



The
Church of
England's
Lent theme
for 2025

LIVING



HOPE

A Lent Journey

40 Daily Reflections

 THE CHURCH
OF ENGLAND

FREE SAMPLER

Booklet
for adults



Start of Lent

HOPE

In a world where it can sometimes feel hard to be optimistic, God offers us something deeper – hope.

This Lent is an opportunity to put down deep roots of hope, discovering God's promises for the future and his presence with us now.

Prayer for the week

Faithful one,
your word is sure and never fails.
Help us to endure patiently
the trials and tribulations of this life
in sure and certain hope
of being with you for ever.
Amen.

Ash Wednesday

'Can the dead live again?'



Read

If mortals die, will they live again? All the days of my service I would wait until my release should come.

Job 14.7-14

Thursday after Ash Wednesday

A living hope



Read

For I know that my Redeemer lives, and that at the last he will stand upon the earth.

Job 19.23-27

Ash Wednesday reminds us of the fragility and brevity human life. The day invites us to confront the reality of death.

In the book of Job, the suffering man compares his life to a tree. He feels like there is more hope of renewal for trees than for human beings! He wonders about what happens to the dead.

What happens when we die is a question we often avoid. We're more comfortable talking about the hope of a reunion in heaven but hesitant to explore what that truly means.

Perhaps Ash Wednesday is not just about receiving the sign of the cross, but also about engaging with the difficult questions about death and beyond. Maybe we can allow ourselves to ask these big questions about where our hope comes from. We can bring these questions to God, asking him to lead us into deeper hope this Lent.



Challenge

Is there a trusted person you could explore these big questions with? Perhaps a friend, minister or family member?

LIVING HOPE



Living Hope is the Church of England's Lent theme for 2025.

Living Hope invites us to explore the hope God offers us – not wishful thinking, but something real, robust, alive – as we journey with Jesus on the road that leads to the cross and beyond, to the transforming hope of Easter Day.

The booklet for adults explores the theme of hope from a different angle each week, with daily readings, reflections and challenges by Cathrine Fungai Ngangira, Belle Tindall (contributors to SPCK's *Wild Bright Hope: The Big Church Read Lent Book 2025*) and Victoria Mason.

The booklet for children and their families offers weekly readings and prayers along with 40 daily activities to help us use Lent as a time to grow in hope and faith in God.



Booklet for adults

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Booklet for children

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Available to order now individually or in money-saving packs of 10 or 50 from www.chpublishing.co.uk
Supporting digital resources for churches, schools, groups and individuals can be found via: www.cofe.io/LivingHope

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Start of Lent HOPE FOR LENT

Ash Wednesday

**Make or decorate
a cross to focus on
during Lent**

The cross is a symbol of hope, reminding us that Jesus died and rose again to bring us new life. At church today, you might receive an ash cross on your forehead.

**Think of
something
that gives you hope -
and thank God for it**

The Easter story shows us that God can bring new life and hope from even the worst situations. Where do you see hope just now?

Thursday



Friday

**Plant some
seeds to grow
during Lent**

As we try to grow in hope this Lent, can you plant some flowers and watch them (hopefully) growing, too?

Weekend

**Find out
what St Paul
said are the three
most important things**

Look up 1 Corinthians 13.13 in a Bible or online, where Paul lists hope as one of the three things that matter more than anything in life.



Booklet
for children

Start of Lent HOPE

FOR LENT

Lent is a time of looking forward in hope to the amazing story of Easter. Hope is one of God's greatest gifts to his people. Join us as we look at the story of Jesus and try to grow in hope in the coming weeks.

Read

Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Prayer for the week

God of hope, draw near to us this Lent. Fill us with your joy and peace as we prepare to celebrate all that Jesus did for us at Easter. Amen.



FREE SAMPLER

A Lent Journey for Children

HOP

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