

## Introduction – Families Version

If our faith is alive, it will be both peaceful and restless / dynamic. To keep our relationship with God alive and true, we must be attentive to God, involved in the world, and honest with ourselves.

### ***Facing Up, Facing Outwards, Looking Within***



## Ash Wednesday – Looking Within

What does looking within mean?

Today we start Lent, a time of preparation but also 40 days when we can develop new habits or change current habits.

Make time this Lent, either as a family or separately to pray, to reflect, to seek God.

Ash Wednesday of all days, is when we acknowledge we have not lived as God calls us to, and also when we recognise that we humans are not indestructible and we are not immortal.

Life is a precious gift and it is fragile. That's ok because God does offer us forgiveness and love, and God does offer us eternal life.

## Thursday - Facing Up

Flowers need light and they need the rain.

Leave them in the dark and the dry and they wither and die.

So with us, if we face up – thank God for all he gives, ask God to shine his light on us, wait on God for his peace – then we will grow.

How will we make space each day to receive God's sunlight?

Equally explorers look up to see the sun and stars for guidance. Without that they will be lost and not knowing where to go.

We need to face up and look to God for direction and guidance – how we should live our lives.

Facing Up also opens us to receiving God's grace, to gain strength so we can help others, not be turned in on ourselves. How can we make time each day to Face Up and get light, direction and strength?



## Friday – Facing Outwards

We live in a wonderful world which God has made; we have been given much and we can and should rejoice, but there are so many who struggle – near to us and across the world. Our planet is in desperate need of healing.

What can we do this Lent to help heal our planet? What can we do to help others near us? What can we give to help those who work for justice and who bring care where it is most needed around the world? And can we make time, each day to pray for the needs of others, for justice and for our world?

[Full Lent Course is here... https://turtonmoorlandteam.co.uk/lent-course](https://turtonmoorlandteam.co.uk/lent-course)