



THE CHURCH
OF ENGLAND
EDUCATION OFFICE

#WatchAndPray



Watch + Pray



Archbishops'
Young Leaders Award
Be the change you want to see.

@ABYyouthtrust

The season of Lent

The season of Lent is a time when Christians traditionally reflect and prepare for the celebrations of Easter. It is a time where some people give up: they fast, eat more simply or give up treats to follow the example of Jesus, who fasted for forty days in the wilderness.

People also give out in Lent. They may give to charity, make time for others, and set time aside to study the Bible and reflect on Jesus' life as they prepare for Holy Week and Easter.

On the night he was betrayed, Jesus kneels in darkness in the Garden of Gethsemane. Although he pleads with his disciples, "Stay here with me... Watch and pray," they all fall asleep, leaving him alone in his time of great suffering.

This season of Lent, we invite your school to join us as we **Watch and Pray.**

An illustration of Jesus kneeling in prayer under a large, leafy tree. The scene is set in a garden with purple and pink flowers in the foreground. The background is a mix of green and purple hues, suggesting a night or twilight setting. The text 'Watch + Pray' is overlaid on the bottom left of the illustration.

Watch
+ Pray

These Lent resources draw on the wisdom of Black Spirituality and have been inspired and informed by the 2024 Archbishop of Canterbury's Lent book, **Tarry Awhile: Wisdom from Black Spirituality for people of faith by Selina Stone** (SPCK). There is also a daily challenge booklet for children and families (CHP) which is closely linked to our resources.

We'd love you to share your challenge progress with us!

Tag us on Twitter, Facebook and Instagram.







@ABYyouthtrust

#WatchandPray



Watch + Pray

Each week includes:

-  Liturgical Suggestions
-  *I wonder* question
-  Bible passage activity
-  Video Exploration
-  Action Idea
-  Prayer

Watch + Pray

Week 1

**Waiting
together**



Liturgical Greeting

Leader: The Lord of
mercy be with you.

**Response: The Lord
bless you.**

I wonder...

what peace and
harmony would
really look like?

**Watch
+ Pray**



Watch + Pray



Reflect

Read the
verses

**Isaiah
11: 6-9**

**Week 1
Waiting
together**



How many pairs
of animals are in
the story?



What do you notice
about each pair?



What does it tell us
about the world God
wants to see?



Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.

https://youtu.be/L6N_9l_LWrw

@ABYyouthtrust



Action

Watch
+ Pray

1

Re-read Isaiah's vision of a world at peace. Isaiah 11.6-9 imagines God's world at last as peaceful as heaven. What would peace and harmony look like for you?

2

Watch a children's news programme – notice any stories of people divided from each other. Notice, too, any stories of people coming together to make things better.

3

Plant some bulbs or seeds during Lent. Wait for them to grow and blossom.



Week 1
Waiting
together



Prayer

Loving God, you have created the world and everyone in it. Help us to watch out for signs of your goodness in our world, in other people and in ourselves

Amen.

Week 1
**Waiting
together**



**Watch
+ Pray**

Liturgical ending



Leader: Let us
bless the Lord.

**Response:
Thanks be to
God.**

Watch + Pray

Week 2

**Waiting
and moving**



Liturgical Greeting

Leader: The Lord of
mercy be with you.

**Response: The Lord
bless you.**

I wonder...

what it must feel
like to be starting
out on a long
journey?

**Watch
+ Pray**



Watch + Pray



Reflect

Read the
verses

**Genesis
28:10-17**

Week 2
**Waiting
and moving**



How would you feel if God spoke to you in a dream?



What 3 promises does God make to Jacob?



As Jacob wakes from his sleep what does he realise?



Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.
<https://youtu.be/P3C7GClq8gc>

@ABYyouthtrust



Action

Watch
+ Pray

1

Read the story of Ruth and Naomi's journey. In Ruth 1.15-22, a young widow chooses to travel with and care for her mother-in-law, Naomi, rather than stay in her own country.

2

Think of a place where you have felt close to God. It is often easy to feel close to God in a church, cathedral or other place of worship, or out in nature. What places are special to you?

3

Pray on the move. On your journey to or from school, notice the places around you. Say a prayer for the people who live, work and play there.



Week 2

Waiting and
moving



Prayer

Faithful God, travel beside us as we go about our daily journeys this week. Guide all our steps and bring us safely home.

