

# GROW A SEED FOR LENT

Ash Wednesday is the day people of all ages can receive the ashes. Wearing ashes is a way of making ourselves humble and acknowledging that we are small and we need God's help to grow to be more like Jesus. Here in Australia, we know that things grow better in the rich soil left by the ash after a fire. So, to help kids think about how God helps them to grow throughout Lent, invite them to plant a seed in a small pot or cup and tend it over the coming weeks. You might even dust a little ash into the soil as a reminder of the ashes we wear on Ash Wednesday.

## You will need:

- A print out of either the coloured or B&W sign (you can use card if you wish)
- a paddle pop stick or similar
- tape/glue
- Your choice of seeds
- a small cup or pot
- soil or potting mix
- water
- gardening tools for handling soil safely

## Instructions:

- Use the cup/pot, soil, water to plant the seeds according to the instructions on the seed packet.
- Decorate and cut around the outside of the sign (below), fold on the dotted line.
- place the paddle pop stick in between the folded sign and secure with tape or glue.
- Glue the inside of the folded sign to secure.
- 'plant' your sign into the cup/pot and care for your seed... watch it grow!



I am  
growing  
to be more  
like  
Jesus



LENT  
2025

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