

LENT 2026



Living

HOPE



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LIVING HOPE

A Lenten Journey for 2026

As we enter Lent 2026, we do so in a world many experience as heavy and uncertain. Inequality endures, the earth strains under environmental pressure, communities are fractured, and anxiety often outweighs expectation.

In such a climate, hope can seem fragile or even naïve. Yet Christian hope has never meant denial or escape. It is a quiet, resilient practice, one that tells the truth about the world while trusting that God is still at work within it. This booklet focuses on living hope: hope found not apart from ordinary life, but within it, in relationships and routines, creativity and care, justice and compassion. Rooted in the life and teaching of Jesus, this hope is both personal and communal. It trusts in God's ongoing work of healing and restoration and invites our participation through love, mercy, inclusion, and faithful action.

Throughout Lent, we will explore hope as resurrection-shaped living: a hope that forms us patiently, attunes us to God's presence in the everyday, resists despair with compassion, and commits us to shaping communities marked by justice, care, and grace.

This devotional is flexible and participatory. You may read, listen, pray, or create at your own pace. Some weeks may speak to you more than others, and that is part of the journey. Enter wherever you are, and let scripture, art, poetry, music, and creative practice gently guide you toward rediscovering a sense of hope in this world that sometimes feels like it's anything but hope-filled.

These practices invite you into a Lent and Easter shaped by resilient, ordinary, and transformative living hope: a hope that sees reality clearly, trusts in God's presence, and dares to act.



To guide this journey, each week integrates several elements:

- **Scripture:** Grounding and moral guidance for reflection.
- **Poetry:** Voice for the nuances of hope, courage, grief, and resilience.
- **Quotations about hope:** To inspire and encourage.
- **Art:** Imago divina—the contemplative seeing of God in ordinary life.
- **Classical Music:** Meditation and reflection, opening the heart to God's presence.
- **Craftivism:** Small acts of creation, prayer, and ethical engagement to embody hope.
- **Reflection:** Short meditations linking Scripture, art, poetry, and music to daily life.
- **Discussion Questions / Journaling:** Prompts for conversation or personal reflection.
- **Weekly Goals:** Invitations to translate reflection into practice.

ASH WEDNESDAY

Living Hope Begins with Truth

Scripture:

**Joel 2:1–2, 12–17 or Isaiah 58:1–12,
Psalm 51:1–17, 2 Corinthians 5:20b–6:10,
Matthew 6:1–6, 16–21**

Art: Titian, Penitent Magdalene

Music: Bach, Komm, süßer Tod

Poetry: T.S. Eliot, Ash Wednesday

Ash Wednesday invites honesty and humility. Lent begins with facing our limits, our fragility, and our need for grace. Living hope begins not in avoidance or denial, but in acceptance, courage and trust.

SCRIPTURE FOR REFLECTION

Joel 2:12–13 God calls for sincere return with all your heart.

Psalms 51:10–12

Ask God to create a clean heart and renew a right spirit within.

2 Corinthians 5:20b–6:10

Ambassadors of reconciliation called to live faithfully.

Matthew 6:1–6, 16–21

Humble devotion, prayer, fasting, and storing treasures in heaven.

VOICES OF HOPE

"The ultimate reason for our hope... is that we are wanted and wished for and waited for... God is our last hope because we are God's first love."

Jürgen Moltmann

"A soul so pitiably forlorn... compared with him who grovels, self-debarred from all that lies within the scope of holy faith and Christian hope..."