Amen.

Week 2

Waiting and moving



**Watch
+ Pray**

Liturgical ending



Leader: Let us bless the Lord.

**Response:
Thanks be to
God.**

Watch + Pray

Week 3

Waiting for the
Holy Spirit



Liturgical Greeting

Leader: The Lord of
mercy be with you.

**Response: The Lord
bless you.**

I wonder...

if you have ever had to wait a long time for something? How did it make you feel? What did you do?

**Watch
+ Pray**



Watch + Pray



Reflect

Read the
verses

**Acts 1:
12-14**

Week 3
Waiting for the
Holy Spirit



What do you know
already about the
apostles or disciples?



What are they
doing in this story?



Why might they
be praying?



Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.
<https://youtu.be/ZbAo3t2SGr4>

@ABYyouthtrust



Action

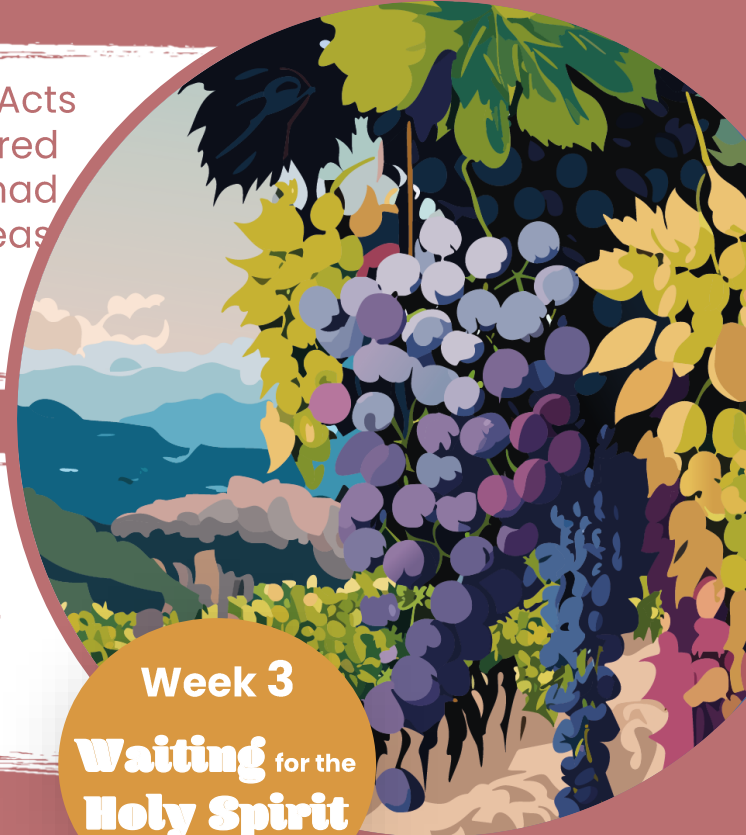
Watch
+ Pray

1

Share a snack or a treat with a friend. Acts 2:43-47 shows how the Holy Spirit inspired the first Christians to share what they had with others. If you are sharing food, please check and make sure that your friend doesn't have any allergies.

2

Try to donate to a local foodbank. Many churches and community organisations help to run foodbanks to make sure no one goes hungry. Is there a local one your household could support?



Week 3

Waiting for the
Holy Spirit



Prayer

Spirit of God, help us to make space this week to wait for you. Bring us new life, new hope and new energy to follow Jesus and serve our neighbour.

Amen.

Week 3

Waiting for the
Holy Spirit



**Watch
+ Pray**

Liturgical ending



Leader: Let us
bless the Lord.

Response:
**Thanks be to
God.**

Watch + Pray

Week 4
**Waiting
quietly**



Liturgical Greeting

**Leader: The Lord of
mercy be with you.**

**Response: The Lord
bless you.**

I wonder...

what it might feel
like to be very close
to God? What would
you see, hear,
think, feel?

**Watch
+ Pray**



Watch + Pray



Reflect

Read the
verses

**1 Kings
19:11-12**

**Week 4
Waiting
quietly**



How did Elijah
encounter God?



How would you have
felt on that mountain?



Why do you think God
came as a 'gentle
whisper' and not in the
earthquake or the fire?

Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.

