



Week 1 (26 February)

LENT FOCUS 1: PLACE

We begin by focusing on 'place' — one of the themes in the first week of our Daily Worship. Pray this week for people who feel they don't have a place, that they might start to feel they belong. Pray for places that need restoration and repair. Pray that we take good care of the places entrusted to us.

Week 2 (5 March)

LENT FOCUS 2: PRAISE

This week we focus on 'praise', our human response to God. Reflect on different ways you could praise God this week, perhaps through music, art, writing, or nature. See if you can take time to consciously praise each day this week.

Week 3 (12 March)

LENT FOCUS 3: PATHS

This week we are thinking about paths. A reflective activity you could try this week is getting a piece of paper and drawing an outline around each of your feet. Reflect on the past year of your life and the year ahead. In one foot outline write some of the places you've been with God in the

past year and then on the the other foot you could write about where you are going to be with God in the year ahead.

Week 4 (19 March)

LENT FOCUS 4: PASTURE

This week our focus is 'pasture'. See if you can find time each day this week to read Psalm 23 and reflect on the imagery it contains. Consider what verses you will carry with you for the rest of the day. You could even try memorising some or all of the verses.

Week 5 (26 March)

LENT FOCUS 5: PATIENCE

This week we focus on 'patience'. Try taking some time each day to quietly spend five minutes in silence, not doing anything, just stilling yourself before God and resting. You don't need to feel any pressure to think about anything in particular. Don't worry if you get distracted. Gently calm your mind and, if it wanders, bring it back to the idea of quiet and silence.

Week 6 (Holy Week, 2 April)

LENT FOCUS 6: PRESENCE

Each day this week we will meditate on presence, focusing on a different aspect of the narrative of Holy Week daily.

- **SUNDAY** Reflect on how Jesus might have somehow felt the presence of The Third Day of resurrection as he travelled through this cosmic week.
- **MONDAY** Reflect on how Jesus knows what it is be present to indignity, loneliness and pain and can draw alongside us in genuine empathy in our present moments of difficulty.
- **TUESDAY** Reflect on how Jesus was sustained by the presence of heaven through all he went through.
- **WEDNESDAY** Reflect on the presence of the Holy Spirit.
- **MAUNDY THURSDAY** Reflect on Peter's presence in the courtyard (see Luke 22: 54-62).
- **GOOD FRIDAY** Reflect on the presence of the cross.
- **HOLY SATURDAY** Reflect on the presence of the tomb.

Easter Sunday (9 April)

Christ is risen, he is risen indeed! Christ is present now with us! Reflect on The Third Day of resurrection that resonates throughout all our days!