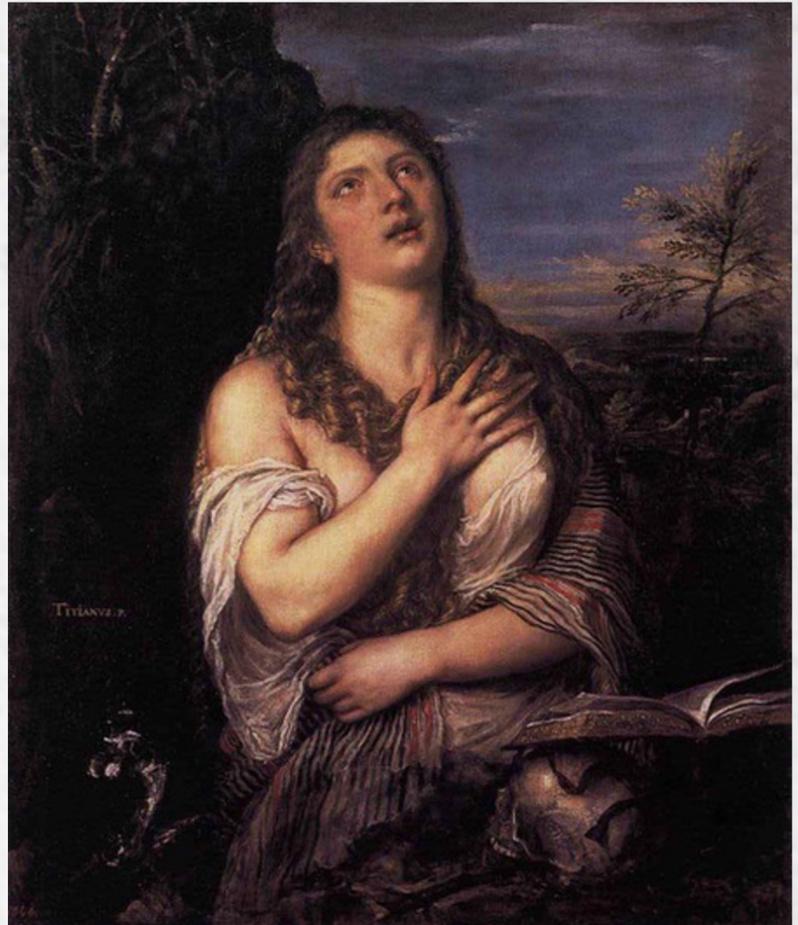
William Wordsworth

GROUP GATHERING: LIVING HOPE TOGETHER

In Titian's Penitent Magdalene, a figure turns heavenward, illuminated by soft light. Ash Wednesday calls us to honesty about mortality and sin—not as a movement toward shame, but toward relationship. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

CRAFTIVISM

Use an empty jar as a Hope Jar. Write ideas, prayers, or reflections on slips of paper each day and place them inside. Let the jar witness small movements of grace throughout the week.



POETRY

T.S. Eliot – Ash Wednesday

*"Because I do not hope to turn again
Because I do not hope... Teach us to care and not to care
Teach us to sit still."*

This poem invites reflection on humility, attentiveness, and openness to God's transformative presence.



Together, Scripture, poetry, and the Voices of Hope invite us to enter Lent with honesty, humility, and attentiveness. God calls us to return with our whole hearts (Joel 2:12–13), to seek a renewed spirit (Psalm 51:10–12), and to receive the patient love that awaits us (Moltmann). Hope begins here—not in avoidance or denial, but in courage and trust.

3-DAY PERSONAL DEVOTIONAL: DEEPENING HONEST HOPE

1

FACING YOUR TRUTH

Scripture

Joel 2:12-17

Reflection

Naming difficult truths is an act of courage.

Practice

Write a truth you have been avoiding in your Hope Jar. Pray and reflect.

"Because I do not hope to turn again..."

2

HUMILITY AND QUIET DEVOTION

Scripture

Psalm 51, Matthew 6:1-6

Reflection

God meets us in humility and quiet devotion.

Practice

Write a short prayer, do one quiet act of generosity, add a slip to your Hope Jar.

"Teach us to sit still. God is our last hope because we are God's first love."

3

LETTING GO AND EMBRACING HOPE

Scripture

Matthew 6:16-21

Reflection

Releasing attachments opens space for hope.

Practice

Identify one worry or attachment to release. Place it in your Hope Jar. Optional- play Bach while reflecting.

"... compared with him who grovels, self-debarred from all that lies within the scope of holy faith and Christian hope..."

Discussion Questions / Journaling Prompts

What truths about myself or the world feel hardest to face?

How does hope change when it begins with being wanted by God?

Where have I sensed God's patience and love even when I felt unworthy?

How might honest self-reflection transform my ordinary routines this week?

This weeks goal

Return honestly to God each day. Notice hope taking root in ordinary life. Let your Hope Jar bear witness to small movements of grace.

LENT I

Living Hope That Risks Trust

Scripture:

Genesis 3:1-15, Psalm 25:1-10, Romans 5:12-21, Matthew 4:1-11

Art: Caspar David Friedrich, Wanderer Above the Sea of Fog

Music: Beethoven, Piano Sonata No. 14 "Moonlight"

Poetry: Pat Ingoldsby, For Rita With Love

Lent invites us to take risks of trust. Abraham leaves home without knowing the destination, Jesus enters the wilderness facing temptation, and we are called to step into uncertainty with faith. Living hope requires courage: to follow, to trust, and to act even when the path is unclear.

Voices of Hope

"The theological virtue of hope is the patient and trustful willingness to live without closure."

