

Bishop's Lent Challenge

‘What do you want
me to do for you?’

Bishop's Lent Challenge

This year the Bishop's Lent Challenge will focus on how Jesus addressed the needs of those around him by asking the question:

'What do you want me to do for you?'

He did not make assumptions, he asked before he acted and responded to the needs of the people asking for help.

Bishop's Lent Challenge

The Bishop's Lent Challenge 2025 includes:

- Planning for Collective Worship, complete with theologically rooted ideas, Biblical scripture, songs, I wonder questions, reflections and prayers.
- A weekly opening Collective Worship PowerPoint.
- Planning ideas for classroom reflection and enrichment learning opportunities.
- Prepared resources for classroom reflection and enrichment learning opportunities.
- Songs for you to use daily in Collective Worship and for reflection time.

The 'Reflection and Enrichment' learning opportunities will help your school to reach 'close to 10% RE curriculum time' as expected in the Statement of Entitlement.

The three themes to explore over the 6 weeks are:
Mental Health, Physical Health and Spiritual Health

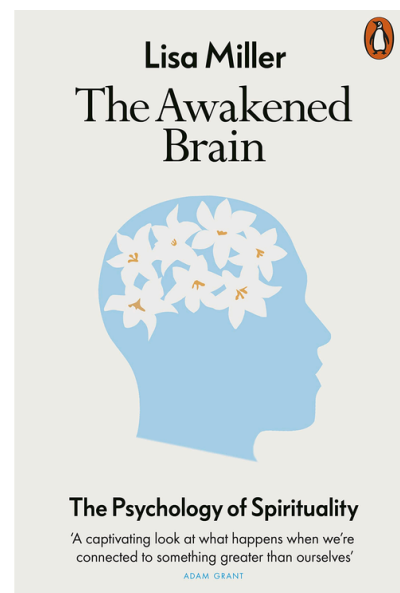
Bishop's Lent Challenge

The Science Behind Spirituality



Many of us have had a spiritual moment. A deep connection with another being or within nature. A feeling of awe and wonder. A feeling of something bigger than me, a transcendent being, God, with you. A moment of surprising change. A moment when you felt bigger than you are and felt someone pushing you along, a surge of connection and presence.

Lisa Miller explains how this is all connected to the psychology of Spirituality.



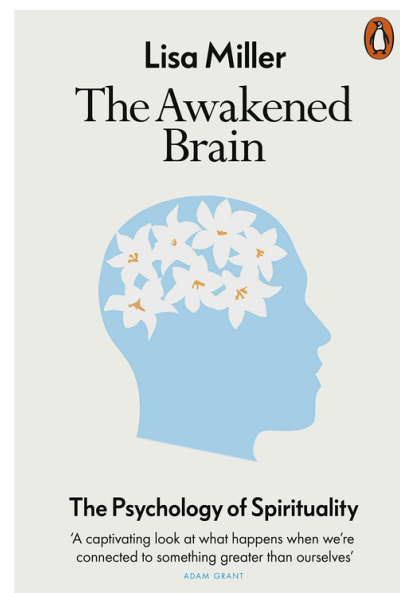
Bishop's Lent Challenge

The Science Behind Spirituality



Lisa Miller is a scientist who has conducted research into brain development and the psychology of Spirituality.

She believes we all have an 'awakened brain'. This is a natural capacity to see a greater reality and consciously connect to the life force that moves in, through and around us. This could be through religious or spiritual practices. An awakened brain allows humans to see the world more fully and enhance their own individual, societal and global wellbeing.



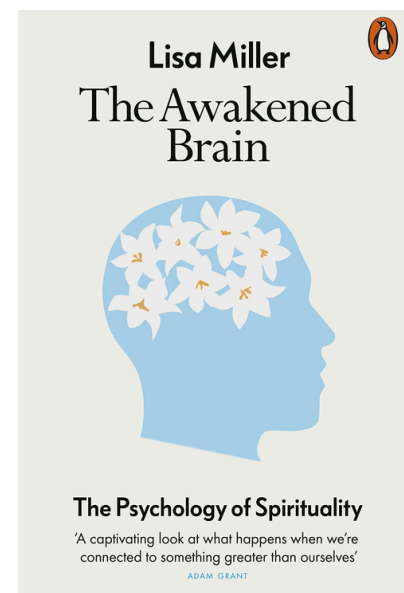
Pg 7-8 'The Awakened Brain' Lisa Miller

Bishop's Lent Challenge

The Science Behind Spirituality



When we have an awakened brain, we feel more fulfilled and settled in the world. We can build positive relationships and make better decisions seeing the wider view. We find comfort with people around us and can problem solve better. We become more aware of love, connection, compassion and feel better guided. We see the good in things, we notice the world around us and we become more thankful.



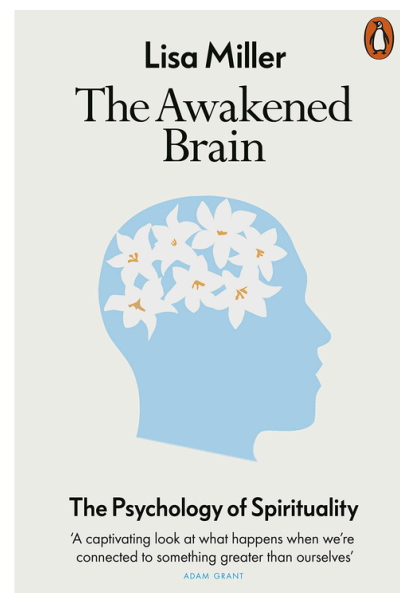
Pg 7-8 'The Awakened Brain' Lisa Miller

Bishop's Lent Challenge

The Science Behind Spirituality



The awakened brain is inherent to our physiology and invaluable to our health and functioning. Through it we experience love, connection, unity, sense of guidance. And when we engage with our awakened brain we become healthier as it means less depression, anxiety and more grit, determination, resilience, optimism, tenacity and creativity.



