



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SATURDAY 16 MARCH



ACTS AND DEEDS - DOING SOMETHING THAT BRINGS JOY TO OTHERS

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.

Today you're invited to do something that costs you nothing but brings someone else joy. Do something that costs you nothing but brings someone else joy: a walk, a view, a book.

Today you're invited to do something that costs you nothing but brings someone else joy.

It could be going on a walk with someone, sharing a view that makes your heart sing, it could be passing on a book you enjoyed to someone else. Perhaps there is something you do not enjoy but someone you care for does - perhaps you could offer to do that activity with them today. How can you share light and love in gestures of any size?

Collect for Fourth Sunday of Lent

Gracious Father,
whose blessed Son
Jesus Christ came
from heaven to be
the true bread which
gives life to the
world, evermore give
us this bread, that he
may live in us, and
we in him, who lives
and reigns with you
and the Holy Spirit,
one God, now and
for ever.
Amen.