Richard Rohr

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Helen Keller



Scripture for Reflection

Genesis 3:1–15 Humanity faces temptation and the call to trust God despite uncertainty.

Psalms 25:1–10 A prayer for guidance, patience, and faithful living in God's ways.

Romans 5:12–21 Through Christ, hope and life emerge even from brokenness.

Matthew 4:1–11 Jesus demonstrates trust and faithfulness while facing trials in the wilderness.

Poetry

Pat Ingoldsby – For Rita With Love

"You love everybody So much that it's not safe To let you out alone..."

The world will never Be ready for you. Your way is right And the world will never be ready."

This poem invites reflection on courage, radical love, and trust in the face of a world that may not understand or reward such faithfulness.

Group Gathering: Walking in Courageous Trust

Like Abraham, Jesus, and others of faith, we are called to step into uncertainty with trust. Consider ordinary choices and encounters where faith can guide you. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

Craftivism

Create a paper bird, wing, or small heart as a symbol of trust and courage. Write a word or phrase naming where you need faith this week. Hold it while reflecting on an area of your life where God is calling you to take a risk or act with radical care. Keep it visible as a reminder of faithful action.

3-DAY PERSONAL DEVOTIONAL : LEARNING COURAGEOUS HOPE

1

Noticing Calls to Risk

Scripture

Genesis 3:1–15

Reflection

Where is God calling you to step forward in trust? Notice areas where radical love might surprise or challenge others.

Practice

Journal one small act of courage or care today.
"You love everybody So much that it's not safe To let you out alone..."

2

Engaging Life Courageously

Scripture

Matthew 4:1–11

Reflection

Faith grows through small acts of kindness, honesty, and courageous attention.

Practice

Identify one area to act boldly yet gently today. Reflect on it.
"The theological virtue of hope is the patient and trustful willingness to live without closure."

3

Living Hope Through Risk

Scripture

Romans 5:12–21

Psalms 25:1–10

Reflection

Hope deepens as we consistently take faithful risks. Small acts of patience, care, and attention nurture the soul.

Practice

Reflect on the week. Where has taking a step of trust opened new possibilities?
"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Discussion Questions / Journaling Prompts

Where is God inviting me to take a step of trust this week?

How can small acts of love and care reveal hope in ordinary life?

How do poetry and the voices of hope encourage stepping into uncertainty?

In what ways has trust in God's guidance been evident in the past week?

This week's goal

Deepen your trust in God's presence as you take small, faithful steps forward.

Notice courage, curiosity, and hope growing as you step into the unknown, choosing love and integrity, resisting false promises, and trusting that God is with you every step of the way.

LENT 2

Living Hope That Listens

Scripture:

Genesis 12:1–4a, Psalm 121, Romans 4:1–5,13–17, John 3:1–17

Art:

Caravaggio, The Calling of Saint Matthew

Music: Pachelbel, Canon in D

Poetry: Mary Oliver, The Journey



Living hope is attentive. It listens—to God's call, to the stirrings of our hearts, and to the subtle invitations of our communities. Like Abraham and Nicodemus, we are invited into a journey of attentiveness and faithful response. Every ordinary act of trust becomes a seed of hope.

Scripture for Reflection

Genesis 12:1–4a God calls Abram to leave home and promises to bless him.

Psalm 121 God watches over us, guarding each step.

Romans 4:1–5,13–17 Faith is counted as righteousness; hope rests in God's promises.

John 3:1–17 Nicodemus seeks understanding; God invites trust beyond what is seen.

Poetry

Mary Oliver – The Journey

"One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice... And you did it. Whoever you were, you knew what you had to do, and began."

This poem invites reflection on listening carefully to God's call and moving faithfully, even amidst fear, doubt, or distraction.



Voices of Hope

"The free bird leaps on the back of the wind... and dares to claim the sky."

Maya Angelou

"Hope is the thing that gives us the courage to begin again, even when the world says we cannot."

Parker Palmer

Group Gathering: Trust in Attentive Steps

Small acts of trust and obedience, like Abraham's journey or Nicodemus' visit, cultivate living hope. Consider how ordinary routines and choices can become opportunities for faithful action. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

Craftivism

Find a small stone or pebble. Hold it quietly and pray: "God, help me to listen." Write one word on the stone (e.g. Listen, Trust, Begin, Go). Keep it somewhere visible or place it in your Hope Jar. Each time you see or hold it, pause and ask: What is God inviting me to hear or notice today?

