

## **A discipline for Lent...**

***Give thanks for all the good things  
in life by counting the  
Blessings God has given you...***

# Count your blessings...

We hope that you will be able to use this calendar of blessings during Lent as part of your Lenten discipleship.

The amounts for each 'blessing' are just a suggestion.

All money raised will be used to support the on-going work and ministry of our church.

## Please save your money and bring it to Church on Easter Day

Thank you very much for taking part and for your support.



don't  
JUST  
COUNT  
YOUR  
blessings  
SHARE  
them

## Ash Wednesday 2<sup>nd</sup> March



Count the taps in your house.

**Give thanks for clean water.**

**Give 10p** for each tap you have.

**TOTAL £**

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## Thursday 3<sup>rd</sup> March



Count your pillows and cushions!

**Give thanks to God for comfort.**

**Give 5p** for each pillow or cushion you have.

**TOTAL £**

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## Friday 4<sup>th</sup> March



Count the jars in your kitchen cupboards.

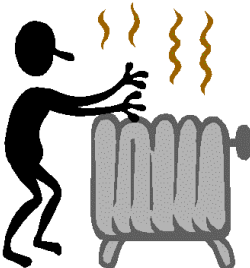
**Thank God for variety of food.**

**Give 5p** for each.

**TOTAL £**

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## Saturday 5<sup>th</sup> March



Count your heaters and radiators...

**Pray for those who are cold,**

and **give 5p** for each heater or radiator.

**TOTAL £**

## Sunday 6<sup>th</sup> March - The First Sunday of Lent



Measure your height! Under nourished children suffer stunted growth.

**Give 1p** per cm of height **and pray for children's health.**

**TOTAL £**

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## Monday 7<sup>th</sup> March



How many phone calls have you had this week?

**Give 5p** for each **and thank God for those conversations.**

**TOTAL £**

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## Tuesday 8<sup>th</sup> March



Count the flours and things made with grain in your kitchen stores.

Remember to count any beer or spirits!

**Give 5p** for each one.

**TOTAL £**

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## Wednesday 9<sup>th</sup> March



Count the magazines and newspapers in your house.

**Give 5p** for each one.

**Thank God that you know what's going on in the world.**

**TOTAL £**

## Thursday 10<sup>th</sup> March



Count your sinks and toilets.

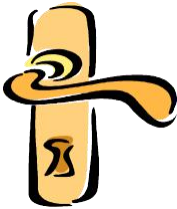
**Give 20p** for each.

**Thank God for good health.**

**TOTAL £**

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## Friday 11<sup>th</sup> March



How many door handles are there in your house?

**Give 2p** for each

**and give thanks for safety.**

**TOTAL £**

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## Saturday 12<sup>th</sup> March



In your fridge, count the dairy products.

**Give 10p** for each item.

**Give thanks for Dairy Farmers.**

**TOTAL £**

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## Sunday 13<sup>th</sup> March - The Second Sunday of Lent



How many keys do you have? (cupboard and drawer keys too).

**Give 5p** for each one.

**Thank God for security.**

**TOTAL £**

## Monday 14<sup>th</sup> March



How many windows are there in Your house?

**Give 10p** for each Window you have.

**TOTAL £**

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## Tuesday 15<sup>th</sup> March



Count the bottles and packets of pills and vitamins you have.

**Give 5p** for each.

**Give thanks for your health.**

**TOTAL £**

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## Wednesday 16<sup>th</sup> March



How many light bulbs can you find in your house? Remember any spares you have!

**Give 2p** per light bulb.

**Thank God you can see at night.**

**TOTAL £**

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## Thursday 17<sup>th</sup> March (St Patrick's Day)



Count the vaccinations, doctor or nurse visits you've had over the past year.

**Give 10p** for each.

**Thank God for healthcare staff.**

**TOTAL £**

## Friday 16<sup>th</sup> March



Weigh yourself! *This is not a guilt trip.*  
**Thank God for good healthy sustenance.**

**Give 1p** per kg.

**TOTAL £**

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## Saturday 19<sup>th</sup> March (St Joseph's Day)



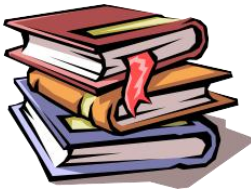
Count the vegetables in your kitchen (and garden).

**Give 5p** for each  
**and pray for good health for all disadvantaged people.**

**TOTAL £**

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## Sunday 20<sup>th</sup> March – The Third Sunday of Lent



Count the books in your house.

**Thank God for the education you received so you can enjoy them.**

**Give 1p** per book.

**TOTAL £**

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## Monday 21<sup>st</sup> March



Count the bottles in your fridge and kitchen.  
**Thank God for safe and tasty drinks.**

**Give 2p** for each bottle

**TOTAL £**



## Tuesday 22<sup>nd</sup> March



Count how many subjects you were taught at school when you were 12 years old.

**Give 10p** for each.

**Pray that all children may have the benefit of education.**

**TOTAL £**

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## Wednesday 23<sup>rd</sup> March



Count the brushes in your house!  
Hair, tooth, nail washing up etc.

**Give 2p** per brush.

**TOTAL £**

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## Thursday 24<sup>th</sup> March



How many living things are there in your house? Pot plants, pets.... include yourself.

**Give 20p** for each one you count.

**Thank God for the wonder of creation.**

**TOTAL £**

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## Friday 25<sup>th</sup> March (*The Annunciation of the Lord*)



How many light switches do you have?

