



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SATURDAY 9 MARCH



ACTS AND DEEDS - CLEANING SOMETHING OR TIDYING UP

On Saturdays during this course we're going to reflect on Acts and Deeds. This is going to be a more practical reflection. You may be asked to do something, consider giving alms, put your faith into action. These are suggestions and with all other suggestions for reflection in the course they're there to provoke thinking and for you to consider how best to adapt them to your current season in life.

In Lent we focus on our Spiritual lives, seeking to be penitent, and in the words of Psalm 51.10 ask God to 'Create in me a clean heart, O God, and put a new and right spirit within me.' Today's task invitation considers cleaning in action terms.

For the Third Week of Lent you're invited tidy something or clean it up.

This could be in your home - is there somewhere that needs decluttering or tidying.

Is there a job that no-one likes to do where you live, in your church building or other community space, for instance clean the toilets, doing the washing up, taking out the recycling - today you're invited to take on that job for one day.

You could offer to do some gardening for someone for someone who has been struggling to manage.

Collect for
Third Sunday of
Lent

Father of mercy,
alone we have no
power in ourselves
to help ourselves.
When we are
discouraged by our
weakness,
strengthen us to
follow Christ, our
pattern and our
hope; who lives and
reigns with you and
the Holy Spirit, one
God, now and for
ever.
Amen.