Pg 9-10 'The Awakened Brain' Lisa Miller

Bishop's Lent Challenge

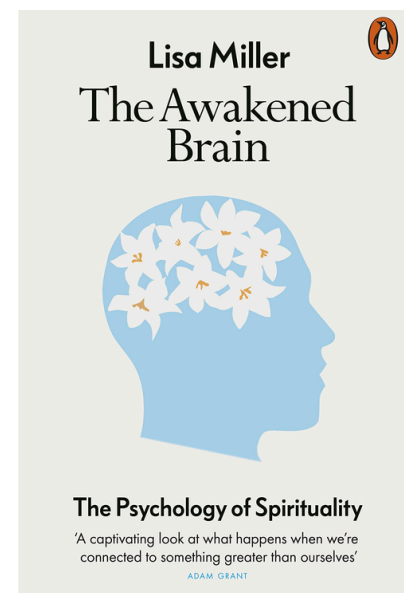
The Science Behind Spirituality



She believes through awakening human brains we can evolve our school culture towards greater purpose and meaning. We can see choices and consequences through a shared responsibility. We can make better connections with one another meaning we can be more in touch with the fabric of life.

The awakened brain is available to everyone - but we have to engage it. Our brains are wired to perceive and receive that which uplifts, illuminates and heals.

Pg 9-10 'The Awakened Brain' Lisa Miller



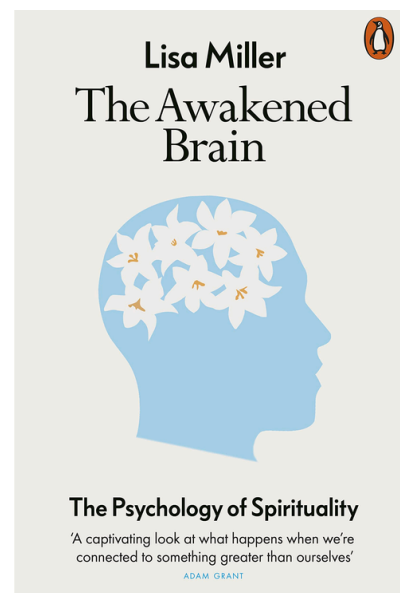
Bishop's Lent Challenge

The Science Behind Spirituality



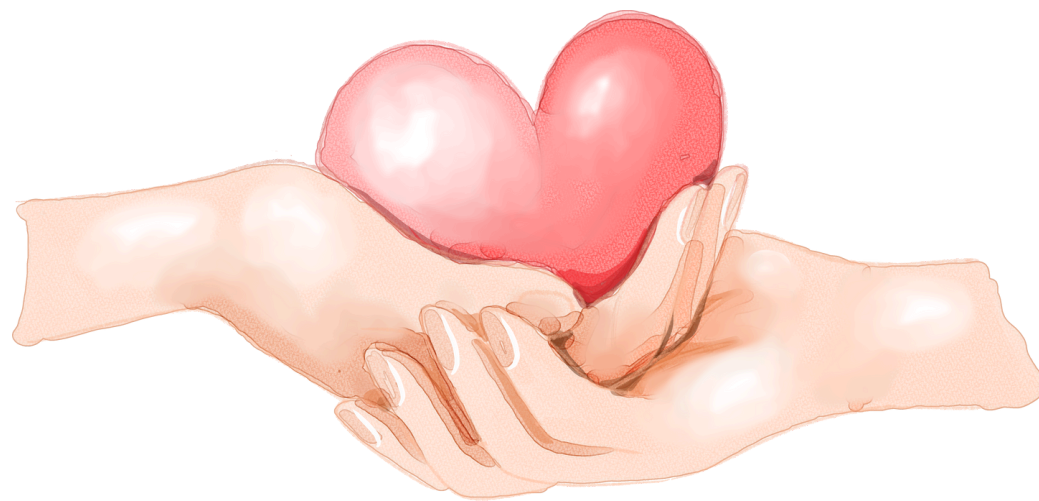
This challenge includes opportunities for pupils to connect with themselves, with those around them and see the good in the world.

If we can support the children in our schools to be more positive, to make connections, to feel love and compassion, to learn about Jesus, we can make God's Kingdom become a reality.



Bishop's Lent Challenge

Through this Challenge, we are asking schools to support pupils to act in a responsible and just way. This means looking at ways to make a difference to people's lives through active charity work. This year we would like you to complete a whole school physical sponsored activity and raise money for one of the following charities:



USPG Rapid Response

<https://uspg.org.uk/rapid-response/>

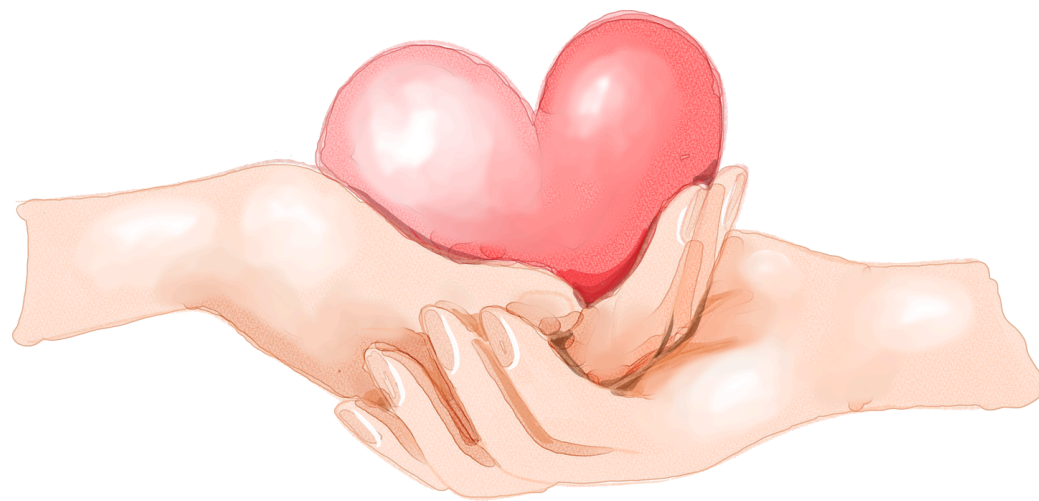
[Click here to donate](#)

