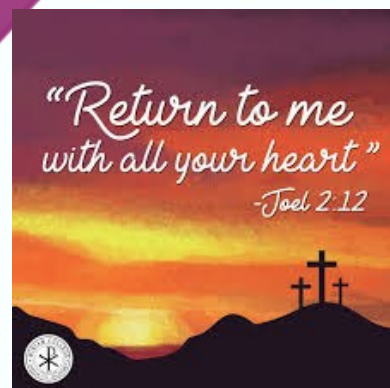


# EPWORTH WORSHIP TOGETHER,



## This week's big idea

Lent is a season when Christians prepare for Easter by thinking about their hearts — who they are becoming and how they show love to others.



## Bible verse of the week

## Exploring further

During Lent, we are invited to prepare our hearts so that our lives are full of kindness, forgiveness, fairness, and care for others — doing good in small and big ways, every day.

- What does “preparing your heart” mean to you? How could you do this each day?
- Who might need forgiveness, fairness, or extra care from you right now?
- How can doing good for others make a difference, even in small ways?
- Which of these — kindness, forgiveness, fairness, or care — do you think is most important for you to practice this week? Why?
- How will you remember to do good every day during Lent?



## Prayer of the week

Let us pray.

Loving and gracious God,  
Thank you for your compassion and love.  
Help us during Lent to prepare our hearts.  
Guide us to live by doing all the good we can.  
Help us to be kind, forgiving, and caring each day.  
Amen.

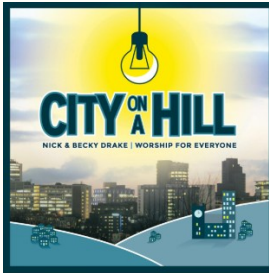


## This week's worship song

### City on a Hill

Nick & Becky Drake - City On A Hill -

[Lyric Video](#)



## This week's activity



This week, take some time to think about one simple action you can choose that will help prepare your heart and help you do good for others.

This might be:

- showing kindness to someone who feels left out
- forgiving someone or saying sorry
- helping at home or at school without being asked
- speaking kindly and encouraging others
- taking a quiet moment each day to reflect or pray

Spend some time thinking about your choice. Share your challenge in class, then write or draw it on a paper heart and place it in your worship floor book.

## Explore further at home



- **One-minute check-in:** At bedtime or in the car, ask: "What was one good thing you did today?" or "How did you try to prepare your heart today?"
- **Kindness spotting:** Try to notice one act of kindness each day — something that someone did or something you saw — and share it at dinner or before sleep.
- **Simple prayer or pause:** Choose one regular moment (before bed or after school) to say a short prayer or take a quiet pause.
- **Helping from the heart:** Look for ways that you can help at home without being asked. You could put your toys or school things away without being reminded, set the table for meals or clear away plates afterwards or feed pets and refill their water.



## Quote of the week



## Picture of the week

