

Lent 2024 at The Belfrey

GIVE

1. Wednesday 14th February - Give something up! Ask God what He is prompting you to fast this Lent season.
2. Thursday 15th February - Send a get-well-soon text, card or flowers for the person you prayed for, or offer to pick up groceries for them.
3. Friday 16th February - Charity Highlight: York CVS www.yorkcvs.org.uk
4. Saturday 17th February - Give time to a ministry at church: sign up for a Sunday rota or another team that you're excited about or have skills to share.

Sunday 18th February - Sabbath

5. Monday 19th February - Text or call the person who God put on your heart today, with a word from Him or offer to pray for them.
6. Tuesday 20th February - Charity Highlight: Christians In Government christiansingovernment.org.uk
7. Wednesday 21st February - Charity Highlight: York Foodbank www.belfrey.org/lyn-foodbank
8. Thursday 22nd February - Charity Highlight: Wellspring Counselling & Therapy wellspringtherapy.co.uk
9. Friday 23rd February - Charity Highlight: Christian Medical Fellowship www.cmf.org.uk
10. Saturday 24th February - Send a text or a thank you card or gift to someone in your life who encourages and supports you.

Sunday 25th February - Sabbath

11. Monday 26th February - What did God ask you to do today? Act on that prompt!
12. Tuesday 27th February - Charity Highlight: York Neighbours www.belfrey.org/lynorkneighbours
13. Wednesday 28th February - Donate to the Impact Project for the restoration and reordering our our church building www.belfrey.org/impact
14. Thursday 29th February - Send a text to check in, a postcard from home or a UK care package to the person you prayed for who lives overseas.
15. Friday 1st March - Put out a thank you card or box of chocolates for the bin collectors.
16. Saturday 2nd March - Charity Highlight: www.belfrey.org/cap

Sunday 3rd March - Sabbath

17. Monday 4th March - Text or call the person who God put on your heart today, with a word from Him or to encourage them.
18. Tuesday 5th March - Charity Highlight: York Carers Centre yorkcarerscentre.co.uk
19. Wednesday 6th March - Charity Highlight: Christian Aid www.christianaid.org.uk
20. Thursday 7th March - Charity Highlight: The Besom Project in York www.belfrey.org/lynbesom
21. Friday 8th March - Social Enterprise Highlight: Brunswick Organic Nursery www.brunswickyork.org.uk

22. Saturday 9th March - Phone or send a card to a family member or friend who you haven't been in touch with for a while or might need encouragement today.

Sunday 10th March – Sabbath (Mothering Sunday)

23. Monday 11th March - Pray for or donate to one of our world mission partners

www.belfrey.org/mission

24. Tuesday 12th March - Charity Highlight: Restore York www.belfrey.org/lynrestore

25. Wednesday 13th March - Charity Highlight: Home for Good homeforgood.org.uk

26. Thursday 14th March - Charity Highlight: Bundles of Joy -

<https://www.belfrey.org/lynbundles>

27. Friday 15th March - Charity Highlight: YoYo Schools & Youth Trust

www.yoyotrust.org.uk

28. Saturday 16th March - Send a get-well-soon text, card or flowers for someone who is ill, or offer to pick up groceries for them.

Sunday 17th March - Sabbath

29. Monday 18th March - What did God ask you to do today? Act on that prompt!

30. Tuesday 19th March - Charity Highlight: Chocolate & Co. www.chocolateandco.org

31. Wednesday 20th March - Pray for or donate to the next Belfrey church plant in Hull. Email hello@belfrey.org for their bank details.

32. Thursday 21st March - Send a text to someone you know who isn't a Christian, or hasn't been to church in a long time, to invite them to a service or your Belfrey Group.

33. Friday 22nd March - Charity Highlight: Street Angels www.belfrey.org/lynstreetangels

34. Saturday 23rd March - Send a thank you card or message to someone who has helped you through a tough time.

Sunday 24th March – Sabbath (Palm Sunday)

35. Monday 25th March - Go on a prayer walk, with the intention of making a small difference for good in the world. Take a bin bag and gloves to collect rubbish or change to give to someone who is in need, or intentionally go slow and look out for something you can do to help a person or a cause.

36. Tuesday 26th March - Charity Highlight: The Bereavement Journey

www.thebereavementjourney.org

37. Wednesday 27th March - Send a text to someone you know who isn't a Christian to invite them to an Easter service this week.

38. Thursday 28th March - Contact someone who you feel God is prompting you to speak with, perhaps to make amends or seek peace in a relationship.

39. Friday 29th March - Fast between the hours of 12pm and 3pm.

40. Saturday 30th March - Fast for all or part of the day, in readiness for feasting and celebration tomorrow.