3-DAY PERSONAL DEVOTIONAL: ATTENDING TO QUIET HOPE

1 Recognising Invitations to Listen

Scripture

Genesis 12:1-4a

Reflection

Notice areas of uncertainty where God calls you to step forward.

Practice

Journal one small act of faith or obedience.

Pray for courage.

"One day you finally knew what you had to do, and began..."

2 Engaging Ordinary Life Attentively

Scripture

John 3:1-17

Reflection

Everyday encounters can be spaces for trust and hope.

Practice

Identify one small act of kindness, honesty, or courage to do today.

Reflect on it.

"The free bird leaps on the back of the wind... and dares to claim the sky."

3 Living Hope Through Listening

Scripture

Romans 4:1-5, 13-17

Psalm 121

Reflection

Living hope grows as we take consistent, small steps of attentiveness.

Practice

Review your reflections. Where has listening opened insight, courage, or renewal?

Spend 5-10 minutes in music meditation.

"... the courage to begin again, even when the world says we cannot."

Discussion Questions / Journaling Prompts

What small step of trust or courage is God inviting you to take this week?

How does faith in the unseen shape your daily choices?

How does Mary Oliver's poem invite you to keep moving forward, even amidst fear and doubt?

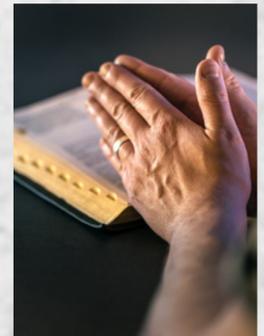
How do the Voices of Hope encourage your willingness to step forward in attentive faith?

This weeks goal

Take at least one small, concrete step of trust each day. Notice God's presence and guidance in ordinary life. Let Mary Oliver encourage you to continue moving forward, listening attentively, and trusting that living hope grows through faithful, courageous action.

LENT 3

Living Hope That Heals and Restores



Scripture:

Exodus 15:22-27, Psalm 23,

James 5:13-16, John 4:5-42

Art:

Vincent van Gogh, *The Good Samaritan*

Music: Gabriel Fauré – *Pavane*

Poetry: Emily Dickinson – *Hope is the Thing with Feathers*

Lent invites us to encounter God's healing.

Jesus offers the Samaritan woman living water to refresh and restore and brings hope where brokenness exists. Living hope listens and responds, renewing us through ordinary and unexpected encounters. Every act of compassion can restore ourselves, our neighbours, and our communities.

Scripture for Reflection

Exodus 15:22–27 God heals in the wilderness and leads toward life.

Psalms 23 God as shepherd restores and refreshes the soul.

James 5:13–16 Prayer, confession, and support bring wholeness.

John 4:5–42 Jesus offers living water, revealing his presence and inviting renewal.

Poetry

Emily Dickinson

- Hope is the Thing with Feathers

*“Hope is the thing with feathers
That perches in the soul,
And sings the tune
without the words,
And never stops at all...”*

This poem encourages reflection on the persistent, gentle presence of hope, even in the midst of difficulty. Hope sings quietly, calling us to restoration and healing.

Voices of Hope

*“Faith has to do with things that are not seen
and hope with things that are not at hand.”*

Thomas Aquinas.

*“All shall be well, and all shall be well,
and all manner of thing shall be well.”*

Julian of Norwich.



Group Gathering: Wells of Healing

At the well, Jesus listens deeply and restores what has been wounded or silenced. Healing emerges through honest encounter, shared story, and compassionate presence. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

Craftivism

Create a water-themed mandala, collage, or small token symbolising healing and renewal. As you make it, reflect on places—personal or communal—where restoration is needed. Place it somewhere visible as a sign of hope's gentle work.

3-DAY PERSONAL DEVOTIONAL : PRACTISING HEALING HOPE

1

Noticing Thirst

Scripture

John 4:5–15

Reflection

Identify areas of need or emptiness in your life or community.

Practice

Write one prayer or note asking for healing and place it in your Hope Jar.
“Hope is the thing with feathers...”

2

Engaging in Restoration

Scripture

James 5:13–16

Reflection

Consider how prayer, confession, or small acts of support can bring wholeness.

Practice

Perform one restorative act for yourself or someone else today and reflect on it.
“Faith...things that are not seen and hope with things that are not at hand.”

3

Living Hope That Restores

Scripture

Exodus 15:22–27, Psalm 23

Reflection

Review movements of hope and healing this week.

Practice

Meditate on the persistent presence of hope. Use your Hope Jar token as a tangible reminder of renewal.
“All shall be well...”

