

One of the most important things you can do, not only during Lent, but in supporting Missio Scotland as a charity, is to pray. Your prayers can be for someone very close to you, someone you've never met, for a whole country or even for the entire world! When you offer a prayer for someone, it is like giving them a gift that money can't buy because it comes from your heart. Praying to God on someone's behalf pleases Him greatly as it lets Him know you that you feel very close to Him and are dedicated to making the world a better place, just as He intended!

In the image below, why not write a short prayer for someone (or a group of people) who you think needs our prayers. An example could be: "Dear God, please pray for our doctors and nurses, who dedicate themselves to caring for people. May we always support them in their most important work. Amen." You can colour in the image before writing your prayer if you wish. Cut out the prayers so that they can be placed on a wall display and, each day during Lent, why not read one as a class? Give the gift of prayer this Lent!

