

LENT

RESOURCES

4th Sunday of Lent

ACTIVITY

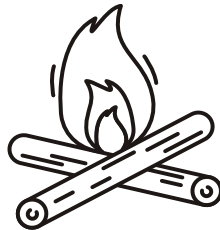
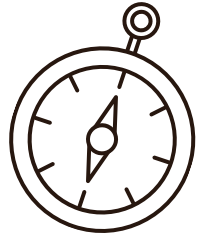
LOST AT SEA – A Survival Guide

You and some friends are sailing in the middle of the ocean when your boat starts slowly sinking. You are unsure of your location and have no means of communication. Your best guess is that you are approximately 1000 miles from shore.

No one on the boat has sufficient skills to solve the problem.

You have all managed to get into a life raft, away from the sinking boat and have managed to save the following 13 items:

1. A mirror
2. A mosquito net
3. A 5 gallon can of water
4. A case of army rations
5. Maps of the ocean
6. A floating seat cushion
7. A can of fuel
8. A small radio
9. 20 square feet of plastic sheeting
10. Shark repellent
11. 15ft rope
12. 2 boxes of chocolate bars
13. A fishing kit



Task 1

What you now need to do is rank each item in order of importance, 1 being the most important and 13 being the least important.

Task 2

If you were only allowed to take 3 items of the list above which three would you chose?

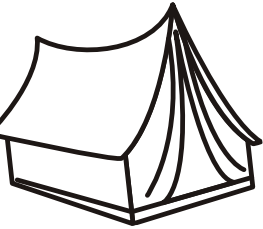


Task 3

Spend some time thinking about/discussing which other items you might want to take with you?

Task 4

If you could choose any item of your own to take with you, something sentimental or something important to you, what would you take and why?



LOST AT SEA – what the experts say [Answers]

The things we most need are things that can signal possible rescuers. Things that aid survival are also useful.

Navigation equipment is less important even if you were to reach land you would not have enough food and water to survive. Maps are also useless without navigation equipment. Without signalling devices there would be limited chances of being seen let alone rescued.

Most rescues happen within the first 36 hours, the same time a person can survive on the minimum food and water.

Experts say that the order of importance is:

1. Mirror – Critical for signalling.
2. A can of fuel – Critical for signalling.
3. 5 gallon can of water – Necessary to replenish fluids lost through perspiration.
4. One case of army rations – Basic food intake.
5. 20 square feet of plastic sheet – Can be utilised to collect rain water and provide shelter from the elements.
6. 2 boxes of chocolate bars – Reserve food supply.
7. Fishing kit – Ranked lower than the chocolate as 'a bird in the hand is worth two in the bush' There is no guarantee you will catch any fish.
8. 15ft of rope – Could be used to tie people or equipment together to prevent it being washed overboard.
9. Floating seat cushion – A life preserver if someone fell overboard.



10. Shark repellent – Enough said.
11. Small radio – Of no use without a transmitter. You would also be out of range of any radio station.
12. Maps of the Ocean – Worthless without navigation equipment. It does not matter where you are but where the rescuers are!
13. Mosquito netting – There are NO mosquitos in the mid ocean.

LOST AT SEA – Reflection point

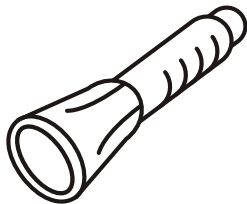
Take a few moments now you have completed the task to have a look back at the list of survival items.

If you were to make up your own survival kit for Lent what would it be? For each item what might it represent during this period of Lent (e.g. the mirror – looking towards Easter)

SCRIPTURE

John 3:14-20

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.”



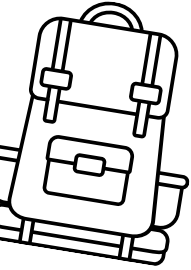
For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

REFLECTION

One of the most important things we can draw from this passage is that God gives us free will. He gave us the ability to choose and the acceptance that sometimes we go down the wrong path.

Reflect – over the last few weeks how have I chosen? Have there been times where I have made the wrong decision?



A striking part of the passage is the words "God so loved the world that he give his one and only Son." In that small sentence there are lots of powerful words and on these words our faith revolves.

Great thanks really should be given that God sent his one and only Son to our world, knowing that there were flaws and, ultimately, that he would die for us.

Reflect – what do we need to be thankful for?

In this passage we also hear the word 'light' – this is referring to Jesus as the light. As we journey towards the end of lent and towards the Passion, Death and Resurrection of Jesus, we are encouraged to remind ourselves that Jesus is the light for the world. By reminding ourselves of that, we are then encouraged to walk the path of Lent with him by our sides every step of the way.

Reflect – do we need to be a light for others around us? Who might need us more during this time of lent?

CHALLENGE

This week in the scripture we are encouraged to follow Jesus and choose to be in the light.

How can we be a light to those around us this week?

Take some time this week to go the extra mile and do something nice to someone close to you.



PRAYER

Lord, help us to be the light that you created each one of us to be.

Be with us as we journey this lent reaching out to those in most need.

Be with us as we show the world that your love is infinite.

Amen