<https://youtu.be/d8-XMyswVUE>

@ABYyouthtrust



Action

Watch
+ Pray

1

Sit in silence for a while. Like Moses, the prophet Elijah hears God's voice on a mountain. But God meets Elijah not in fire but in silence.

2

Include someone who might feel left out. It is good to spend some time quietly on our own. But it's good to talk and have fun with others, too!

3

Pray for those who feel forgotten. The Book of Job describes bad things happening to a good person. Pray for anyone finding it hard to feel God cares about them.



Week 4

Waiting
quietly



Prayer

Lord, help us to be still and remember that you are God. Help us find your peace this week and find ways to share it with others.

Amen.

Week 4

**Waiting
quietly**



**Watch
+ Pray**

Liturgical ending



Leader: Let us
bless the Lord.

**Response:
Thanks be to
God.**

Watch + Pray

Week 5

**Waiting for
God's help**



Liturgical Greeting

Leader: The Lord of
mercy be with you.

Response: The Lord
bless you.

I wonder...

if you have ever
felt so sick that
someone else
has had to care
for you?

**Watch
+ Pray**



Watch + Pray

Reflect

Read the
verses

**Mark
2:1-12**

**Week 5
Waiting for
God's help**



How did the paralysed man's friends show love for him?



Why does Jesus choose to help him?



What message does Jesus give about helping others?



Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.

https://youtu.be/knVyDP_Ga78

@ABYyouthtrust



Action

Watch
+ Pray

1

Make an Easter card for someone who cares for others. We all rely on doctors, nurses and other healthcare workers when we are ill. Why not surprise one you know with a “thank you” ahead of Easter?

2

Take any chances you can get to help. Every day brings each of us chances to do something good or kind for others. Try to take any that come your way this weekend!

3

Find out about the work of Christian Aid. Christian Aid, Tearfund and other Christian charities help poor communities around the world, inspired by Jesus’ care for those in need.



Week 5

Waiting for
God’s help



Prayer

Jesus, we ask you to be close to all who are ill, sad or in trouble, and to bless all who work to care for them.

Amen.

Week 5

**Waiting for
God's help**



**Watch
+ Pray**

Liturgical ending



Leader: Let us
bless the Lord.

**Response:
Thanks be to
God.**

Watch + Pray

Week 6

**Waiting
for Easter**



Liturgical Greeting

Leader: The Lord of
mercy be with you.

Response: The Lord
bless you.

I wonder...

which of our
waiting stories
you have enjoyed
exploring the
most?

**Watch
+ Pray**



Watch + Pray



Reflect

Read the
verses

**John
19:16^b-27**

**Week 6
Waiting
for Easter**



What are your thoughts when you hear this story?



How is Jesus treated?



What is the message of hope that Jesus brings to the world?



Watch
+ Pray



Watch the video and follow the suggestions to pause for discussion.

<https://youtu.be/yqY5M3M973A>

@ABYyouthtrust



Action

Watch
+ Pray

1

Plan something nice to do when Lent is over! We've been watching and praying, and we still have a few days before Easter is here. How will you celebrate?

2

Make or bake some Easter treats. Get ready for Easter by making nests of chocolate eggs, hot-cross-buns, simnel cake – or maybe create something new?

3

Before Jesus dies, he asks his mother Mary and his friend John to care for each other like family. Thank God for the people who look after you and say thank-you to them too.



Week 6

Waiting
for Easter



Prayer

Jesus, help us to watch and pray with you this Holy Week. Help us trust in you in moments of sadness and praise you in times of joy.

Amen.

Week 6
Waiting
for Easter



Watch
+ Pray

Liturgical ending



Leader: Let us
bless the Lord.

Response:
Thanks be to
God.



THE CHURCH
OF ENGLAND
EDUCATION OFFICE

#WatchAndPray

Thank You
For being part of

**Watch
& Pray**



Archbishops'
Young Leaders Award
Be the change you want to see.

@ABYyouthtrust



Enabling
**Courageous
Advocates**
in your
school

Fully
resourced with
**interactive
materials**

Empowering
pupils through
social action

Available
at:



"No matter who you are, everyone can become a leader." **KS2 Young Leader**

The National Society for promoting education
CHURCH OF ENGLAND & CHURCH IN WALES

aylaquestions@churchofengland.org
www.abyyt.com/yla