



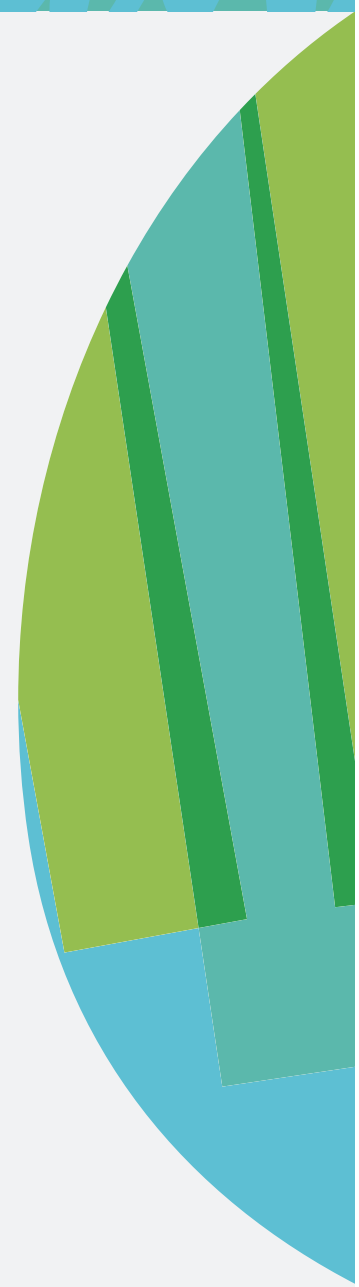
40 Reflective Questions for 40 Days of Colouring

In your Lent pack, you will have received a colouring sheet split into 40 sections, the style of which has been inspired by patterns used by our partners in Liberia.

The idea is to fill in one section each day during Lent (not including Sundays!), having an intentional period of discernment as you do so. There is no set way of colouring in your sheet – you could do it in rows from left to right, or just randomly select a section each day.

Doing something mindful like colouring can help us forget the busyness of our everyday lives and give us 5 minutes to reflect on something greater than ourselves, and the following 40 questions are designed to help you do just that. Each day as you colour in one section, use those few minutes to think about the next question on this list.

Over the course of Lent, we hope these prompts will help you answer the question 'What is Mine to Do?'



1

How are you feeling as you begin Lent? Take a moment to reflect on your current mental and spiritual wellbeing.

2

When was the last time you said no to something?

3

Think of any times in your life when you have fought for justice in some way. What are you most proud of?

4

When in your life have you felt most 'at home'?

5

Consciously or subconsciously, how do you decide which charities you give to?

6

What one quality would you like to be known for after you die?

7

How hard do you find it to discern where God might be leading you?

8

Are there any Bible passages or verses that sustain you in a world full of injustice?

9

Can you think of an example of when you jumped into something with good intentions when, on reflection, it wasn't yours to do?

10

What do you think of when you hear the phrase 'charity begins at home'?





11

Can you think of someone who has made a difficult decision that you respect?

12

If you had to suddenly leave home, what are the three things you would most want to take with you and why?

13

What do you notice about how you feel when colouring in the All We Can Lent Jigsaw?

14

What do you need to reach your potential?

15

What does a justice-seeking church look like to you?

16

Is there someone in your church community who has a skill that you feel is not being used effectively? How could you encourage them?

17

What are the differences between hearing and actively listening – to ourselves, to others, to God?

18

Do you most associate with a particular Biblical character? What about their story is helpful to you in your journey of discipleship?

19

What obstacles prevent you from committing to or maintaining a regular habit?

20

How would you feel about talking to a friend or family member about All We Can?

21

When do you feel closest to God?

22

What is your role in responding to the impact of the climate crisis?

23

Have you surprised yourself at all in the last year?

24

What are the signs or 'flags' for when you are doing too much?

25

If your best friend were to describe you on your best day, what five words would they use?

26

When you give money, do you restrict your donations? If so/ if not, why do you think that is?

27

How do you avoid discomfort?

28

If you could solve one problem in your life, which one would have the most impact?

29

What does asking for help look like for you?

30

What do you still hope to learn in life?

31

When you give, do you expect anything in return?

32

How do you typically respond to failure?

33

What is the worst decision you've made in your life and how might you do it differently now?

34

Are you an instinctively trusting person? What qualities do you look for in people or organisations that you do trust?

35

When you read the parable of the talents (Matthew 25:14-30), which person in the story do you most relate to?

36

How easy or difficult do you find it to establish healthy boundaries?

37

What resources and time do you need to invest in your own prayer life?

38

Do you think the 'how' is as important as the 'how much' when it comes to tackling poverty and injustice?

39

What does resurrection look like for you, today?

40

Over the course of Lent, what has emerged for you?

