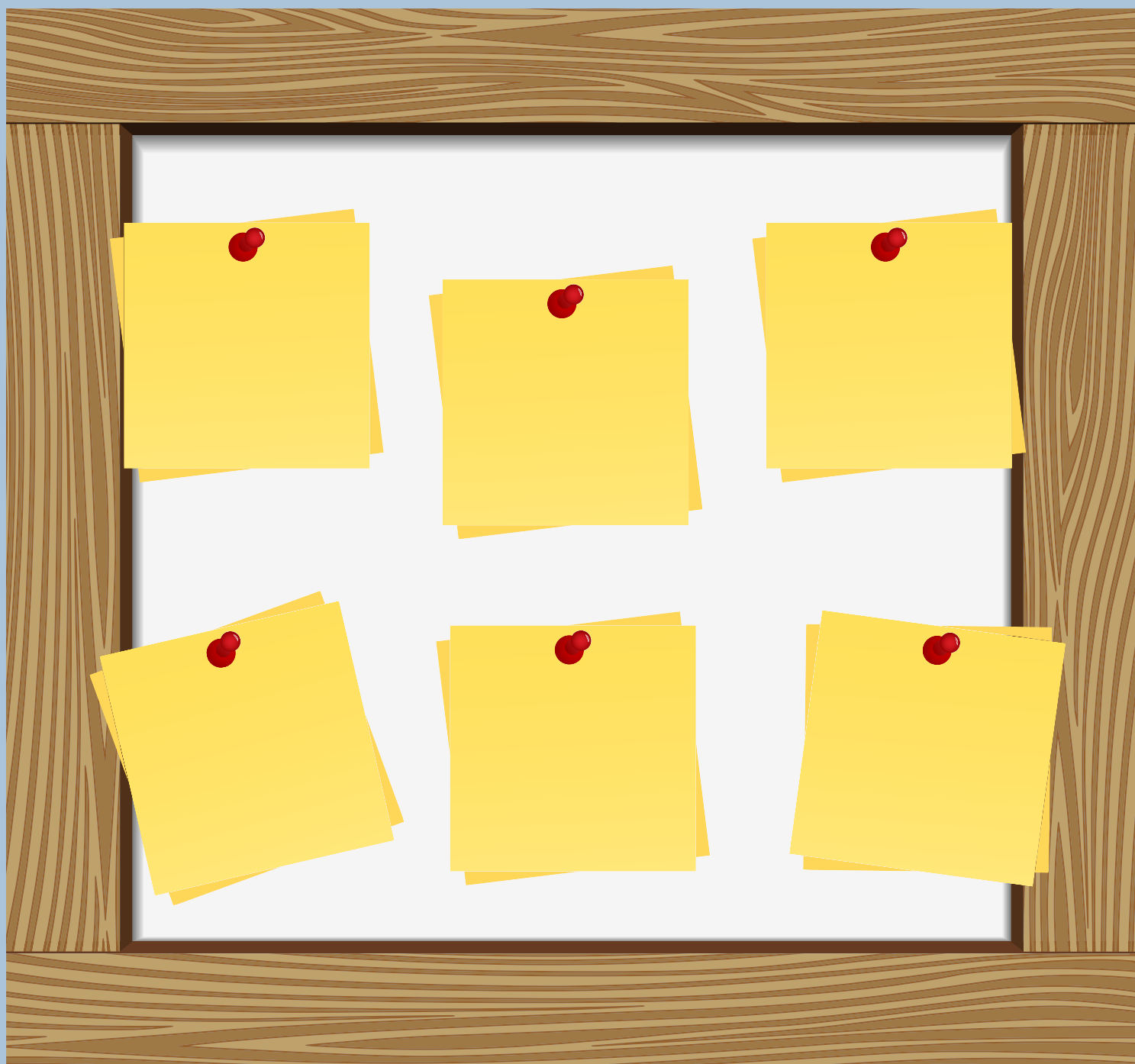


# MY LENT JOURNAL

## Facts about me

Name:

Age:



# I AM GRATEFUL

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**“Give thanks to the Lord, for he is good; his love endures forever” Chronicles 16:34**”

# FILL A BUCKET



**Imagine that everyone carries around an invisible bucket. Being kind and speaking positively to others fills their bucket. When your bucket is full you feel good! Can you write down some positive comments that you could use to fill other people's buckets.**

**“**  
**Let everything you say be good and helpful, so that your words will be an encouragement to those that hear them.**  
**Ephesians 4:29**  
**”**