Discussion Questions / Journaling Prompts

Where is hope calling me toward healing or restoration this week?
What small acts of care can I take to bring renewal to my life or community?
How does Emily Dickinson's poem shape my awareness of hope in daily life?
How do the Voices of Hope encourage patience and trust in God's restorative work?

This weeks goal

Notice God's restorative presence each day. Take small actions to bring healing to yourself and others. Let Dickinson remind you that hope persists, sings, and encourages faithful steps toward renewal.

LENT 4

Living Hope That Changes How We See

Living hope reshapes perception. It teaches us to see beyond appearances, assumptions, and fear. Hope does not deny reality; it changes how we engage it. As we learn to see more clearly—with compassion, gratitude, and attentiveness—ordinary moments become places of revelation and grace.

Scripture:

1 Samuel 16:1–13, Psalm 23, Ephesians 5:8–14, John 9:1–41

Art:

Georges de La Tour, Joseph the Carpenter

Music: Arvo Pärt – Spiegel im Spiegel

Poetry: Theo Dorgan, On This Earth

Poetry

Theo Dorgan
- On This Earth

*"This is the only world we have.
Let us attend to it.*

Let us look carefully, Not just glance."

Dorgan's poem calls us to careful attention. Hope grows when we slow down, notice deeply, and allow our perception to be shaped by presence rather than habit or fear.

Voices of Hope

"Hope... is the refusal to accept the reading of reality which is the majority opinion."

Walter Brueggemann

"Hope is the thing with feathers that perches in the soul and sings... and never stops at all."

Emily Dickinson

Scripture for Reflection

1 Samuel 16:1–13 God chooses David not by outward appearance but by the heart, reshaping expectations of power and worth.

Psalm 23 God's guiding presence restores vision and trust even in shadowed paths.

Ephesians 5:8–14 Light reveals what was hidden and calls us to live awake and transformed.

John 9:1–41 Jesus heals a man born blind, challenging assumptions and inviting deeper sight and faith.



Group Gathering: Seeing with New Eyes

In healing the blind man, Jesus invites the community to question assumptions and notice where sight has been limited by fear, certainty, or tradition. Living hope opens us to new ways of seeing and understanding. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

Craftivism

Decorate a paper frame or lens. Write words or phrases naming areas in your life or community that need renewed vision or insight. Place it somewhere visible as a reminder to attend carefully and see with hope.

3-DAY PERSONAL DEVOTIONAL : AWAKENING PERCEPTIVE HOPE

1

Noticing the Ordinary

Scripture

John 9:1-41

Reflection

Hope can open our eyes before we fully understand.

Practice

Reflect on one area where God invites you to see differently.

"Let us look carefully, Not just glance."

2

Gratitude in Attention

Scripture

1 Samuel 16:7

Reflection

God sees what we often overlook.

Practice

List three small joys or acts of care that shift your perspective.

"Hope... is the refusal to accept the reading of reality which is the majority opinion."

3

Living Hope Through Awareness

Scripture

Psalm 23

Reflection

Hopeful vision grows with practice and trust.

Practice

Review your paper frame/lens. Where has hope revealed new insight or joy? Ask where God is calling you to see with renewed awareness next week.

Spend a few minutes in music meditation..

"This is the only world we have."

Discussion Questions / Journaling Prompts

Where might I be relying on appearances rather than deeper truth?

How does Jesus' healing challenge my assumptions about suffering or worth?

What practices help me attend more carefully to God's presence?

How might renewed vision lead to more compassionate action?

This weeks goal

Notice God's presence in ordinary life. Practice attentive seeing each day. Slow down, notice beauty and justice, and allow hope to reshape perception. Trust that living hope changes how we see—and how we live.



LENT 5

Living Hope That Chooses Love

Scripture:

Ezekiel 37:1–14, Psalm 130, Romans 8:6–11, John 11:1–45

Art:

Rembrandt, The Raising of Lazarus

Music: Handel, Lascia ch'io pianga

Poetry: Leonard Cohen – Anthem

Living hope chooses love even in the midst of grief, loss, or uncertainty. Standing at Lazarus' tomb, Jesus weeps with those who mourn, then calls the community to act. Hope shaped by resurrection invites tender, courageous, and shared love. This week, reflect on ways you can choose love in ordinary life, responding to brokenness with compassion, reconciliation, and care.



Scripture for Reflection

Ezekiel 37:1–14 God breathes life into dry bones, revealing hope beyond despair and restoration beyond imagination.

Psalm 130 A cry from the depths that waits for God's mercy and steadfast love.

