

Get Outside in Lent

WEEK 2 - FLOWERS



Luke 12:27 Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these.

Welcome to “Get Outside in Lent.” Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything , enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

See how many different colours of flower you can find. Look at all levels, don't forget trees have flowers too.

2

Go for a walk and sniff every flower that you can find (and reach easily.) Can you tell them apart by their scent?

3

Find a flower bud. Can you imagine what the flower will look like when it opens?

4

Choose a flower to sit and contemplate. Remind yourself that this flower has value simply because God made it and he loves it.

5

Choose a particular flower and investigate it closely. (Don't pick it unless it is in your garden and you have permission to do that.) Look at the patterns and colours within the petals, the number of petals and how the flower fits onto the stem.

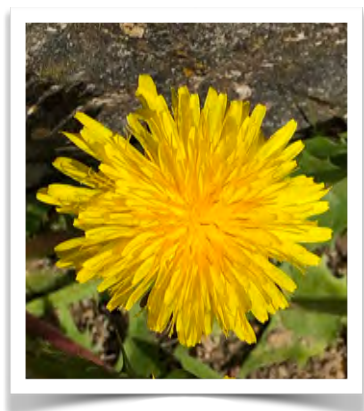
6

Choose a flower and watch it carefully for a while. See if any insects come to visit it.

Flower Celebration

Use the words of the ritual if you would like to. Have a flower themed feast. If you have somewhere that you are allowed to pick flowers near you, perhaps you could pick a few to put them on your table. Some flowers are edible; there are some ideas here but please don't eat anything unless you are certain it is the right thing. <http://www.handmadeapothecary.co.uk/blog/2017/3/29/edible-spring-flowers>

Alternatively, you could just make some food that looks like flowers. I know it says for children, but we are all children at heart really! <https://helloyummy.co/fun-foods-that-look-like-flowers/>



Ritual for flowers week.

Gather (or go by yourself) to a place where there are flowers growing if possible, or if not possible, then light a candle inside and place a flower or a house plant beside it.

Be quiet for a moment or two (as long as works for you or your group) to reflect on what flowers mean to you, and what the world would be like if we didn't have them.

Creator God, thank you for flowers. Thank you for the beauty that they bring to our world, for the life that they support, and for the part they play in your creation.

Silence

We are sorry for those times when we have been in such a hurry that we have not noticed the beauty of the flowers around us.

Silence

Help us to value flowers as part of your creation; not just for what they can give us, but simply because you made them and you love them.

Silence - Stand for a moment and let the flowers point you towards God.

