

**LENT 2023**

# THE LENTEN FACE



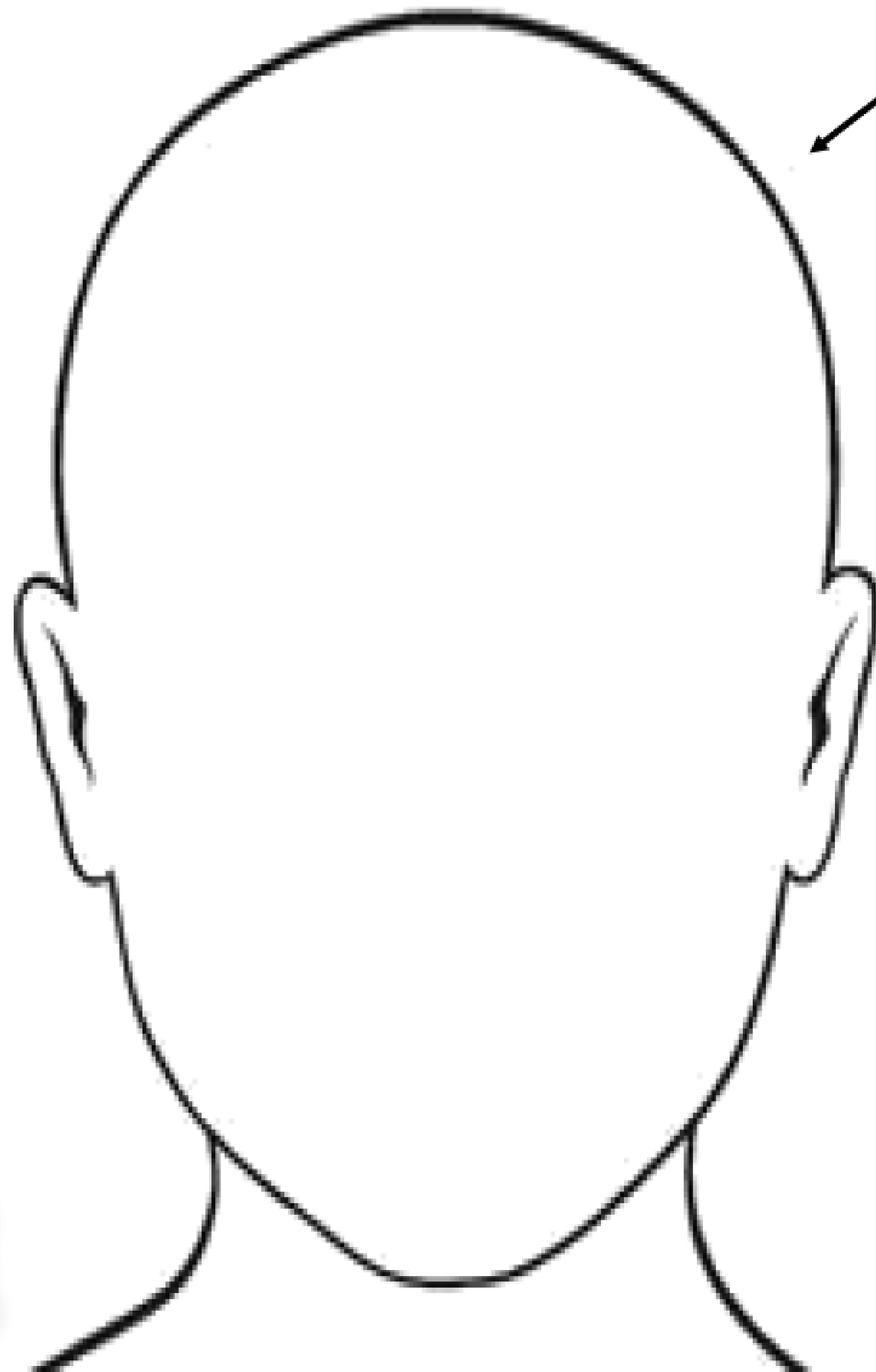
Sometimes when we give up something for Lent we can have a stern, unhappy or even angry face!!

Giving up something for Lent, making some small sacrifice makes you more aware of the hardships of others and also helps you to concentrate and focus on those things that are more important in your life - *Family, Friends, Relationships, God!!*

If you have given something up it gives you a little more free time so why not also do something to help someone!

This Lent, each day, why not do something to put a smile on somebody's face!!

**MAKE A DIFFERENCE**



This is...

&

This Lent I will

Spread Love,

MAKE A DIFFERENCE AND

BRING A SMILE TO THEIR FACE

BY...

Dear Jesus,

Can you help me be nicer to my sister? I will give up Wii for Lent

# My Lenten Smiles Prayer



A smile is the shortest prayer of gratitude we can offer GOD.

## LOVING GOD

When I stumble through Lent and Life,  
help me to create more laughter than tears,  
bring more happiness than gloom,  
spread more cheer than upset.

Don't ever let me become so busy or distracted,  
that I fail to see the wonders in the eyes of a child,  
that I fail to notice the twinkle in the eyes of the aged  
or that I ignore the friend or stranger.

Never let me forget that I can make a difference to people.  
I can make them happy, I can give them support, I can bring joy.

I can show Love...


Even if this is as simple and as powerful as sharing my smile!

And in my final moment,  
may I hear You whisper:

"When you made My people smile,  
you made Me smile."

The smile on my face  
doesn't mean my life  
is perfect.  
I just appreciate  
what I have  
and what God has  
blessed me...

Begin & End  
each day with  
a Smile  
&  
a Prayer



You haven't lost your smile. It's right under your nose. You just forgot it was there.

