

# Get Outside in Lent

## WEEK 6 - BIRDS AND AIR



**Matthew 6:26 Look at the birds. They don't plant, harvest, or save food in barns, but your heavenly Father feeds them.**

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

Wherever you are today, keep looking around to see if you can see a bird, they are everywhere.

2

Find somewhere where you can be quiet for a few minutes and listen to the birds singing.

3

Put some food out for the birds and watch for a while to see what comes.

4

Choose a windy day, and go out and fly a kite. Make a simple one of your own if you don't have one.

5

Go for a walk and see how many ways you can tell that air is there even though you can't see it.

6

Watch a bird flying. See how different birds move in different ways. How does watching them make you feel?

## Birds and Air Celebration

Use the words of the ritual if you would like to. There are some great ideas in this link for making fun food with a bird theme. <https://www.pinterest.co.uk/sharelynnd/bird-themed-food/> perhaps you could also make a feast for the birds and put it outside for them.



### **Ritual for birds and air week.**

Gather (or go by yourself) to a place where you can see birds and feel the air.) If this is not possible, then light a candle inside and either open a book with a picture of a bird 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 air and birds in our world.

*Creator God, thank you for the air that we breathe and the beauty of flying creatures like birds.*

*Silence*

*We are sorry for those times when we have taken the simple pleasures and necessities for granted.*

*Silence*

*Help us to value clean air, and to do our bit to keep it clean. And help us always to appreciate the beauty of your creation.*

*Silence - Stand for a moment and let thoughts of clean air and birds point you towards God.*

