

At the start of his ministry, Jesus was baptised; God declared Jesus was his Son and the Holy Spirit came on him like a dove. What a high point! But then Jesus goes into the desert for 40 days - a hard and long time in which he had to depend totally on God.

We remember this season of preparation as 'Lent', over the 40 days leading up to Easter.

Maybe we can use this time for 'Soul Care', preparing to serve God by learning again to depend on him and hearing how God wants us to live.

These notes and activities are based on the five habits for wellbeing. Can we use these together to connect afresh with God and each other?

The A3 colouring poster gives suggestions of activities or starters for discussion. Each day, or when you are able, choose an activity, talk about it and colour that section to show you have done it. The 'Wonder walks' offer 8 themes to explore on any walk you may take.

We pray that some of these ideas may spark creative moments, conversations with each other and times of listening to God. We trust you have

fun as you explore together, pray for each other and serve the people around you.

We've also included a blank template for you to add your own prayers or challenges. Why not share these with church at Easter to encourage others?

The five habits of wellbeing are:

**Be Active:**

Being physically active is known to improve our mental wellbeing. 1 Corinthians 6:19-20 says that our bodies are the temple of the Holy Spirit, so we can honour God in the way we use our bodies.

**Keep learning:**

Keeping the mind active increases our sense of wellbeing. Discipleship is a life-long way of learning with Jesus.

Matthew 11:28-30 Jesus said, "Come to me all who are weary. Come and learn from me, for I am gentle and humble in Spirit and I will give you rest."

**Take notice:**

- of our emotions, of what we can and can't control
- of what we can be thankful for
- of our place in God's wonderful world

Philippians 4:6-7 Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

**Connect:**

1 John 4:7-8 Dear friends, let us love one another, for love comes from God. God is love.

Connect and spend time with God and allow him to enrich our connections with other people.

Connect with our feelings and bring them to God.

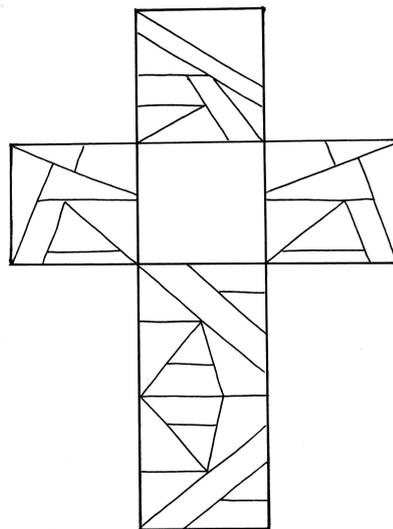
**Give:**

Our God is a generous God who blesses us, so that we may bless others. Giving to others is known to build our own sense of wellbeing too.

1 John 4:19 We love because God first loved us.

Matthew 22:37-39 Jesus sums up the commandments as "Love the Lord your God with all your heart, soul and mind. And love your neighbour as yourself."

# Soul care through Lent



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for love comes from God. God is love.