

**ALL
WE
CAN**

**CHANGE
BEGINS**

**AN ALL-AGE
LENT DEVOTIONAL**



Hello. We are so glad you are joining **All We Can** for Lent. Before you get started, here are some answers to questions you might have.

What is Lent?

Lent is what Christians call the six weeks leading up to Easter. It lasts for forty days because Jesus spent forty days in the desert. You can read about that in Matthew 4: 1-11.



Lent is a time for thinking, praying and giving; getting ready to celebrate Easter when Jesus died and came back to life.

Lots of Christians choose to give something up like chocolate or sweets to go without something they really like. Christians often find Lent a time where they can become closer to God.

Are you giving up anything up for Lent? Write it down here.

Who is All We Can and what do they do?

All We Can is an international development charity. Does that make sense? No? Ok, what that means is that as a charity, we raise money through our amazing supporters which we can then give to our equally amazing local partners working in countries around the world.

In the UK, we are very lucky. Although we face challenges of our own, we often have a lot of support. **All We Can** works in some of the world's most vulnerable communities with local people who are working very hard to change their circumstances.



The Bible says in the book of Micah chapter 6, verse 8:

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

This verse is a great reminder at Lent that we can walk with God at this time as we do justice and love kindness. What do you think loving kindness looks like? How can we do justice?

CHALLENGE

Find out more about **All We Can** at allwecan.org.uk

How to use this booklet

You are very welcome to use the booklet in whatever way best suits your household. Here's how we thought it might work:

READ

Read the Bible passage and talk about what you think.

TALK

Discuss the questions related to the Bible passage.

EXPLORE

Find out about life in Uganda.

DO

Have a go at the activities for that week.

PRAY

Pray for the community in Uganda, yourself and your own family/friends.

CHALLENGE

Think about how you might take on a challenge.

Glossary

You will hopefully pick up some new words as you use this booklet. Write them down and find out their meanings.

Word	Meaning
Lent	
International Development Charity	

WORD CHALLENGE

Can you turn your glossary into a word search? If you do, we would love to see them. Send us a photo or copy at info@allwecan.org.uk

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Week One: Change Begins in Uganda

Nawalat, Eria and Perezi live in Uganda, in a village called Butagaya (you say it boo-ta-guy-uh). They all are at school and have a long journey to get there. Like most teenagers they go to school but they also have to help with chores and even work to help make some money for their families.



Nawalat



Perezi



Eria

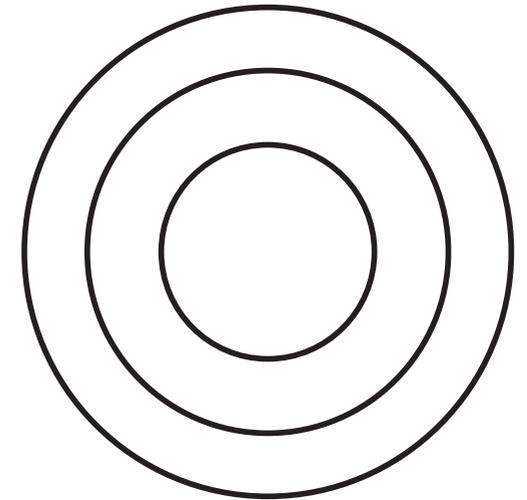


PRAY

What are you praying for this week?

CHALLENGE

Make a list of your 'neighbours' starting with those closest to you and then moving further out.



READ

Read Mark 12: 30-31

TALK

Talk about:

How hard or easy is it to love God in the way Jesus describes?

How are Nawalat, Eria and Perezi your neighbours?

How can we show love to ourselves, to God and to others?

EXPLORE

Be the QUIZ MASTER

Find out some facts about Uganda.

Eg. Which countries surround it?
What languages will you hear there?

Test your family and friends by creating your own Uganda Quiz.

DO

Butagaya is a rural area which is very green. It is hot and humid. A lot of people earn money by growing different things like sugar cane or by fishing, raising chickens or pigs, and even making bricks.

How would you describe where you live?

