

# Mission Together

## Lent Activity: Growing in Love



### Introduction

These activities complement the **Growing in Love** Lent Liturgy. This Activity Sheet plus other liturgies and resources can be found and downloaded via our website, [missiontogether.org.uk](http://missiontogether.org.uk)

### Activities

There are certain things that people, animals, and plants need in order to grow strong and healthy. **What might they be? Food, water?**

God wants all creation to flourish, but we have to play a part in making this happen. One way is by planting seeds and caring for them so they blossom during Eastertide. Seeds that can be sown outdoors in March include Wildflowers, Sweet Peas, Cornflowers – all good for butterflies. Seeds that can be sown indoors include Dahlia, Stocks, Watercress.



In the true story of Eunice (found on the liturgy sheet) we learnt how before the arrival of the nuns and their feeding programme, she used to miss out on school or miss out on meals. Now Eunice is able both to attend class and enjoy a healthy diet. These allow Eunice to grow healthy and happy.



The Mission Together Red Box

**What are the kinds of foods that help us all to grow well? With a friend, write and draw as many of these foods as you can on your Mission Together activity sheet (overleaf).**

Another thing we could do during Lent is to care for our bodies as God wants us to, by eating more healthy foods such as the ones you have listed, and fewer unhealthy foods like sweets and crisps. During Lent we could put the money we'd spend on unhealthy food into the Mission Together collection box. This money would help fund projects like the nuns' feeding programme, making sure Eunice and other hungry children around the world like her are fed and supported.

### Plenary

Remind the children of the story Jesus told about the mustard seed and how great things – like the nuns' feeding programme – can grow from small ideas and sometimes small people! Also remind them that it is God's desire, as Jesus shows, that **all people grow happy and healthy**. But for this to happen we must do what we can to assist – whether that is helping a friend grow in confidence after they have failed at something, raising money for Mission Together, or praying the Mission Together Prayer, that all children throughout the world might grow in God's love.



# Mission Together

## Lent Activity Sheet – Growing in Love



With a friend, write and draw *as many foods you can think of* that help us all grow well.



This is Eunice. If you have time, colour her in.  
You could give Eunice the same colour school uniform as you have!

Together try to find the words listed on the right of this wordsearch

C H R I S T I A N B  
D F B K T H K R N U  
K H S I R U O L F M  
J N G T E C Q P B T  
Y O S B T K P F N J  
N I S T S G B E Q M  
D S U I A P L Q Y P  
T S C D E I H N U N  
T I D T H P X W U E  
M M G V S P R I N G

**Christian** – A follower of Christ Jesus.

**Lent** – The six weeks before Easter during which we try to change ourselves to become more like Jesus, that is, more loving.

**Easter** – The greatest Christian feast in the year in which we remember how Jesus died out of love for us, then rose from the dead.

**Spring** – The season following winter and before summer, during which new life begins to grow.

**Flourish** – To grow and thrive; be healthy and full of life; to do well; to succeed.

**Mission** – To be sent out to deliver something, to bring good news.

**Nun** – A woman who is called by God in a special way to show Christ's love for all people, sometimes also called a 'Religious Sister'.