Conflict in the Holy Land

The Rapid Response Fund has recently donated money to support the Diocese of Jerusalem in providing humanitarian assistance to vulnerable people through its institutions in Gaza and the West Bank, including Al Ahli Hospital. The money has helped meet the costs of medical services for vulnerable outpatients and inpatients at Al-Ahli Hospital and its mobile clinic in Gaza, as well as St Luke's Hospital in Nablus and Penman Clinic in Jenin on the West Bank. It has also assisted those in the West Bank displaced or economically impacted by the conflict, especially to ensure children continue to receive quality education, with psychosocial support

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YOUNG
MINDS

Young Minds is a charity raising funds to continue their mission to create a world where no young person feels alone with their mental health. Young Minds Strategy is called 'You Matter' because, ultimately, that is what this is all about. They want young people to know that whatever they are going through, they matter and they deserve help. And each and every one of us needs to acknowledge that, to those young people, we matter and the role we can play is vital.

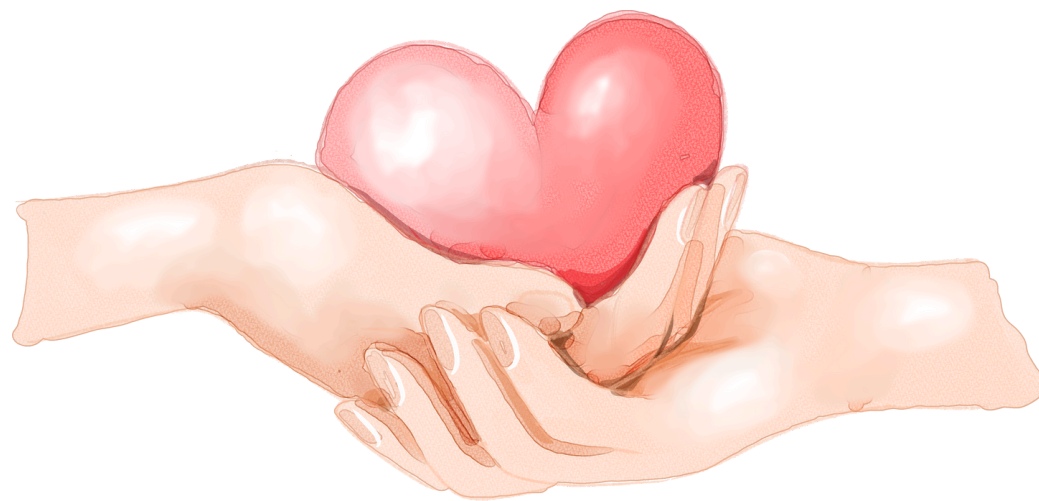
Young Minds

<https://www.youngminds.org.uk/>

[Click here to donate](#)

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KICK transforms young people's lives, with God's love, through sport and support. They do this through values-driven physical education, street dance, mentoring, chaplaincy in schools and community KICK Academies. KICK is proud of its Christian identity and is equally proud that its services are delivered unconditionally to those of all faiths and none.

KICK is driven by 5 Christian Values: Aspirational, Compassion, Excellence, Intentional, Integrity.

Kick - Transforming Lives

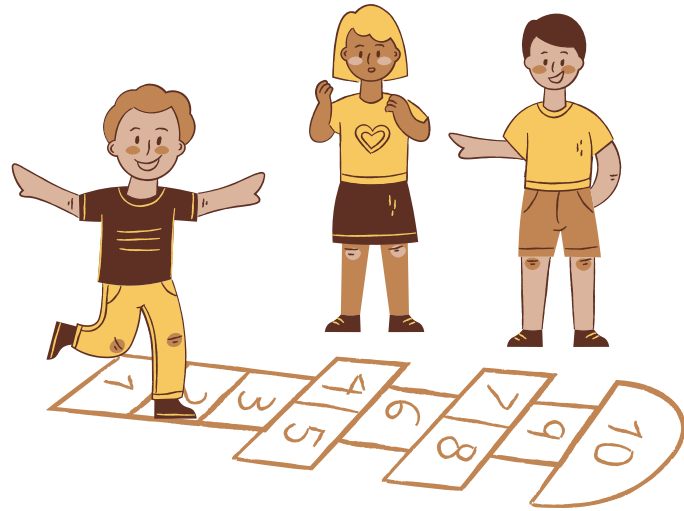
<https://kick.org.uk/>

[Click here to donate](#)

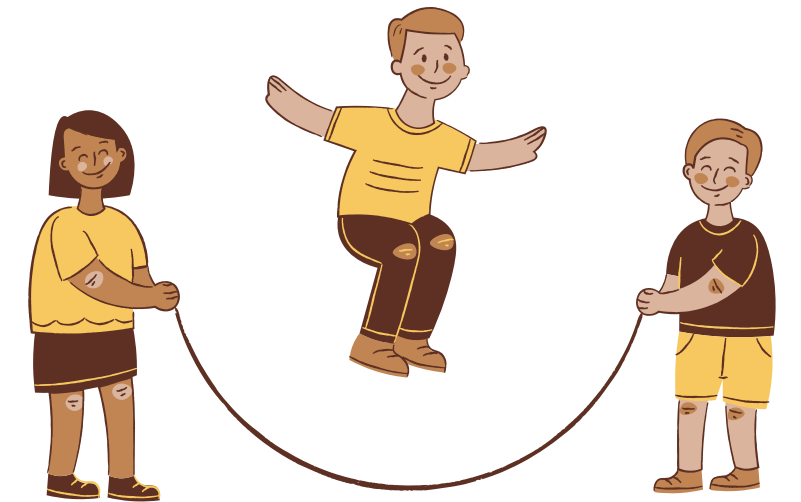
Bishop's Lent Challenge

Physical Health

Pupils need to become more active.



With more time in the classroom and less time outside socialising and moving, pupils are becoming physically less able.



Pupil's behaviour and concentration is often shorter due to the lack of movement and oxygen.