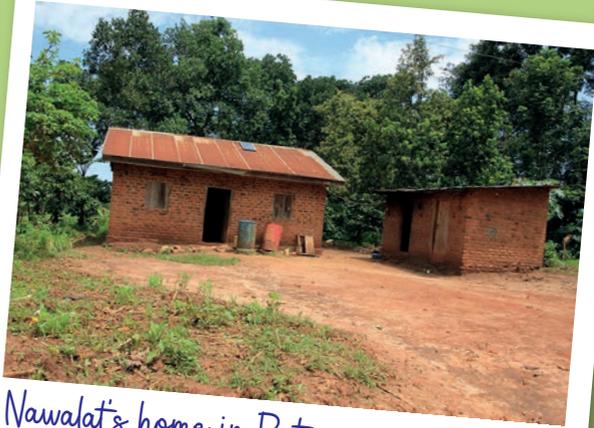
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Week Two: Change Begins With You

God cares about you

Did you know that the Bible says that even each hair on your head has been counted by God? That's a lot of hair!

You matter to God which means your hopes and dreams, as well as struggles matter too.



Nawalat's home in Butagaya

Since my father died, my mother has been struggling on her own to support the entire family. I fetch water for my mum, sweep, clean the house, wash the utensils, fish and take care of my young siblings.



It takes two hours to reach my school. I love chemistry so much because I want to be a nurse.

TALK

Talk about:

What do you think this verse is telling you?

What kind of plans do you have that you think might be similar to Nawalat's?

What do you think 'plans to prosper' look like for you and Nawalat?

What are your hopes and dreams for the future?

READ

Read Jeremiah 29:11

PRAY

What are you praying for this week?

CHALLENGE

Nawalat has a 10km journey to school. How long will walking 10km take you? Try it!

What chores do you around your house?

How long is your journey to school and how do you get there?

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Week Three: Change Begins With a Bike

Last week, you read how Nawalat's journey to school normally takes her two hours. Guess what? Nawalat, Perezi and Eria were chosen to be a part of a cycle to school programme, run by **All We Can's** partner in Uganda, giving bikes to young people to help them keep going to school.

READ

Read Isaiah 43: 16-19

TALK

Talk about:

What do you think this passage tells you about God?

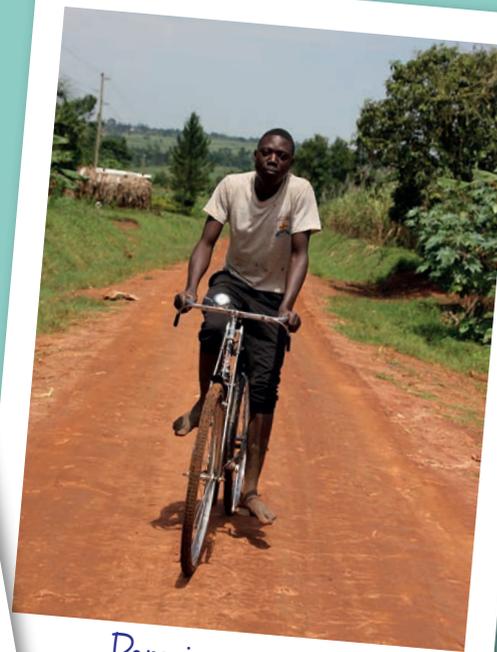
For Nawalat, Perezi and Eria, the 'new thing' bringing change in their lives is a bike. How do you think their bikes will change things for them?

This passage is a reminder that you will go through times of change but God is always present throughout. What times of change have you experienced?

What is your journey to school?



Eria



Perezi



Nawalat

PRAY

What are you praying for this week?

CHALLENGE

In Uganda, a bike like Nawalat's costs £66.