# MY CHURCH MEMORY

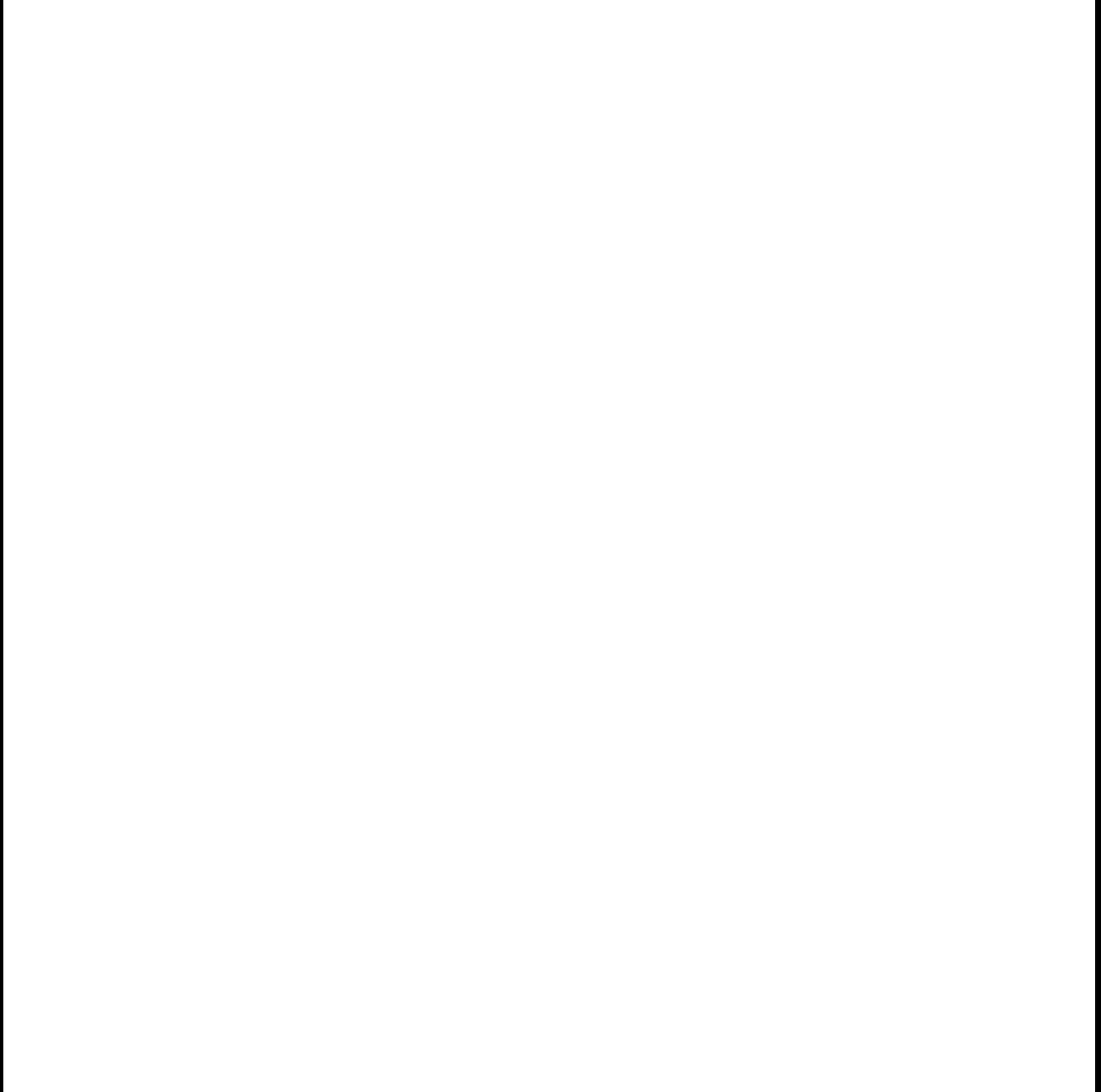


- Think about**
- why you were there
  - who you were with
  - what happened
  - what could you see and hear

**How did it make you feel?**

“  
For where two or three gather  
in my name, there am I with  
them.  
Matthew 18:20  
”

# TAKE NOTICE



Stick your "God's World is Beautiful" picture here or sketch a picture of your photograph. Think about what makes your image beautiful. you might like to enter our photography competition.

**“ This is the day that the Lord has made; let us rejoice and be glad in it. Psalm 118 ”**

# THINGS THAT ARE GREAT ABOUT ME



“

I praise you, for I am fearfully  
and wonderfully made  
Psalm 139:14

”

# REFLECTIONS

Who did you connect with?

What was your favourite way to keep active?

What did you give?

Can you think of one new thing that you learnt?

You might like to use this space to stop, take notice and thank God through prayer.