Many years ago Jesus spent 40 days and 40 nights in the desert without anything to eat or drink. Can you imagine? It must have been very difficult!

Christians think about the time Jesus spent in the desert during Lent. Lent is an excellent time to reflect and give something you enjoy, like eating or drinking, to make it difficult to give up something you enjoy, as Jesus did, and to remember people around the world who don’t have as much.

Put up this poster somewhere you will see it every day. For each week of Lent we are going to learn about a different charity focused by some of our neighbours around the world who have had to leave their homes. Each day do something special, pray or give some money to help change their lives.

So find a jar to put your Count Your Blessings donations in. Each day we’ll do something, pray or give some money to help somebody around the world. Lent is an excellent time for Christians to think about the time Jesus spent in the desert during Lent. Jesus went into the desert to be alone with God. He didn’t have anything to eat or drink. Can you imagine? It must have been very difficult!

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For counting your blessings

Thank you

Children:
ask a grown-up to write a cheque for the total amount you raised.
You can also send in your money online!
Ask a grown up to go on our website, caid.org.uk/lent

Grown-ups:
cut out this disc and send it with your cheque to:
Christian Aid, 35 Lower Marsh, London SE1 7RL.
Please make sure that you write your name, address and 'Children’s CYB' on the back of the cheque.

Thank you!