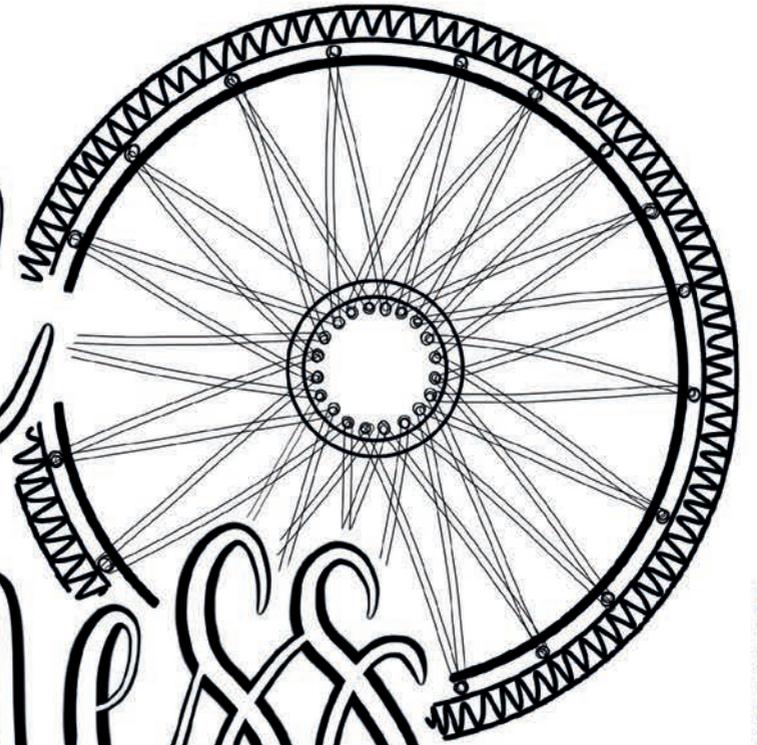
For less than £6 a month you could help provide a cycle to school bike. Could you set yourself a fundraising challenge to raise £66 and help change begin with a bike for another young person in Butagaya?

There are some suggestions at allwecan.org.uk/fundraise

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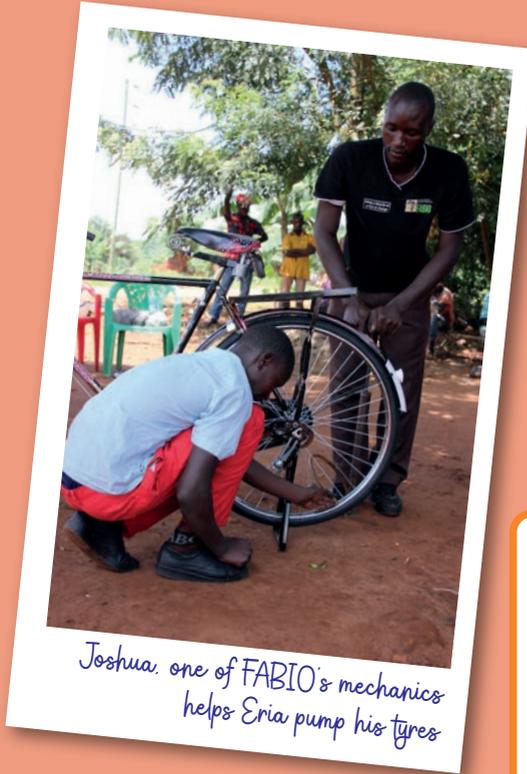
COLOUR ME IN!

do Justice
love kindness
walk humbly with your God



Week Four: Change Begins Together

What is collaboration? Well, for All We Can, it is an important value. All We Can believes that collaboration (which means working with other people) is the best way to work – together! For example, last week, you read about how Nawalat, Eria and Perezi have been given bikes which are helping to change their lives. All We Can's partner FABIO (First African Bicycle Information Organisation) know the area and people very well in the communities where change really does begin with a bike. By working together, All We Can and FABIO can do even more good to help others.



PRAY

What are you praying for this week?

CHALLENGE

What could you do as a household to raise money or awareness about an issue you care about? Could you collaborate with your friends or classmates to make a difference for someone else?

READ

Read 1 Corinthians 12: 20-27

TALK

Talk about:

What do you think this passage tells you about how we should treat one another?

Which part of the body of God do you think you are? Why?

What do you think, 'if one part suffers, every part suffers with it,' means?

What can you do to help people who might be suffering?

What makes someone a good friend?

Who do you work with regularly?

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Week Five: Change Begins With Prayer

What is prayer and why do Christians pray? Well, prayer is simply our chance to talk to God about everything - all the things on our minds and on our hearts. We can tell God everything and he promises to listen. As Christians, we also pray because Jesus did and we want to follow his example.

