



LIVING HOPE

A Lent Journey AN OVERVIEW

Outline of the weekly themes for adults

Start of Lent: **What is hope?** – Exploring what hope means in the context of the Christian faith.

Week 1: **Imperfect** – Exploring how we hold on to hope in lives that are messy and a world that is imperfect.

Week 2: **Together** – Exploring the ways joining with others allows us to find hope ourselves and offer hope to those who need it.

Week 3: **Trusting** – Exploring what it means to trust in the hope God promises, even when we feel uncertain about the future.

Week 4: **Noticing** – Exploring how we can deepen our hope by noticing signs of what God is doing.

Week 5: **Courage** – Exploring how being rooted in hope can give us courage to face difficulties and seek change.

Week 6 – **Holy Week: Transformed** – Exploring how God can transform even the most broken situations.

Daily Living Hope reflections for adults and a daily challenge for children and their families will begin on Ash Wednesday (5 March) and finish on Easter Day (20 April).

Booklets for both adults and children are available to order in money-saving packs of 10 or 50 copies from Church House Publishing via <https://www.chpublishing.co.uk/livinghope>

Digital versions of the reflections for adults will also be available in the Everyday Faith app via www.cofe.io/EverydayFaithApp

Collective worship resources for schools and a digital version of the challenge for children and families will also be available via www.cofe.io/LivingHope

Outline of the weekly themes for schools, children and families

NB the themes for schools, children and families follow a slightly different order from the adults' themes (shown in brackets).

Start of Lent: **Hope for Lent** (What is hope?) – Exploring Lent as a time of looking forward in hope to the amazing story of Easter.

Week 1: **Hope in the wilderness** (Trusting) – Exploring Lent as a time for us to place our trust in God as Jesus did in the wilderness.

Week 2: **Hope on the water** (Together) – Exploring how Jesus called fishermen to trust him and work together to share God's love.

Week 3: **Hope at the Last Supper** (Imperfect) – Exploring how Jesus encourages his friends to learn from their mistakes and hope in God.

Week 4: **Hope at the cross** (Noticing) – Exploring how those followers who remain close to Jesus till the end notice signs of hope.

Week 5: **Hope at the tomb** (Courage) – Exploring how two women brave enough to visit Jesus' tomb are filled with hope and joy.

Week 6 – **Holy Week: Easter Hope** (Transformed) – Exploring how the disciples' sorrow is turned to joy when the risen Jesus stands among them.