



St Edmundsbury
Cathedral



Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.



Praying a Rainbow

A rainbow is made in nature when it is rainy on one side, but sunny on the other. The sunlight which we normally see as white light is split into the colours it is made from when you look through the raindrops. You can see it as an arc in the sky and it has seven colours, Violet, Indigo, Blue, Green, Yellow, Orange and Red. We can use the colours of the rainbow to help us pray.



Try making a rainbow picture using paints, crayons or buttons like the picture.

As you put each colour on the page say the prayers below or make up your own.

Red, the colour of the 'stop' light on traffic lights for danger.

Let us pray for those in our world who are in danger from others or from not having enough food.

Orange, amber, the colour of waiting.

Let us pray for patience as we wait for all the rules of lockdown to end and we can again do the things we enjoy.

Yellow, a bright colour of joy.

Let us pray for our family and for our friends, for everyone that makes us smile.

Green, the colour of growth and of Spring as we see the new life of plants and flowers.

Let us pray that we can be like a plant blossoming and bringing God's love to everyone we meet.

Blue, the colour in creation, of sea and sky. It is also the colour of our NHS.

Let us give thanks for our beautiful world and help us to look after it. Say thank you to the nurses and doctors who work in our hospitals and GP surgeries.

Indigo, the colour of royal robes and important people.

Let us pray for people who have to make decisions about our world and our country.

Violet (or purple) the colour of preparation in the church year.

Let us pray for help to keep a good Lent, thinking about our actions as we get ready for Easter.

White, made when all these colours join together.

Let us give thanks to God for the glory of Easter Day when Jesus is risen. **Amen.**