We challenge schools to get your pupils outside, to see the wonderful world, to socialise with each other and learn how to live in harmony with one another.

Bishop's Lent Challenge

Physical Health

We invite schools to be more 'active' during Lent to invite pupils to become more aware of the world and their physical needs. This might look like:

Daily 15 minute walking work out

Daily kids yoga for calming and stretching

Daily Mile - over a week pupils will complete 5 miles of running/walking

Daily dance workout

More games outside for play

Scooter time on the play ground

Promote walk to school week

Ten Minute Shake-Ups

Extra PE lessons



Bishop's Lent Challenge

Physical Health - Reflection and Enrichment

Look at miracles of Jesus where he healed and addressed the physical needs of people,

Scripture to include, but not limited to:

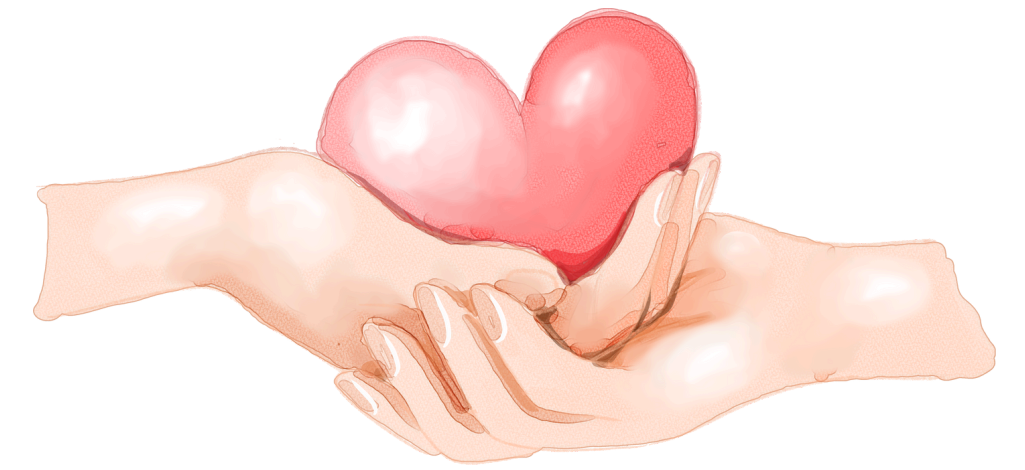
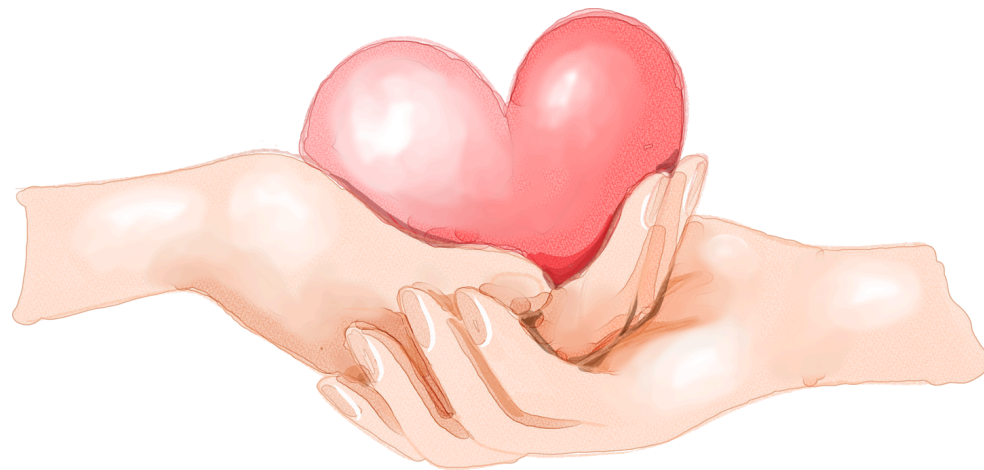
Mark 6:53-56 Healing by touch

Matthew 20:29-34 Healing two blindmen

John 5:2-9 Healing man by the pool

Luke 7:18-23 Jesus is the good news

Encouraging the children to look after their bodies by eating well and exercising.



Bishop's Lent Challenge

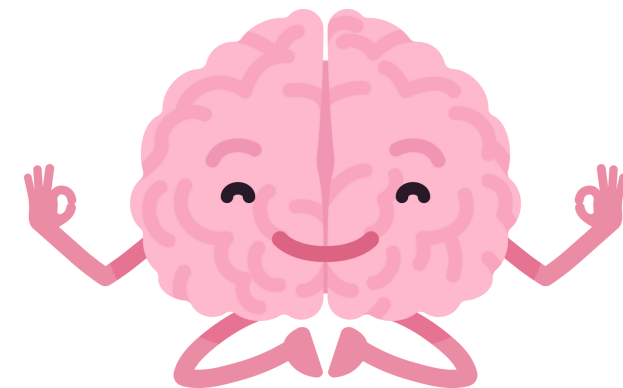
Mental Health

Looking at scripture, these activities will support pupils with their mental health and wellbeing, through reflection and questioning.

Scripture to include, but not limited to:

Matthew 11:28-30 'Share your load, I will give you rest'

Encouraging the children to look after their mental health and wellbeing as well as their bodies through connecting with scripture and exploring its meaning to them. These enrichment and reflection learning opportunities can be done in classrooms after the CW together as a school.



Bishop's Lent Challenge

Mental Health - Reflection and Enrichment

Write, draw or freeze frame photo an acrostic poem to show the ways you show positive mental health and wellbeing.

