

Explore It FOR ME

FEBRUARY
SESSION 02

HEALTHY SOUL

 **Luke 4:1-13 Jesus in the wilderness**

Here are some ideas and activities you could do on your own



Write and Draw

Did you make a prayer journal?
Remember to keep journaling your thoughts, feelings and prayers.



Pray

How long is Lent? Do a little investigating, and when you know how many days it is write these numbers out. Next to each number write the name of someone you will pray for this Lent. Put a tick next to each person after you have prayed for them. This will also help you know how long it is until Easter.



Watch

There are lots of versions of this week's story about Jesus in the wilderness, on YouTube. Watch different ones and think about how Jesus kept his focus on God.



Hear

Do you have a favourite band, singer or song which when you hear makes you feel close to God? Spend some time listening and think about the sounds and words you hear.



Share

Make an effort to go above and beyond your normal kind actions and deliberately help others in a new way each day this week.

KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

