

# Get Outside in Lent

## WEEK 4 - WATER



John 4:14 But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.”

Welcome to “Get Outside in Lent.” Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything , enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

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

2

If you are near wild water that you can reach, put your hands in it, or paddle if it is safe.

3

Go outside in the rain. Turn your face upwards and let yourself get wet. Maybe you could even 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?

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5

Listen to the sound of rain. (You can do this inside or outside.) Notice the different sounds it makes as it lands on different surfaces.

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6

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

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## Water Celebration

Use the words of the ritual if you would like to. A water themed feast is difficult, but everything we eat contains at least some water so perhaps you could think about that as you prepare some of your favourite foods. Find a beautiful jug and glasses if you have them. Give your jug of water the place of importance on the table, and pour it and drink it as if it was the most precious thing in the world.



### **Ritual for water week.**

Gather (or go by yourself) to a place where you can see water outside, or if not possible, then light a candle inside and place a bowl or glass of water beside it.

Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of water in our world.

*Creator God, thank you for water, especially for clean, safe water to drink.*

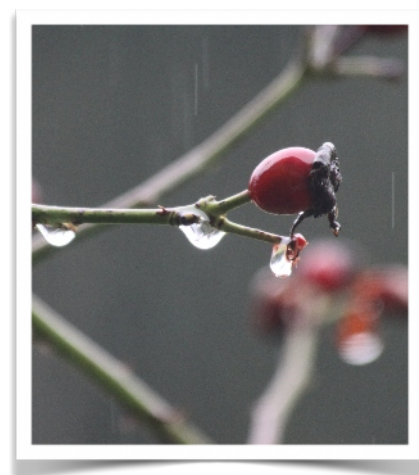
*Silence*

*We are sorry for those times when we have wasted water, and we remember now those places where there is not enough water to keep crops alive, and those people who suffer because they do not have clean water.*

*Silence*

*Help us to value water as part of your creation; to realise our dependence on it, and our responsibility to look after it.*

*Silence - Stand for a moment and let the water point you towards God.*



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## WEEK 5 - INSECTS AND ANIMALS



Genesis 1:25 So God made every kind of animal. He made the wild animals, the tame animals, and all the small crawling things. And God saw that this was good.

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1

If you have a pet, give it a hug (if it is that sort of animal) and think about what do your pet adds to your life.

2

Go for a walk and see how many animals you can spot.

3

Hang on a banana skin on a bush and watch in the early evening –it may attract moths.

4

Go for a slow walk and see how many "small crawling things" you can find.

5

Find one "small crawling thing" and watch it for a while to see what it does.

6

Go outside at night and see if you can hear or even see any of the nighttime creatures.



## Insects and Animals Celebration

Animals and insects celebration day! Use the words of the ritual if you would like to. There are all sorts of ways of having an animal and insect themed feast, without actually eating them. Some of these ideas do use animal products, but obviously you can choose which recipes work for your way of eating. <https://www.cuteness.com/blog/content/14-adorable-and-totally-doable-animal-themed-foods>

### **Ritual for insects and animals week.**

Gather (or go by yourself) to a place where you can see animals or insects of some sort. If this is not possible, then light a candle inside and simply write a short list of your favourite animals and place it next to the candle.

Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of the many different sorts of living creatures that are in our world.

*Creator God, thank you for the variety of your creatures. Thank you for the enjoyment that they give us, and for the part that they play in keeping your world healthy.*

*Silence*

*We are sorry for those times when we have been thoughtless in the way we have treated animals and insects.*

*Silence*

*Help us to value every living creature as part of your creation; to realise that everything has a part to play in this beautiful world, and that we are responsible for caring for them and treating them with respect.*

*Silence - Stand for a moment and let the animals and insects point you towards God.*



# Get Outside in Lent

## WEEK 6 - BIRDS AND AIR



Matthew 6:26 Look at the birds. They don't plant, harvest, or save food in barns, but your heavenly Father feeds them.

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1

Wherever you are today, keep looking around to see if you can see a bird, they are everywhere.

2

Find somewhere where 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 don't have one.

5

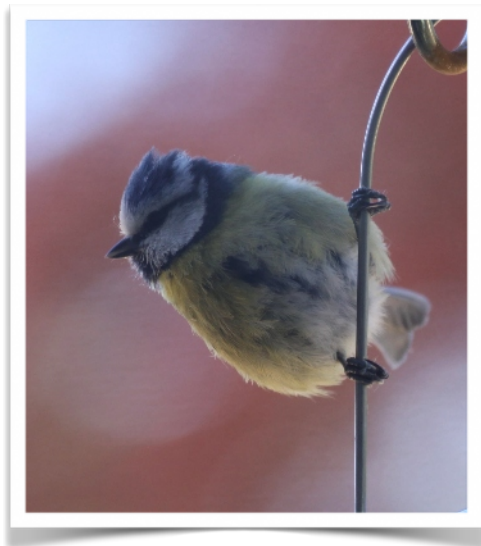
Go for a walk and see how many ways you can tell that air is there even though you can't see it.

6

Watch a bird flying. See how different birds move in different ways. How does watching them make you feel?

## Birds and Air Celebration

Use the words of the ritual if you would like to. There are some great ideas in this link for making fun food with a bird theme. <https://www.pinterest.co.uk/sharelynnd/bird-themed-food/> perhaps you could also make a feast for the birds and put it outside for them.



### **Ritual for birds and air week.**

Gather (or go by yourself) to a place where you can see birds and feel the air.) If this is not possible, then light a candle inside and either open a book with a picture of a bird and place it next to the candle.

Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of air and birds in our world.

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

*Silence*

*We are sorry for those times when we have taken the simple pleasures and necessities for granted.*

*Silence*

*Help us to value clean air, and to do our bit to keep it clean. And help us always to appreciate the beauty of your creation.*

*Silence - Stand for a moment and let thoughts of clean air and birds point you towards God.*