B rave

I ndividual

S mile

H elp

O Offer

P Peace

S leep



L ove

E at well

N otice

T alk



C heer

H ope

A sk

L isten

L earn

E xpress

N ature

G ratitude

E nergise

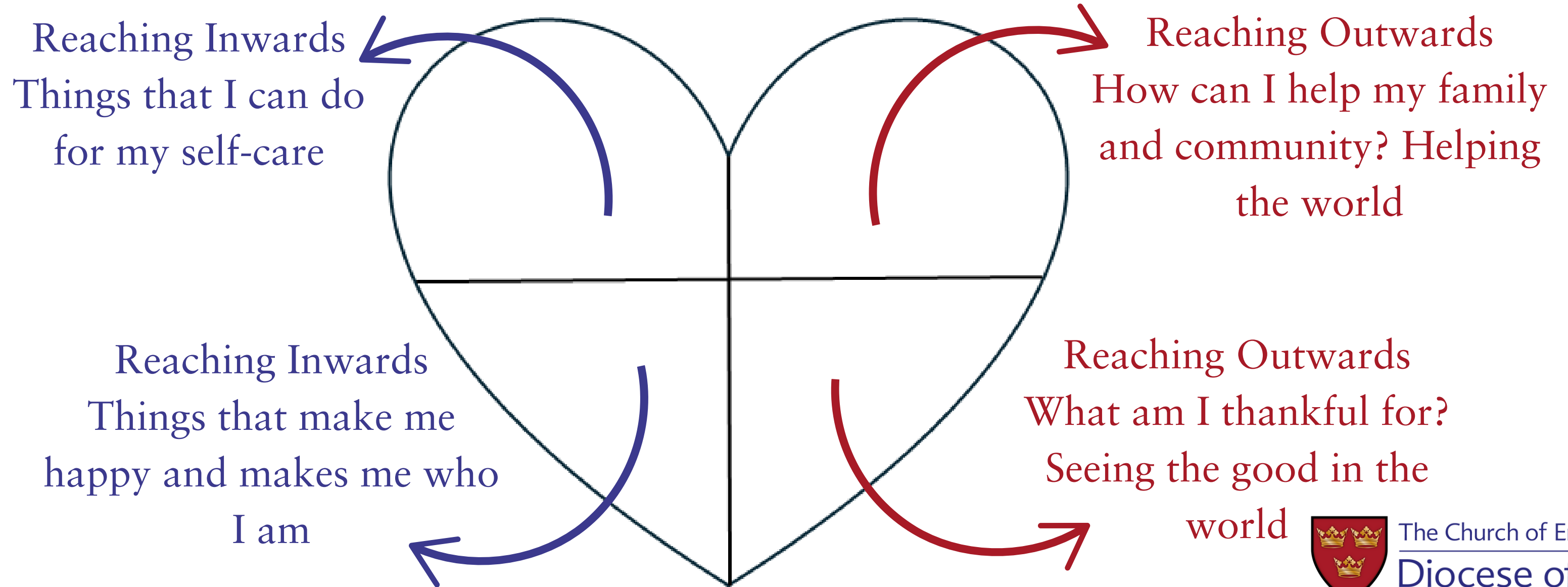


Bishop's Lent Challenge

Mental Health - Reflection and Enrichment

Mentally Healthy Hearts

Support pupils to look inwards and outwards at their world



Bishop's Lent Challenge

Mental Health - Reflection and Enrichment

Mentally Healthy Guiding Wheels

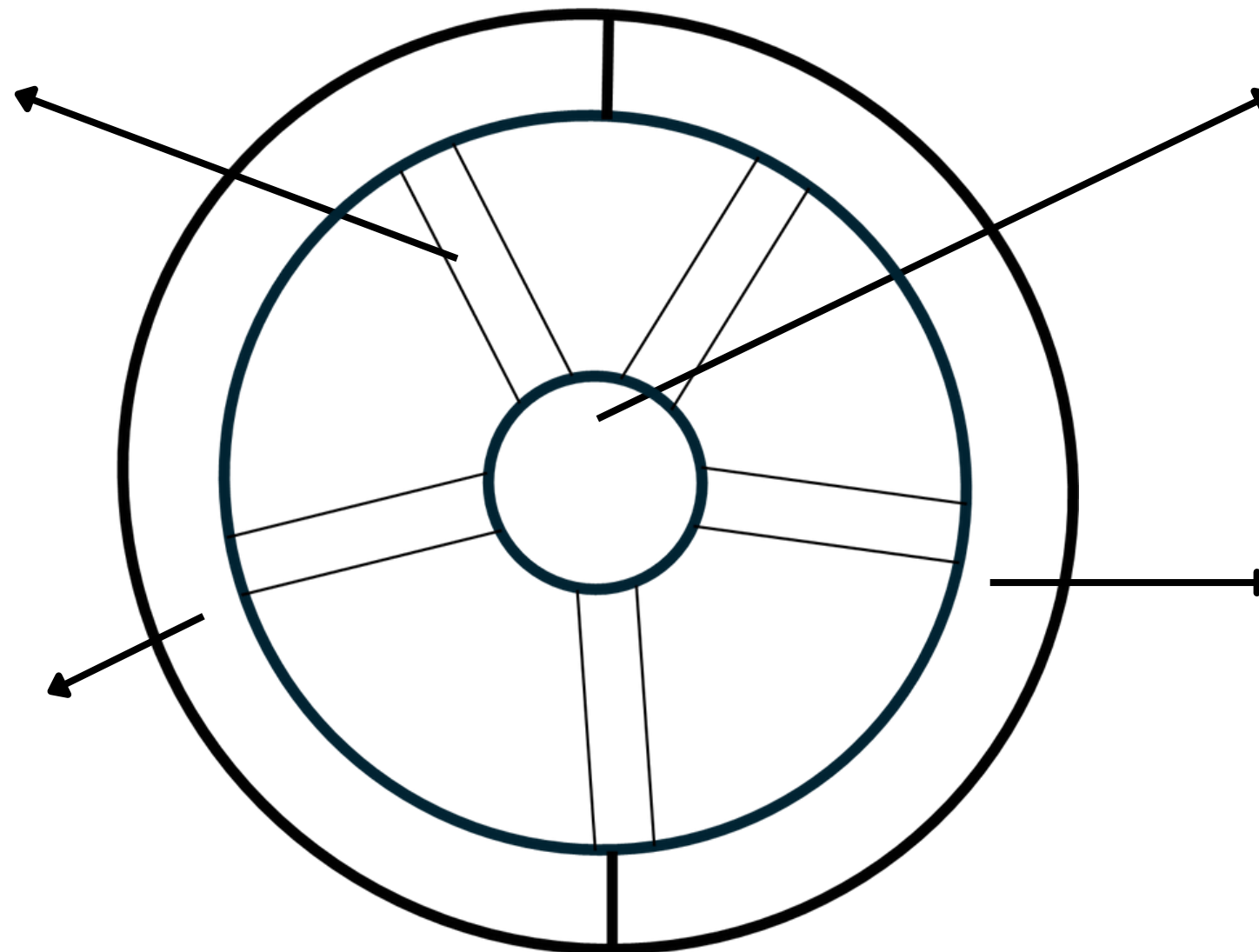
Support pupils to see the good about themselves, their support network and recognise the things that make them happy and sad

