

Get Outside in Lent

WEEK 5 - INSECTS AND ANIMALS



Genesis 1:25 So God made every kind of animal. He made the wild animals, the tame animals, and all the small crawling things. And God saw that this was good.

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

If you have a pet, give it a hug (if it is that sort of animal) and think about what do your pet adds to your life.

2

Go for a walk and see how many animals you can spot.

3

Hang on a banana skin on a bush and watch in the early evening - it may attract moths.

4

Go for a slow walk and see how many "small crawling things" you can find.

5

Find one "small crawling thing" and watch it for a while to see what it does.

6

Go outside at night and see if you can hear or even see any of the nighttime creatures.



Insects and Animals Celebration

Animals and insects celebration day! Use the words of the ritual if you would like to. There are all sorts of ways of having an animal and insect themed feast, without actually eating them. Some of these ideas do use animal products, but obviously you can choose which recipes work for your way of eating. <https://www.cuteness.com/blog/content/14-adorable-and-totally-doable-animal-themed-foods>

Ritual for insects and animals week.

Gather (or go by yourself) to a place where you can see animals or insects of some sort. If this is not possible, then light a candle inside and simply write a short list of your favourite animals and place it next to the candle.

Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of the many different sorts of living creatures that are in our world.

Creator God, thank you for the variety of your creatures. Thank you for the enjoyment that they give us, and for the part that they play in keeping your world healthy.

Silence

We are sorry for those times when we have been thoughtless in the way we have treated animals and insects.

Silence

Help us to value every living creature as part of your creation; to realise that everything has a part to play in this beautiful world, and that we are responsible for caring for them and treating them with respect.

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