Romans 8:6–11 The Spirit brings life, even where death and fear seem dominant.

John 11:1–45 Jesus weeps with mourners and calls Lazarus forth, inviting communal participation in love and renewal.

Poetry

Leonard Cohen – Anthem

“Ring the bells that still can ring, Forget your perfect offering, There is a crack in everything, That’s how the light gets in.”

Cohen’s words remind us that love is often fragile and costly. Choosing hope and compassion does not require perfection, but courage, to act despite fear, grief, or brokenness. Resurrection hope shines through the cracks of our lives and communities.

Craftivism

Create a simple heart symbol using paper, fabric, or clay. As you make it, reflect on a place—personal or communal—where love feels difficult or costly. Hold this symbol during prayer, or place it somewhere visible as a reminder that choosing love is an act of hope.

Voices of Hope

“Doubt does not have the final word. The final word is faith giving rise to hope.”

James H. Cone

“Christian hope does not promise successful days to the rich and strong... Success is no name of God. Righteousness is.”

Jürgen Moltmann

Group Gathering: Choosing Love Together

Jesus does not face grief alone he gathers people, weeps with them, and invites them to participate in love’s restoring work. Living hope calls us into shared, courageous love.

Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry. Together we’ll explore how living hope inspires compassion and transforms grief into action.

3-DAY PERSONAL DEVOTIONAL : CHOOSING LOVE AS HOPE

1 Love in the Valley

Scripture

Ezekiel 37:1-14

Reflection

God's love speaks even to dry bones.

Practice

Name one situation that feels lifeless.

Offer it to God in prayer.

"There is a crack in everything That's how the light gets in."

2 Love that Waits

Scripture

Psalm 130,

John 11:17-27

Reflection

Waiting can be an act of love.

Practice

Sit with discomfort rather than fixing it.

Pray honestly from the depths.

"Doubt does not have the final word. The final word is faith giving rise to hope."

3 Love that Chooses Life

Scripture

Romans 8:6-11,

John 11:38-44

Reflection

Love aligns us with the Spirit of life.

Practice

Ask: Where am I being invited to choose love today, even if it costs me something?

"Christian hope... Righteousness is."

Discussion Questions / Journaling Prompts

Where are you being invited to choose love in the face of fear, loss, or uncertainty? How does Jesus' presence with Mary, Martha, and Lazarus shape your understanding of hopeful love?

What might it look like to practice love that remains attentive and patient, even when outcomes are unclear?

Recall a time when love stayed present during difficulty. How did that experience shape your hope?

This week's goal

Choose love deliberately each day. Practice tenderness, patience, and courage in small ways.

Trust that living hope is revealed not through control or certainty, but through faithful, compassionate action.

PALM SUNDAY

Living Hope That Walks Into Courage

Scripture:

Psalm 118:1-2, 19-29,

Matthew 21:1-11

Art:

Giotto – Entry into Jerusalem

Music: Bach – St. Matthew Passion,

Opening Chorus: "Kommt, ihr Töchter"

Poetry: Tomas Kinsella – Prayer



Palm Sunday marks a turning point. Jesus enters Jerusalem not with force or spectacle, but with humility and resolve. Living hope does not avoid danger or suffering—it walks into them with courage rooted in love.



Scripture for Reflection

Psalm 118:1-2, 19-29 A song of thanksgiving and trust, celebrating God's steadfast love and deliverance.

Matthew 21:1-11 Jesus enters Jerusalem humbly, embodying courageous love rather than political power.

Poetry

Tomas Kinsella – Prayer

"Let me not pray to be sheltered from dangers but to be fearless in facing them. Let me not pray for comfort but for strength to endure. Let me not pray for light to avoid the darkness but for eyes to see in the shadows. Let me not pray to be safe but to love courageously in the midst of fear."

This poem invites reflection on stepping faithfully into challenge, embracing courage, and choosing love even in the presence of uncertainty.

Voices of Hope

"Hope is being able to see that there is light despite all of the darkness."

Desmond Tutu

"Hope means expectancy when things are otherwise hopeless."

G.K. Chesterton

Craftivism

Create a small palm, cross, or lantern to symbolise walking faithfully into challenge. Reflect on areas in your life or community where courage or love is needed, and hold this symbol during prayer or keep it visible as a reminder to act faithfully. Place it somewhere visible as a reminder that living hope walks forward even when the road is uncertain.

