

Lent 2025

Spurgeons

Spurgeons ensures every child and family has the support they need to **flourish**.

We work through family centres, churches, schools, and prisons, providing expert, compassionate support where it's needed most. Our family hubs offer help with mental health, special educational needs, domestic abuse, and life's toughest challenges—**always putting children first**.

As you begin **40 Acts of Hope** this Lent, each day brings a small but powerful challenge—to inspire kindness, strengthen communities, and share hope where it's needed most.

Week 1: Hope begins with you

Encouraging personal growth and fostering hope within yourself.

1. Write down three things you are **grateful** for and share them with someone.
2. Smile at a stranger and say **hello**, or greet someone new at Church.
3. Call or message a **loved** one to tell them how much they mean to you.
4. Donate £5 to Spurgeons, **supporting** a family in need.
5. Spend 10 minutes praying, meditating, or reflecting on **hope**.
6. Share an **encouraging** quote or scripture on social media.
7. Perform a random act of **kindness**, like paying for someone's coffee.

Reflections:

This week, reflect on how small acts of kindness can spread that hope to others. Each action becomes a ripple of hope. "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13.



Week 2: Hope in the community

Fostering connection and kindness in your local community.

8. Volunteer an hour of your time to **help** a local charity or neighbour.
9. Write a note of **encouragement** to someone in your community or congregation.
10. Pick up rubbish in your **neighbourhood** or local park, or organise a small clean-up group
11. Cook or bake something for a **friend** or neighbour.
12. Leave a positive review for a **local** business.
13. Start a "Hope Jar" with your family to fill with positive messages or bible verses about **hope**.
14. Collect and donate food or essentials to a food bank or **church** pantry.

Reflections:

Reflect on how small actions can create ripples of hope in your community. 1 Corinthians 12:25-27 highlights our interconnectedness: when one part suffers, we all suffer; when one part rejoices, we all rejoice. Hope in the community is not just individual, but collective.



Week 3: Hope for the future

Planting seeds of hope for a brighter tomorrow.

15. Plant a seed or flower as a symbol of hope.
16. Donate £10 to **support** family counselling services.
17. Share a story about overcoming challenges to **inspire** others, for example with a friend or homegroup.
18. Write down a hope for your **future** and place it somewhere you can see daily.
19. **Help** someone learn something new.
20. Spend quality time with your **family** or friends, free from distractions.
21. Create a small **care** package for someone who might need a pick-me-up.

Reflections:

Jeremiah 29:11 reminds us that God has plans for our future—filled with hope. As we plant seeds of hope this week through kind actions, we reflect God’s promise. Take a moment to pray for the future of families in need, asking God to guide your steps and bring hope to others, just as He has promised for us all.



Week 4: Hope in action

Demonstrating hope through intentional and impactful actions.

22. **Donate** clothes or items you no longer need.
23. **Call** or visit someone who might be feeling lonely.
24. Share a Spurgeons story of hope on social media to **raise** awareness.
25. Make a list of three ways you can **spread** hope in your community.
26. Send an anonymous note or gift to someone who **inspires** you.
27. Set aside **time** to pray or reflect for families in need.
28. Start a fundraiser or pledge to **support** Spurgeons' mission.

Reflections:

Hebrews 10:24 reminds us of our potential to inspire love and good deeds. Each act of kindness can spark a chain reaction, creating a brighter world. This week, let's act intentionally—through giving, encouraging, or serving—honoring God's call and bringing His light to those in need.

"And let us consider how we may spur one another on toward love and good deeds."



Week 5: Family hope

Celebrating hope and connection within families.

29. Spend a day focused on **family** bonding — play games, share stories, or enjoy a meal together.
30. Write an **encouraging** note for each family member or friend.
31. Create a craft or artwork with your family that represents **hope**.
32. Share an **inspirational** story from your own family's history.
33. Commit to a "screen-free evening" and focus on **connection**.
34. Donate £5 to help Spurgeons **support** families.
35. Pray or reflect together as a family for hope and **healing**.

Reflections:

Reflect on the words from 1 Thessalonians 5:11:

"Therefore encourage one another and build each other up, just as in fact you are doing." In our families, we have a special opportunity to encourage and support one another. Kind words, a helping hand, or shared laughter all strengthen the bonds that connect us. This week, let's build each other up, share hope, and celebrate love.



Week 6: Hope for others

Extending hope beyond your immediate circles.

36. **Inspire** kindness by paying for the next person's drink or meal at a café.
37. Host a small gathering or virtual meet-up to talk about **spreading** hope.
38. Create and distribute small notes of **encouragement** in public places.
39. **Reflect** on what you've learned during the 40 acts journey and share your experience.
40. Commit to one long-term act of **hope**, such as volunteering, regular donations, or church outreach.

Reflections:

Lent is a time to reflect on Christ's sacrifice and the hope it brings. Through fasting, prayer, and acts of kindness, we can deepen our trust in God's plan and bring hope to others. As we walk this journey, may we remember that hope is always present, even in the darkest times, and that our actions reflect God's love and light.



Together, we are building a future filled with hope. Thank you for making it possible.

We're so grateful for your involvement in 40 Acts of Hope. Your kindness, generosity, and commitment have made a real difference—bringing encouragement to those in need and strengthening communities with love and compassion.

Lent may be ending, but hope continues.

Every act you've taken creates ripples of change, inspiring and uplifting families who need support. We invite you to keep sharing hope—whether by staying connected with Spurgeons, supporting families in need, or continuing small acts of kindness every day.

Scan to donate



<https://spurgeons.org/40ActsOfHope>

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