**Give 2p** for each switch you find  
**and thank God for electricity.**

**TOTAL £**

## Saturday 26<sup>th</sup> March

Don't forget to put your clocks forward 1 hour tonight



How old are you?

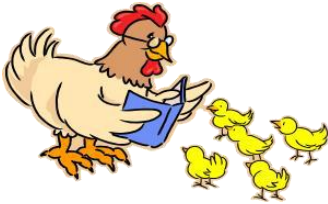
Give 1p for each year of your age.

Thank God for the life you have.

**TOTAL £**

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## Sunday 27<sup>th</sup> March – Mothering Sunday



Give a coin and take some time to think of your life as you were growing up, with or away from your mother.

Think how it has formed you.

Talk to God about it.

**TOTAL £**

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## Monday 28<sup>th</sup> March



Count the carpets or rugs in your house.

Give 10p for each one.

Pray for people with sparse homes.

**TOTAL £**

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## Tuesday 29<sup>th</sup> March



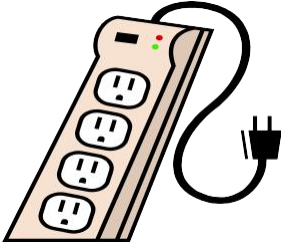
How much fruit can you find?

Give 5p for each fruit you've counted.

Thank God for the fruits you can enjoy.

**TOTAL £**

## Wednesday 30<sup>th</sup> March



Count the plug sockets!

**Thank God for how technology improves our lives.**

**Give 5p** for each socket.

**TOTAL £**

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## Thursday 31<sup>st</sup> March



How many things can you cook with?

Count each hob on your stove, each pot, pan, oven etc.

**Give 5p** for each.

**TOTAL £**

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## Friday 1<sup>st</sup> April



Count how many letters you received this week.

**Give 5p** for each.

**TOTAL £**

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## Saturday 2<sup>nd</sup> April



Count the cleaning products you have.

**Give 5p** for each.

**Thank God for sanitation. It is the key to good health.**

**TOTAL £**

## Sunday 3<sup>rd</sup> April – The Fifth Sunday of Lent



Count your blankets, quilts and duvets  
**Pray for those who are cold** and  
**give 20p** for each item of bedding you  
count.

**TOTAL £**

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## Monday 4<sup>th</sup> April

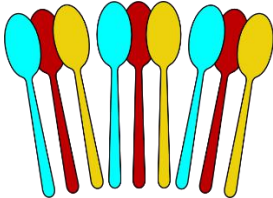


Count your shoes.  
**Give 10p** per pair  
**and pray for those who don't have shoes**

**TOTAL £**

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## Tuesday 5<sup>th</sup> April



Count all your spoons!  
**Give 1p** for each  
**Thank God for plentiful food.**

**TOTAL £**

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## Wednesday 6<sup>th</sup> April



How many umbrellas do you have?  
**Give 10p** per umbrella.

**TOTAL £**

## Thursday 7<sup>th</sup> April



Count the gutters and drain pipes around the outside of your house

**Give 5p** for each.

**TOTAL £**

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## Friday 8<sup>th</sup> April



How many wheels can you count in your house or on your driveway?

**Give 5p** per wheel.

**TOTAL £**

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## Saturday 9<sup>th</sup> April



How many teachers did you have in primary school?

**Give thanks for all you've learned and pray that all children might have that opportunity too.**

**Give 20p** for all teachers remembered

**TOTAL £**

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## Sunday 10<sup>th</sup> April – Palm Sunday



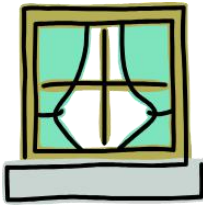
Count your coats!

**Give 10p** for each.

**Think of Jesus riding into Jerusalem, his way paved with people's cloaks.**

**TOTAL £**

## Monday 11<sup>th</sup> April



Count the curtains and blinds in your house.

**Give 5p** for each.

**Thank God for the comfort and privacy of your home.**

**TOTAL £**

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## Tuesday 12<sup>th</sup> April



How many hats can you find?

**Give 5p** per hat.

**Thank God for shade in summer and warmth in winter.**

**TOTAL £**

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## Wednesday 13<sup>th</sup> April



Notice the signs of Spring around you...

**Go to a window or take a walk. Think about God sustaining us through all seasons.**

**Give a coin in gratitude for nature.**

**TOTAL £**

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## Maundy Thursday - 14<sup>th</sup> April



As you eat your meals today, take time to think about each mouthful of food, its taste and value.

**Think of Jesus at the last supper.**

**Give a coin in gratitude for food.**

**TOTAL £**

## Good Friday – 15<sup>th</sup> April



Take time to consider Jesus' way to the cross today.

Sit by yourself and find some quiet space to think and pray

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## Holy Saturday - 16<sup>th</sup> April



Make some space today to be silent in God's presence.

You don't need to have anything to say.

Be still and listen...

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## Easter Sunday – 17<sup>th</sup> April



Give Thanks to God for Jesus' life, death and resurrection.

Praise Him for His love and care for you and pray for work the money you have given will support.

Bring your contribution to the Easter Morning Service

**My 'Count your Blessings' Lenten Offering**

£

COUNT YOUR  
BLESSINGS.

NAME THEM ONE BY ONE.

COUNT YOUR

MANY BLESSINGS

SEE WHAT GOD HAS DONE.