Group Gathering: Courage on the Road

Palm Sunday invites us to ask what kind of courage faith requires. Jesus enters the city knowing what awaits, yet continues in love. Courage shaped by hope remains gentle, faithful, and grounded in trust. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

3-DAY PERSONAL DEVOTIONAL : BEARING HOPE WITH COURAGE

1 Entering the Tension

Scripture

Matthew 21:1-11

Reflection

Hope requires stepping into uncertainty with courage.

Practice

Reflect on an area of life where fear or uncertainty is present. Pray for courage.

"Let me not pray to be sheltered from dangers but to be fearless in facing them."

2 Seeing through the Shadows

Scripture

Psalm 118:1-2, 19-29

Reflection

God invites us to see clearly even in the shadows, embracing both hope and challenge.

Practice

Identify one small act of courage or love to practice today.

"Hope means expectancy when things are otherwise hopeless."

3 Love that Walks Forward

Scripture

Matthew 21:1-11

Psalm 118 (review)

Reflection

Living hope is active. Courageous love is expressed in faithful steps and small acts of presence.

Practice

Consider where courage and hope appeared this week. Ask: How can I continue walking faithfully into challenge and loving courageously?

"Hope is being able to see that there is light despite all of the darkness."

Discussion Questions / Journaling Prompts

Where is God calling me to face fear with courage this week?

How does Kinsella's poem shape my understanding of hope in tension?

What small acts of fearless love can I take in my life or community?

How does Giotto's Entry into Jerusalem deepen my awareness of hope in action?

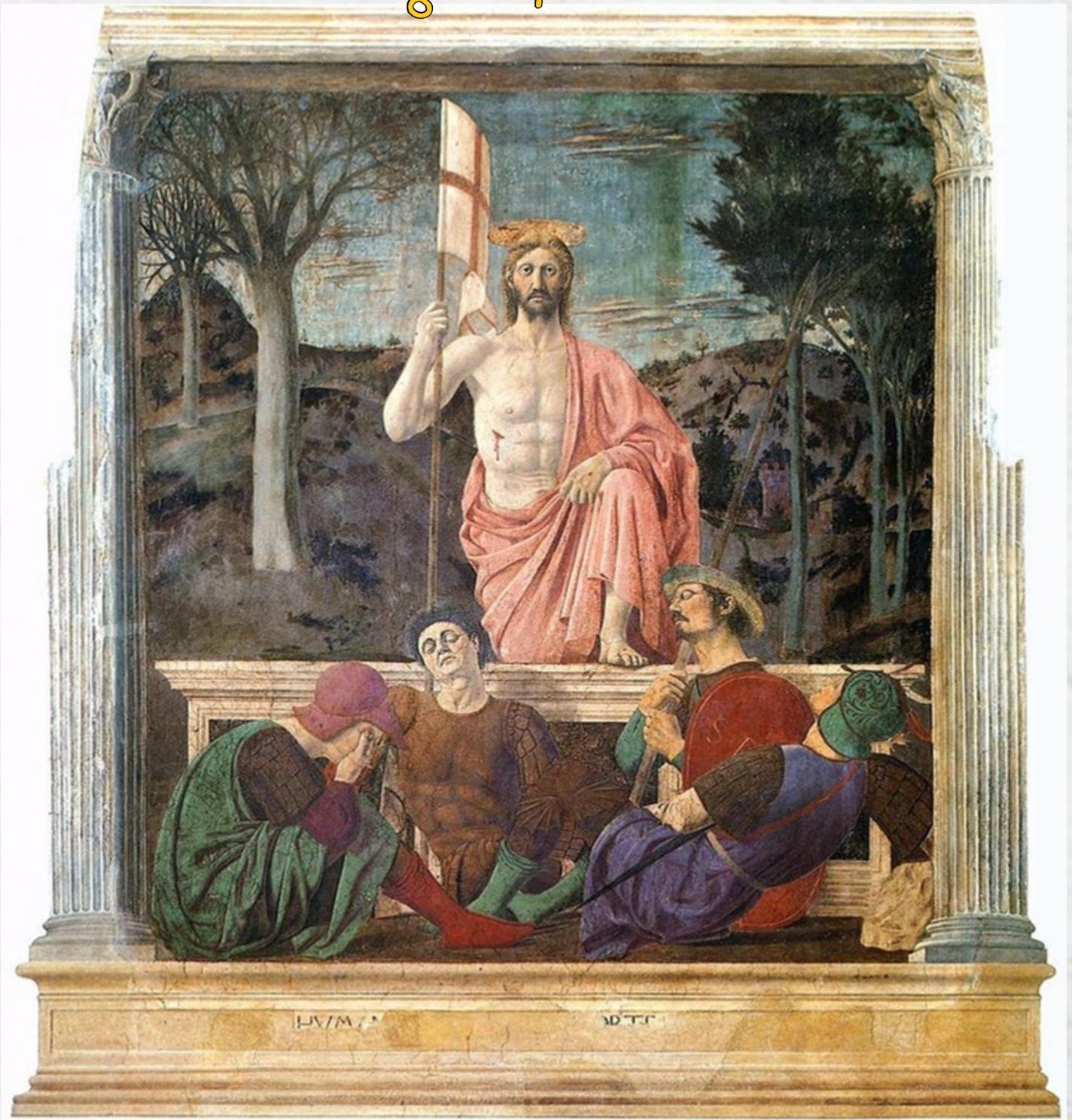
In what ways can I follow Jesus faithfully even when the way ahead is uncertain?

