***The Lenten Garden/Path***

***The idea of the Lenten Garden/Path is that it would be prepared as a sacred space at the beginning of Lent and once a week over the intercom at morning prayer a different aspect of the garden can be reflected on and a challenge set for the students of one thing they could do during that week to better themselves or their lives.***

***This Lent we have prepared a Lenten garden/path.***

As we walk along the journey of Lent and we prepare for Easter we will use our Lenten Garden/path to help us reflect and make positive changes.

Week 1. **Rubbish**. In our garden/path this week we look at the rubbish. Before we begin any garden we first need to tidy it up. Maybe during this week we could reflect on what we could tidy up in our own lives? Have we let our lives or homes get messy? Do we need to get organised at home or in our study? Is there one thing we could do this week that would tidy up our lives?

Week 2. **Weeds**: In our garden/path this week we look at the weeds. Are there some things in our lives which are out of place, things that we wish weren’t there. Are there thoughts or habits that we need to get rid of? Maybe Gossip, resenting others or putting ourselves down? This Lent perhaps we could decide on at least one thing we could get rid of from of our lives?

Week 3. **Poor Soil:** This week we look at the stony, poor soil. Plants need good soil in which to grow. Are we taking care of our physical and mental health? Could we give up sugar, take up exercise, catch up with friends? Is there one thing we could do this week that might improve our lives in some small way?

Week 4. **Seeds**: This week we look at the seeds. Now that we have prepared the soil perhaps we could plant a seed, by adding Gratitude to our lives. When we are thankful for the good in our lives, we become less self-obsessed and we allow goodness to flow. Every day this week, write 5 things that you are truly grateful for.

Week 5. **First signs of Life:** In our garden/path this week we look at the budding plants. Once we have started to improve our lives, we need to encourage ourselves to stay the path and show ourselves compassion. As we begin our journey towards God’s Love we need to make time to show kindness to ourselves and others. Could we decide on Acts of Kindness we could do for ourselves or others this week?

*Week 6 takes place in holy week so maybe it could form part of a reflection before the school term ends to encourage them to participate in the Easter Ceremonies?*

Week 6. **Water and sunlight:** This week we look at the Plants that still need to be nourished by water and sunlight. As we near the end of this Lenten path we are reminded of the Life, Death and Resurrection of our Lord. We ask that the word of the Lord be “a lamp to our feet and a light to our path” Could we spend five minutes every day this week reading the Bible? Could we decide to go to some of the liturgies over Easter? These events are so rich in meaning and join in the Church’s chorus, “He is Risen, Alleluia. He is Risen indeed.”