

## A HOLY LENT

God of all seasons, in your pattern of things there is a time for keeping and a time for losing, a time for building up and a time for pulling down

In this holf season of Lent as we journey with our Lord to the cross, help us to discern in our lives what we must learn to lay down and what we must take up what we must end and what we must begin.

(The book of common order the Church of Scotland)

You are invited to take time this Lent to use the activity .enclose to reflect. You can make space each day for you and for God.

Please use the prayer above if you wish for reflection as you create the reflection cross. Maybe use Lent to make time also for reading or quiet days, for time off and time out.

Establish habits for the future. Think about you are being called and God's love for you. Be encouraged by Christ's love for you. Be forgiven. Share with God the challenges and be renewed.