My prayer is that God grants me life and that I am able to be successful and have a heart that helps others to be winners.



READ

Read Philippians 4:6

TALK

Talk about:

What are the things that make you anxious?

What worries do you think Nawalat and her friends have?

What are the things you are thankful for today?

DO

Create a prayer plan for your week. Who and what do you want to be praying for each day? Join **All We Can** in praying each month allwecan.org.uk/pray.

DO

Find the Lord's Prayer and write it down. [Hint: Look up Matthew 6: 9-13] Can you learn it by heart?

PRAY

What are you praying for this week?

PRAY

Praying for other people is important. Christians call this type of praying 'intercessions' (praying on behalf of others). Write down your prayers for the community of Butagaya.



Church in Butagaya, where Nawalat lives

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Week Six: Change Begins With Family

All families look very different. Some, like Nawalat's, are dealing with the death of a parent. Some, like Perezi's, have a parent who is absent and does not take their responsibilities seriously. Some, like Eria's, have a disabled member of their family (Moses, Eria's dad, loss the use of his legs) which impacts their daily life. The wonderful thing that God does for us is to call us his children. You are a part of God's great big family!

READ

Read 1 John 3: 1-2

TALK

Talk about:

What do you think it means to have loved 'lavished' on you?

What does being a child of God mean to you?

As children of God, Nawalat, Eria and Perezi are part of your family.

What do you think makes this family special?

DO

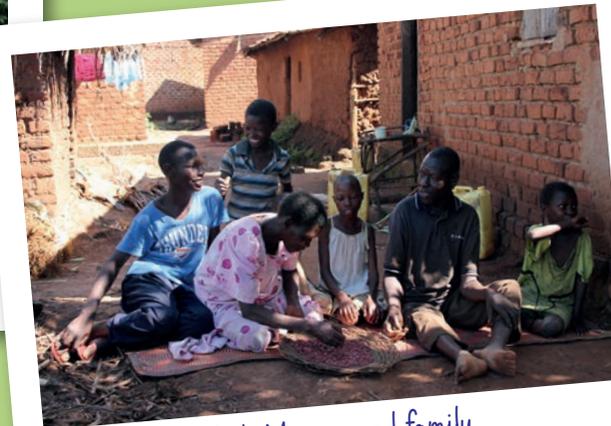
Write a letter to someone who is special to you to 'lavish' love on them.



Nawalat and her mum, Tausi.



Perezi with his mum, Betty, and siblings.



Eria and his dad, Moses, and family.

All families look different.
God has created a new family

PRAY

What are you praying for this week?

Who are the people that you call family?

CHALLENGE

Some children of God have a lot of challenges to face. A simple bike is already changing lives for young people in Butagaya. Think of three ways that you could help others as a family.

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What can you do?

READ

Read James 2: 14-17

Have you read all about Butagaya, Nawalat, Perezi and Eria and kept thinking - 'But what can I do to help?' That's great! All of us can make a difference. Part of being a Christian is following the example of Jesus, which means we put our faith into actions. You can do something even if it is something small.

Here are some ideas:

PRAY

Talking to God about your worries and the things on your heart is the first step. Find out more about situations where people are finding life hard and then pray about them. Praying helps us to keep walking humbly with God.

GIVE

One way you can show kindness to someone else is to give your money and your time. Nawalat's bike costs £66. That's less than £6 a month. Giving and being generous is part of how we show love to God and to others. What do you want to give to? Maybe you could decide on something that you want to save your money to give to. What could it be?

DO SOMETHING

Do something! You could write to your MP about an issue you really care about. You could organise a quiz to teach your friends and family about something important that you have learned. You can bake cakes to sell to raise money for **All We Can**. You have so many ideas and anything you do will make a difference. What will you do to bring justice?

WRITE YOUR PLAN TO PRAY, GIVE AND DO.

Change Begins With You

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Could you and your family help change the lives of people like Nawalat, Eria and Perezi?

Use the QR Code below if you would like to give today.



allwecan.org.uk/changebegins

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Thank you!



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All We Can is the operating name of
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