

LENT

2021

Sometimes when we give up something for Lent we can have a stern, unhappy or even angry face!!

Giving up something for Lent, making some small sacrifice makes you more aware of the hardships of others and also helps you to concentrate and focus on those things that are more important in your life -

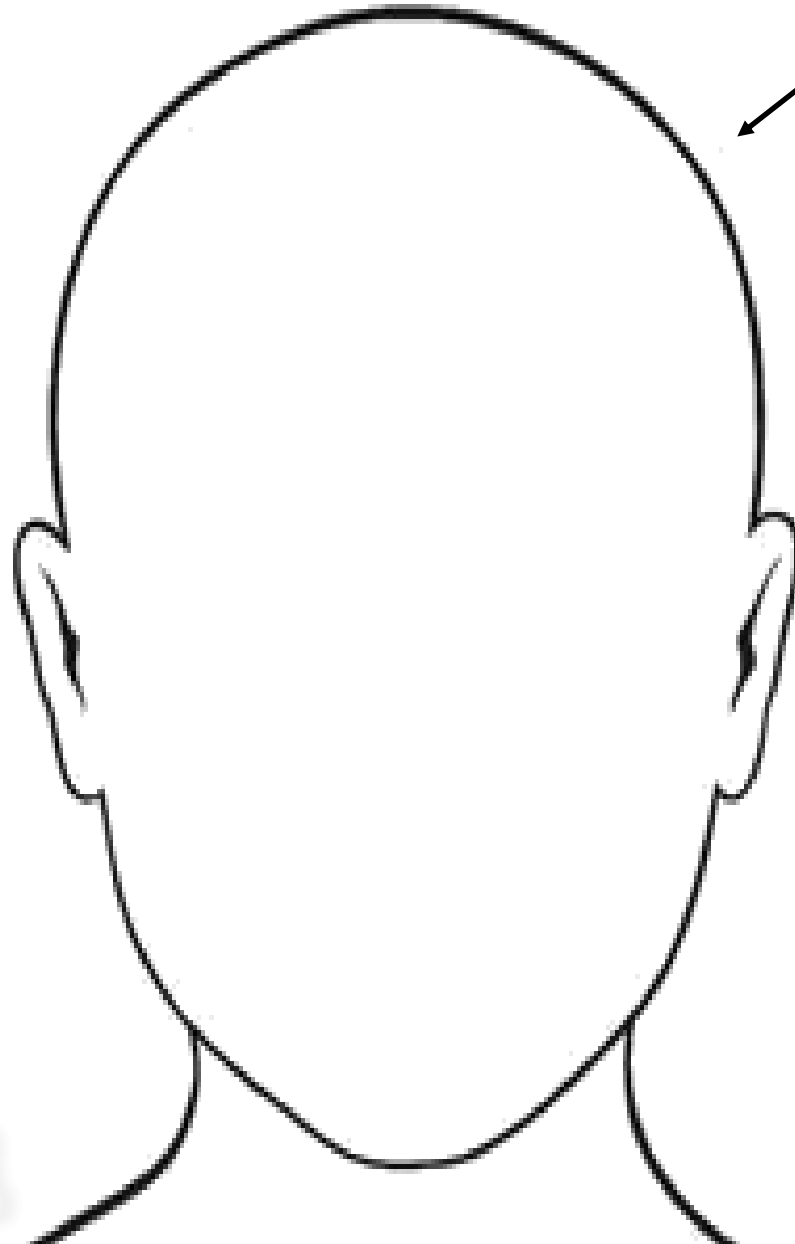
*Family, Friends,
Relationships, God!!*

If you have given something up it gives you a little more free time so why not also do something to help someone!

This Lent, each day, why not do something to put a smile on somebody's face!!

**MAKE A
DIFFERENCE**

MAD (MAKE A DIFFERENCE)
THE LENTEN FACE



This is...

&

This Lent I will

Spread Love,
MAKE A DIFFERENCE AND
BRING A SMILE TO THEIR
FACE

BY...

My Lenten Smiles Prayer



A smile is the
shortest prayer of
gratitude we can
offer GOD.

Loving God

When I stumble through Lent and Life,
help me to create more laughter than tears,
bring more happiness than gloom,
spread more cheer than upset.

The smile on my face
doesn't mean my life
is perfect.
I just appreciate
what I have
and what God has
blessed me...

Don't ever let me become so busy or distracted,
that I fail to see the wonders in the eyes of a child,
that I fail to notice the twinkle in the eyes of the aged
or that I ignore the friend or stranger.

Never let me forget that I can make a difference to people.
I can make them happy, I can give them support, I can bring joy.

I can show Love...

Even if this is as simple and as powerful as sharing my smile!

And when times are at their toughest,
may I hear You whisper:
"When you made My people smile,
you made Me smile."



Begin & End
each day with
a Smile
&
a Prayer



You haven't lost your smile. It's
right under your nose. You just
forgot it was there.