# 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



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







#### Explore further at home

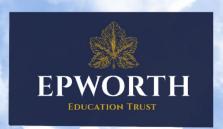
Think of some ways that you can give your time by do someone else this Lent.

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?



### 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.



#### Quote of the week



#### Picture of the week