The people I go to in times of struggle or sadness
Friends, family, community support

Inside Me
The things that make me special on the inside, the things you can't see

Things that make happy and smiley

Things that make me sad and hurt



Bishop's Lent Challenge

Mental Health - Reflection and Enrichment

What Fills My Bucket?

Support pupils to notice all of the good things that 'fill their buckets', noticing the people, the world, feelings and emotions

love

water

school

God

my pet dog

Grandparents

BFFs

food

outside

sunshine

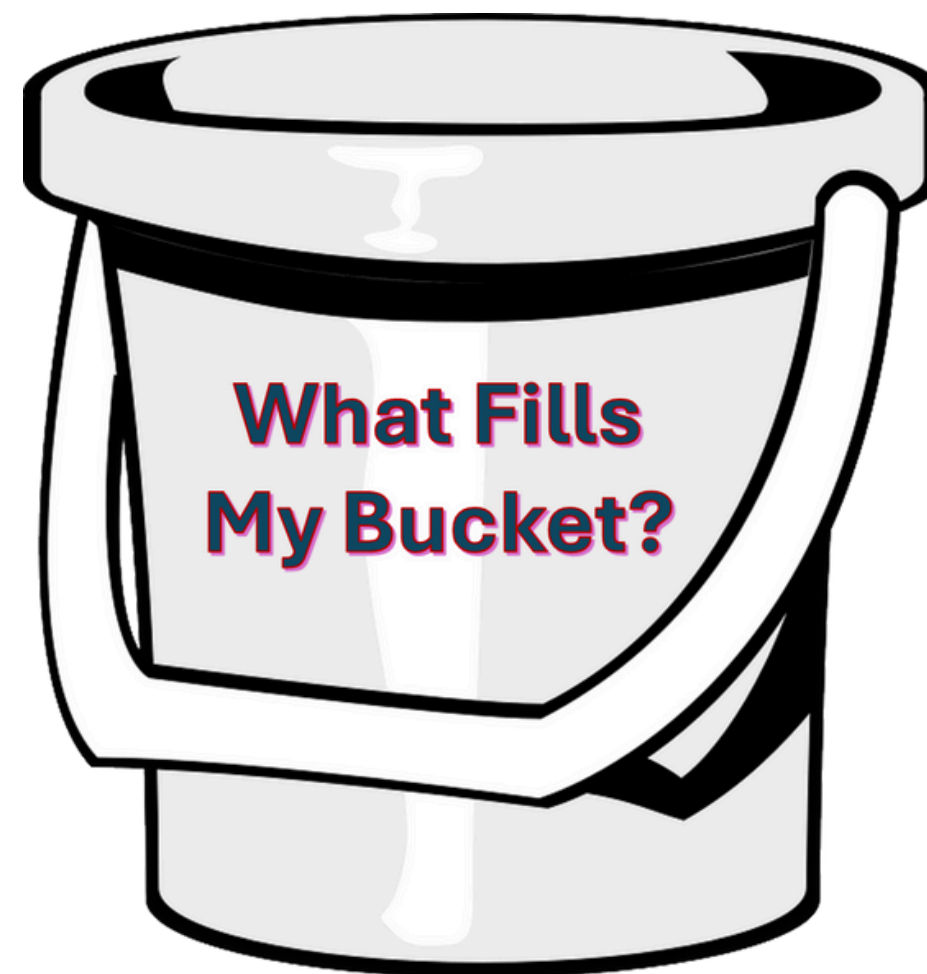
helping others

holidays

happiness

Parents

joy



Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Looking at scripture, these activities will support pupils with their spiritual health, through reflection and questioning.

Scripture to include, but not limited to:



Matthew 22:37 'Love the Lord your God with all your heart and with all your soul and with all your mind'

Encourage the children to look after their spiritual side as well as their physical bodies through connecting with scripture and exploring its meaning to them. These enrichment and reflection learning opportunities can be done in classrooms after the CW together as a school.

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

You will need a plain piece of paper or the template provided in this resource pack



