

## Colourful Lent

### Aim:

Lent study with a difference. Using colour not words to express prayer.

It is based on Jesus in the wilderness.

Each week starts with a Bible verse, then a story. After that a suggestion of what to pray about and how to express the prayer in colour.

### Equipment:

Tea, coffee, juice and biscuits.

Paper and colour pencils

Some mindfulness pictures for those who don't want to try the suggestion.

### Introduction

1 March

Mark 1:13 "He was in the wilderness 40 days"

Intro to colourful pray using a circle to start

### Session 1:

8 March

Mark 1:13 "The angels ministered to him"

Looking back over the your life and see if in retrospect you can recognise the times when God's Spirit was leading and supporting you.

### Session 2:

15 March

Mark 1:12 "The Spirit immediately drove him out into the wilderness"

Consider prayerfully where we are in relation to God? Are we being nudged by God's Spirit and ignoring him? Are we being driven and fighting against it? Are we being driven and rather reluctantly going along?

### Session 3:

22 March

Mark 1:13 "He was tempted"

Look at the decisions we have made or that we face, and see if we are really on God's side, as he is on ours.

### Session 4:

29 March

Mark 4:10 "You shall worship the Lord our God"

Think back to a time when God's love was with you in a very real way. Pray and give thanks.

Session 5:

5 April

Mark 1:13 “He was with the wild beasts”

Remembering a dream and praying about it using colour.

Session 6:

12 April

Matthew 27:31 “They led him away to crucify him”

Draw your feeling of Easter.