This week's goal

Walk into this week with courage and living hope. Let your palms, crosses, or lanterns remind you that hope is fearless, enduring, and expressed through love, following Jesus even when the path is uncertain.

EASTER SUNDAY

Living Hope Renewed



Scripture:

Psalm 118:1, 4–24, 1 Corinthians 15:1–26, Acts 10:34–43, John 20:1–18

Art:

Piero della Francesca, The Resurrection
Music: Handel, Messiah – Hallelujah Chorus
Poetry: Joseph Plunkett, I See His Blood Upon the Rose

Resurrection is not only an event of the past but a present invitation: to rise with courage, love, and life in our daily experience. This week, reflect on how hope transforms ordinary moments into opportunities for joy, reconciliation, and faithful action.

Scripture for Reflection

Psalm 118:1, 4–24 Celebrate God's steadfast love and victory.

1 Corinthians 15:1–26 Christ's resurrection is the foundation of hope and new life.

Acts 10:34–43 God shows no partiality; the message of life and forgiveness is for all.

John 20:1–18 Encountering the risen Christ transforms grief into joy and action.

Poetry

Joseph Plunkett – I See His Blood Upon the Rose

"I see His blood upon the rose, And in the stars the glory of His eyes, His body gleams amid eternal snows, His tears fall from the skies."

Plunkett's imagery reminds us that resurrection hope is tender, triumphant, and woven into creation and our lives.

Voices of Hope

"Totally without hope one cannot live. Hell is hopelessness."

Jürgen Moltmann

"Resurrection is not a once-and-for-all event, but a daily rising into love, into life, into hope."

Miriam Therese Winter



Group Gathering: Witnesses to Resurrection

Piero della Francesca's Resurrection shows Christ standing over a sleeping world, inviting us to rise into hope, courage, and renewed purpose. Join us on Zoom to contemplate these ideas through scripture, art, music, and poetry.

Craftivism

Create a small egg, sun, or cross using paper, clay, or other materials. As you make it, reflect on where hope feels fragile or dormant in your life or community. Place it somewhere visible as a reminder that resurrection brings renewed life.

3-DAY PERSONAL DEVOTIONAL : RECEIVING RENEWED HOPE

1

Rising into Hope

Scripture

John 20:1-18

Reflection

Encountering the risen Christ transforms grief into joy and action.

Practice

Identify one place where hope feels dormant. Offer a prayer of gratitude or encouragement.

"Resurrection is not a once-and-for-all event..."

2

Joy in Ordinary Life

Scripture

Acts 10:34-43

Reflection

God's love and forgiveness are for all. Hope is inclusive and transformative.

Practice

Notice ordinary moments of joy and reconciliation today. Record one insight or act of hope.

"Totally without hope one cannot live. Hell is hopelessness."

3

Living Hope Renewed

Scripture

Psalm 118:1,4-24, 1 Corinthians 15:1-26

Reflection

Resurrection shapes every ordinary action with courage, love, and hope.

Practice

Reflect on where resurrection hope is at work in your life. Identify one small way to act in hope today.
"I see His blood upon the rose, And in the stars the glory of His eyes..."

Discussion Questions / Journaling Prompts

Where do I see resurrection hope at work in my life or community?

How can I participate in the daily rising into love, life, and hope?

In what ordinary moments might I bear witness to Christ's resurrection today?

How do Winter and Moltmann encourage courage and active hope in challenging situations?

This week's goal

Notice resurrection hope at work in ordinary life. Practice acts of courage, love, and joy that embody living hope renewed.

Living hope does not rush ahead of grief or doubt; it listens, learns to see, chooses love, and walks forward with courage into renewed life.



The
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Reformed
Church**
in Sheffield