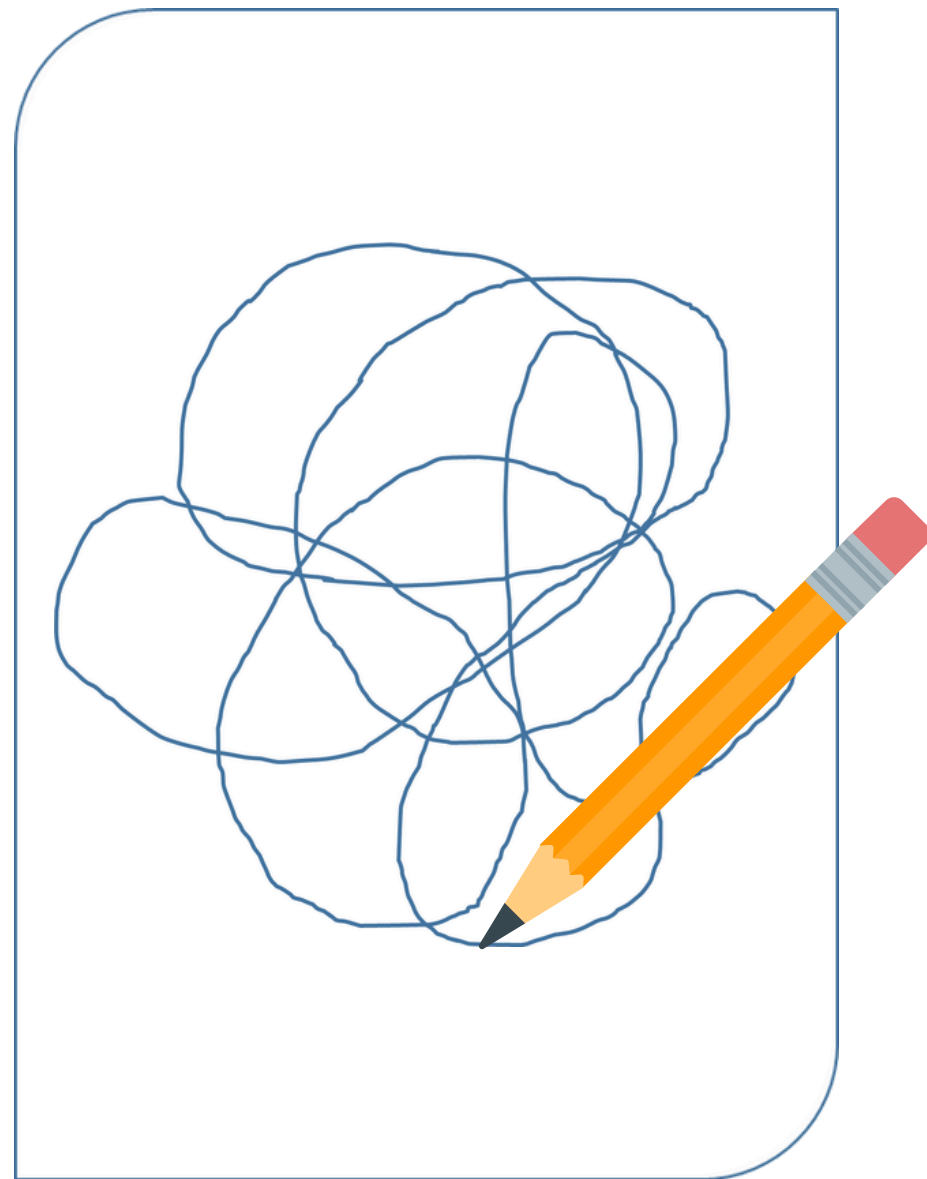
You need sharp coloured pencils



You need reflective music in the background

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment



Take your pencil for a walk to design a scribble art piece with varying sized sections.

On the outside of your design, write your chosen Bible verse in in the space around it.

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Next choose one word that really sticks out to you, for example God, love, gift, light, Heaven. This will be the focus word for your prayer. Draw a circle around the word.

Then spend a few minutes thinking about what that word means, where do you see it, do you know any songs with that word, how does it make you feel, who does it make your think about?

After a few minutes thinking about it, start to write those words or phrases in the space around your design, as many as you can think of, nothing is too silly, scatter them.

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Now add your prayer words to your design think about which ones are the most important, be selective and make sure you write the words big enough to see them.

You may have new ideas pop into your head when you are praying through your Bible verse, feel free to add them on too.

Make sure the most important ones are in the big spaces where you can see them.

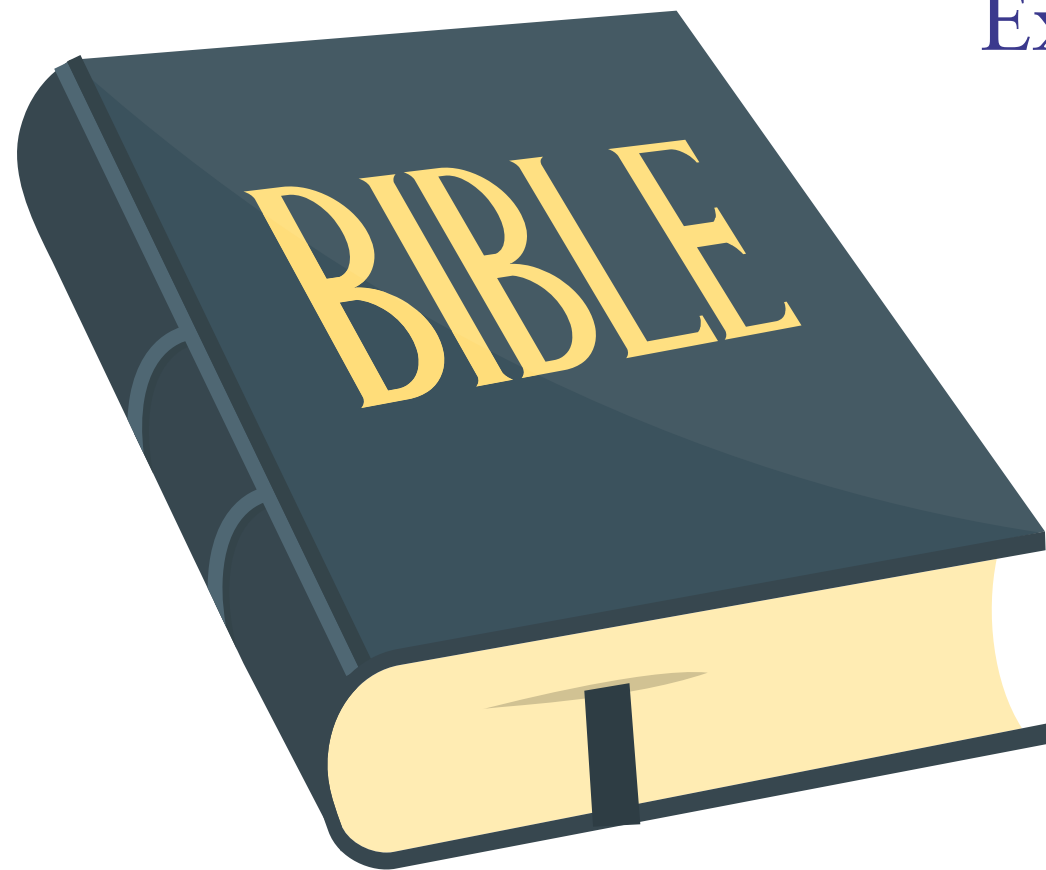
Maybe you could add pictures instead of words for example 'King' - you might decide to draw crowns, or 'cross' you draw a crucifix

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Scripture Through Art

Explore the following Biblical scripture



1 Kings 19:11-12

Psalm 9:1

Psalm 23:1-4

Matthew 5:14-16

Matthew 11:28-30

John 5:2-9

John 13:34-35



Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Word Cloud - **L**ove **E**xpress **N**otice **T**hank

Pupils will create a word cloud that expresses their understanding of what Jesus did in his life to show love, express his purpose, who he noticed and the things he gave thanks for.

