



FHL Reflections for Lent

Each day during Lent let us reflect on the everyday blessings that we enjoy in this country and pray for the Christians in the Holy Land and those less fortunate than ourselves. On some days it is suggested that when we count our blessings a practical response might be to make a donation to FHL and on other days we are asked to pray.

Ash Wednesday

The blessing of our parishes – please pray for our Christian brothers and sisters living in Israel, the West Bank and Gaza, that their faith may be strengthened in this Season of Lent.

Thursday after Ash Wednesday

The blessing of our homes – many Christian families in the Holy Land cannot afford to maintain their homes in adequate repair. As a practical response - give 10p for each room in your house.

Friday after Ash Wednesday

The blessing of running water – many homes in the West Bank do not have regular running water, give 10p for every shower that you have taken in the past week and 50p for each bath.

Saturday after Ash Wednesday

The blessing of children – please pray for the Christian children in the Holy Land.

First Sunday of Lent

The blessing of our faith – please pray for the Holy Sites in Jerusalem and the surrounding areas and for the Christians who look after and maintain them.

Monday of the first week of Lent

The blessing of our health service - give £1 for each time that you have visited the doctors in the last six months.

Tuesday of the first week of Lent

The blessing of easy transport – give £1 for each car that your family own or 10p for each bus route or railway station that is close to your home.

Wednesday of the first week of Lent

The blessing of provision for mental health care – please pray for those suffering from distress and mental illness following the war in Gaza.

Thursday of the first week of Lent

The blessing of having a wide range of food available – give 20p for each time that you have been food shopping in the last week.

Friday of the first week of Lent

The blessing of gardens - give 10p for each flower bed, lawn or vegetable patch in your garden.



Saturday of the first week of Lent

The blessing of people living together in peace and harmony – please pray for peace in the Holy Land and in areas of conflict.

2nd Sunday of Lent

The blessing of seeing family and friends - please pray for the Christian families in the Holy Land who have been separated by war and conflict.

Monday of the 2nd week of Lent

The blessing of the latest medical techniques – give 50p for each hospital that is within ten miles of your home.

Tuesday of the 2nd week of Lent

The blessing of the provision of residential care for the elderly – give 50p for each residential care home in your area.

Wednesday of the 2nd week of Lent

The blessing of employment – please pray for better employment opportunities in the Holy Land.

Thursday of the 2nd week of Lent

The blessing of our electronic gadgets, mobile phones and computers – give 20p for every electronic gadget that you own.

Friday of the 2nd week of Lent

The blessing of press freedom - give 20p for each newspaper that you regularly read.

Saturday of the 2nd week of Lent

The blessing of apprentice schemes for young people – please pray that there may be more employment opportunities for young people in the Holy Land

3rd Sunday in Lent

The blessing of the welfare system in the UK – please pray that FHL can help all the Christian families who need regular family support

Monday of the 3rd week of Lent

The blessing of Higher Education - give £1 for each young person in your family who attends a College or University.

Tuesday of the 3rd week of Lent

The blessing of playgrounds and parks – give 20p for each park or playground that you can walk to from your home.

Wednesday of the 3rd week of Lent

The blessing of a rich heritage of historical buildings to pass on to future generations – give 50p for each historical building that you have visited in the last six months.

**Thursday of the 3rd week of Lent**

The blessing of freedom to travel - give 50p for each time that you have travelled more than 20 miles from your home in the last month.

Friday of the 3rd week of Lent

The blessing of walking through the countryside – give 10p for every tree that you can see from your living room window.

Saturday of the 3rd week of Lent

The blessing of financial help for small businesses – please pray for the Christians in the Holy Land who are trying to start up small businesses.

4th Sunday of Lent

The blessing of peace in our land – please pray for an end to all conflict.

Monday of the 4th week of Lent

The blessing of going on holiday - give 50p for each holiday that you have enjoyed in the last year.

Tuesday of the 4th week of Lent

The blessing of access to all kinds of books – give 20p for each book that you have read in the last six months.

Wednesday of the 4th week of Lent

The blessing of well-equipped maternity hospitals – give 10p for every maternity hospital within 20 miles of your home.

Thursday of the 4th week of Lent

The blessing of craftsmen – please pray for the craftsmen and carpenters of the Holy Land today who carve olive wood to make a living.

Friday of the 4th week of Lent

The blessing of warm homes – give 10p for each radiator in your home.

Saturday of the 4th week of Lent

The blessing of modern farming methods – please pray for those working in food production in the Holy Land.

5th Sunday in Lent

The blessing of clean air – please pray that the Christians in the West Bank and Gaza can enjoy a clean pollution-free environment.

Monday of the 5th week of Lent

The blessing of cinema, theatres and concert halls – give 20p for each film, play or concert that you have attended in the last six months

Tuesday of the 5th week of Lent

The blessing of education - give 20p for each school that you attended.

**Wednesday of the 5th week of Lent**

The blessing of mothers - please pray for all pregnant women in the Holy Land, that they and their babies get all the care that they need.

Thursday of the 5th week of Lent

The blessing of nursery provision and toddler groups – give 20p for each child under 5 years old in your family.

Friday of the 5th week of Lent

The blessing of sea side and clean beaches – give 20p for each trip to the sea side that you have made in the last six months.

Saturday of the 5th week of Lent

The blessing of religious freedom – please pray that many more Christians will go on pilgrimage to the Holy Land.

Palm Sunday

The blessing of Church leaders – pray for all the clergy in the Holy Land in this coming Easter season.

Holy Week

Prayer is very powerful, please pray for all the Christians in the Holy Land and for the work of FHL

Below are a few suggestions, you could also use the FHL Prayer card.

Please pray for continued support for our current projects and for guidance to create new projects that will benefit those who are most in need.

Please pray for school and college students, that they will be receptive and open to learning and education. Pray that their education will help them and their families to sustain their lives today and in the future.

Please pray for new opportunities to help further economic development, education and jobs for the Christian community in the Holy Land.

Please pray for protection for the clergy, parish members, and places of worship in the Holy Land. Also that the Holy places in the land where Jesus lived may be preserved and the Christians working so hard to protect them may continue to do their good work in safety and good health.

We humbly thank you for your support and for your prayers.

Donations can be made on-line through our website, card payments can be taken by calling the office or by cheque made payable to 'Friends of the Holy Land' and sent to our address below.