.
	Hymn:	Walk with me O My Lord

Day 31

Comment:



Day 32	Scripture:	My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation; He is my fortress, I will never be shaken. (Psalm 62: 1-2)
	Prayer:	Dear God, Help us to make a fairer world so that people can live the life they deserve. We pray that there is an end to people dying from starvation and thirst. Lord hear us. Amen
	Challenge:	Eat less meat and make healthy choices at mealtimes.
	Hymn:	Walk in the Light

Day 32

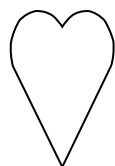
Comment:



Day 33	Scripture:	The steps of a good man are altered by the Lord, and He delights in his way. (Psalm 37:23)
	Prayer:	Jesus, we love you and we know that you love us and that will never change. We are a family of God who love to learn and learn to love. Amen
	Challenge:	Use a paper recycling bin
	Hymn:	God's spirit is in my heart

Day 33

Comment:



Day 34	Scripture:	For the eyes of the Lord are on the righteous, and His ears are open to their prayer. (1 Peter 3:12)
	Prayer:	Heavenly Father, please look after those who are suffering and those people who are having a hard time in their lives. Lord in your Mercy. Amen
	Challenge:	Recycle plastic bottles to make Eco-bricks. Eco-bricks can be used to make structures
	Hymn:	This is the day

Day 34

Comment:



Day 35	Scripture:	The Lord will guide you always. (Isaiah 58:11)
	Prayer:	Holy Spirit, please help people in need to get their fair share. We believe in you. Amen
	Challenge:	Shop less and give more. Buy less fast fashion and recycle old clothes for the needy.
	Hymn:	Colours of Day

Day 35

Comment:



Day 36	Scripture:	Do not throw away your confidence; it will be richly rewarded. (Hebrews 10:35-36)
	Prayer:	Dear Lord our Father, we thank you for your beautiful creation and will do our best to look after it. Amen
	Challenge:	Grow plants from seed and care for them. If you grow more than you need, you could sell them and donate the money to charity.
	Hymn:	Be thou my vision

Day 36

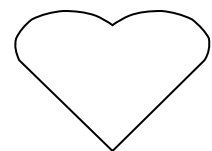
Comment:



Day 37	Scripture:	As far as the east is from the west, so far has he removed our transgressions from us. (Psalm 103:12)
	Prayer:	Heavenly Father, thank you for loving us. You sent us your Son Jesus to save us and we will be eternally grateful to you Lord. Amen
	Challenge:	Turn off the lights to save energy.
	Hymn:	Be still for the presence of the Lord

Day 37

Comment:



Day 38	Scripture:	Do not throw away your confidence; it will be richly rewarded. (Hebrews 10:35-36)
	Prayer:	Dear Lord our Father, we thank you for your beautiful creation and will do our best to look after it. Amen
	Challenge:	Grow plants from seed and care for them. If you grow more than you need, you could sell them and donate the money to charity.
	Hymn:	Be thou my vision

Day 38

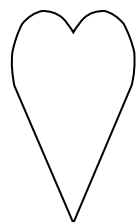
Comment:



Day 39	Scripture:	As far as the east is from the west, so far has he removed our transgressions from us. (Psalm 103:12)
	Prayer:	Heavenly Father, thank you for loving us. You sent us your Son Jesus to save us and we will be eternally grateful to you Lord. Amen
	Challenge:	Turn off the lights to save energy.
	Hymn:	Be still for the presence of the Lord

Day 39

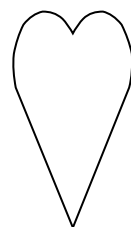
Comment:



Day 40	Scripture:	Behold, I have engraved you in the palm of my hand. (Isaiah 49:16)
	Prayer:	Father in Heaven, we give you today, all that we think and do and say, we give you the good times as well as the bad, the times when we're happy, the times when we're sad. Fill us with grace and make us strong. With you at our side, we won't go wrong. Amen
	Challenge:	Watch the Laudato Si animation.
	Hymn:	How Great Thou art

Day 40

Comment:



Congratulations!

You have completed the EnviroLent challenge!