Think about the reason he asked the question
'What do you want me to do for you?'



Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

Inspirivity Inspired Poster

Pupils will create a poster to show the key question 'What do you want me to do for you?'

Using Biblical Scripture as part of the illustration

Matthew 14:13-14

Mark 6:53-56

Matthew 15:29-31

Matthew 20:29-34

Matthew 9:27-31

Mark 10:46-52



Bishop's Lent Challenge

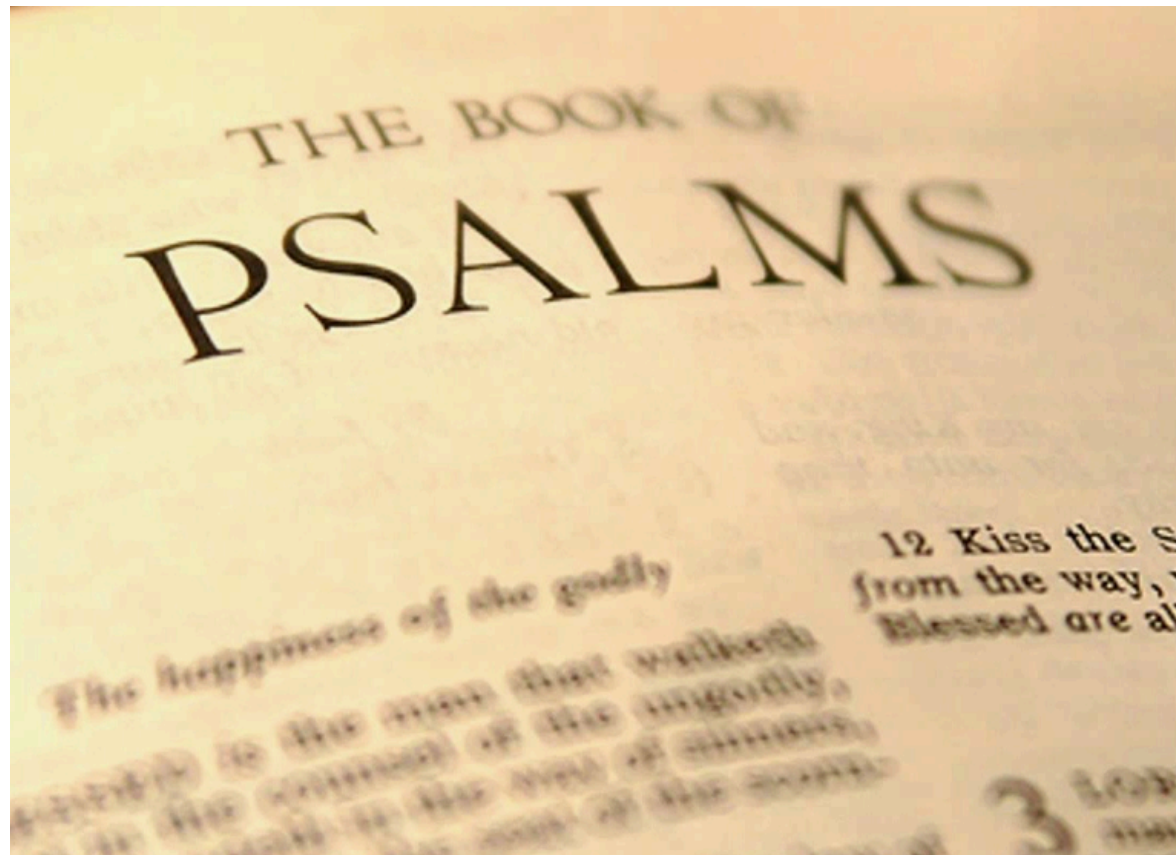
Spiritual Health - Reflection and Enrichment

Creating a modern day Psalm

Pupils will write a new psalm to answer the question 'What do you want me to do for you?' reflecting on the work of Jesus, his miracles, his sermons and his ability to help people who suffer.

This could be a written or performed piece, by an individual, a class or whole school.

It could be a short video with pupils showing the work of Jesus through role play with a voice over sharing the psalm.



Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

5 Finger Prayer Template In Pack

Each finger represents someone in your life to think about in your prayer.

Your thumb – is for those who are closest to you, your parents, siblings, your grandparents, family and friends. You need to chose one person and you pray for Love

Your pointer finger – is for those who direct you in your life, they teach and guide you. For example, teachers, doctors, nurses, priests. You need to chose one person and you pray for Wisdom

Your middle finger – is for those who are in authority. For example, leaders, government, royalty.

You need to chose one person and you pray for Guidance

Your ring finger – is your weakest finger, it is for those who need help. For example, those who are ill, poor health, dying, in trouble or pain. You need to chose one person and you pray for Help

Your tiny finger – is for you and what you need. Remember God will help you with what you need, not necessarily what you want. You need to pray for Your needs

Bishop's Lent Challenge

Spiritual Health - Reflection and Enrichment

'Unveiled Faces' 2 Corinthians 3:18

Christian artist, Kristin VG Bailey lives in Ely and uses her art for mission and evangelism. She aims to "bring out the God-colours in the world" one painting at a time. Kristin has set

Ely Diocese schools a challenge which is available here:

[Bishop's Lent Challenge with Kristin VG Bailey](#)

