

# EPWORTH WORSHIP TOGETHER.



**This week's big idea**

Lent



Matthew 4:4

(The temptation of Jesus)

Jesus answered, "It is written:  
'Man shall not live on bread  
alone, but on every word that  
comes from the mouth of God.

**Bible verse of the week**



Can you write a prayer for Lent?  
Can you give something (an act of kindness)  
this Lent?  
Can you give up something this Lent  
(e.g. chocolate)?

**Exploring  
further**



## Prayer of the week

Dear God,

Thank you for helping us to learn how to say no. when we are tempted to do  
the wrong things.

We are sorry for the times we have not been kind to others or given others  
our time.

Please help us to be the best people that we can be.

Amen



## This week's worship song

Shine Jesus  
shine  
by  
Graham  
Kendrick



## This week's activity



Draw a ladder with your goal for the day, week or term at the top.

Think of the temptations that might stop you from achieving it. Write them around your ladder.

Think of the things you can do to resist the temptations. Write these around your ladder to too.

Stick your ladders in your floor books.

Practise saying 'no' to temptations.

## Explore further at home



Think of some ways that you can give your time by do someone else this Lent.

Could you make your bed or tidy up your toys?

Could you spend time with a grandparent?

Could you read a story to a younger brother or sister?

Could you help make tea or do the dishes?



## Quote of the week

YOU CAN ALWAYS,  
ALWAYS GIVE  
SOMETHING, EVEN IF  
IT IS ONLY KINDNESS!

—Anne Frank

## Picture of the week

