

# Journeying through Lent

Resources for group use



The Church of England  
Diocese of Ely

The season of Lent can be a time when churches will form Lent groups that focus on a particular issue/challenge/theme as part of their journey of discipleship. Lent Groups can be places where people come together to worship, to study the Bible, to discuss and begin to apply learning to their everyday lives. They can be a place of growth: growing in their relationship with God and growing in their relationship with one another.

The Mission and Ministry Department has sought to support that journey by signposting parishes to resources they may find helpful, linked to three topical themes: the **Environment, Racial Justice and Understanding Poverty (local and global)**.

For further information, please contact:  
[missionandministry@elydiocese.org](mailto:missionandministry@elydiocese.org)



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# The Environment

A Christian look at the  
Environment



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## John Ray Initiative

This series of five bible studies have been written by Rich Clarkson. They draw on both theological and scientific insights to help groups think about what a Christian approach to environmental issues might look like.

The resource can be downloaded here: [JRI-Bible-Studies-updated-2023.pdf](https://www.jri.org.uk/resources/JRI-Bible-Studies-updated-2023.pdf)

The John Ray Initiative  
connecting Environment, Science & Christianity

## A Christian Look At The Environment

Five Bible Studies



## Tenants of the King

Small group studies to  
inspire hope for God's creation

## Tenants of the King Operation Noah

This is a resource from Operation Noah that draws on the Bible. This four-part study series is designed to help the church consider what the Bible has to say about the environment alongside offering ways to help individuals think about how they might respond to the climate crisis.

The resources are available for purchase here: [Tenants of the King Study Guide - Operation Noah](https://www.operationnoah.org.uk/resources/tenants-of-the-king-study-guide-operation-noah)



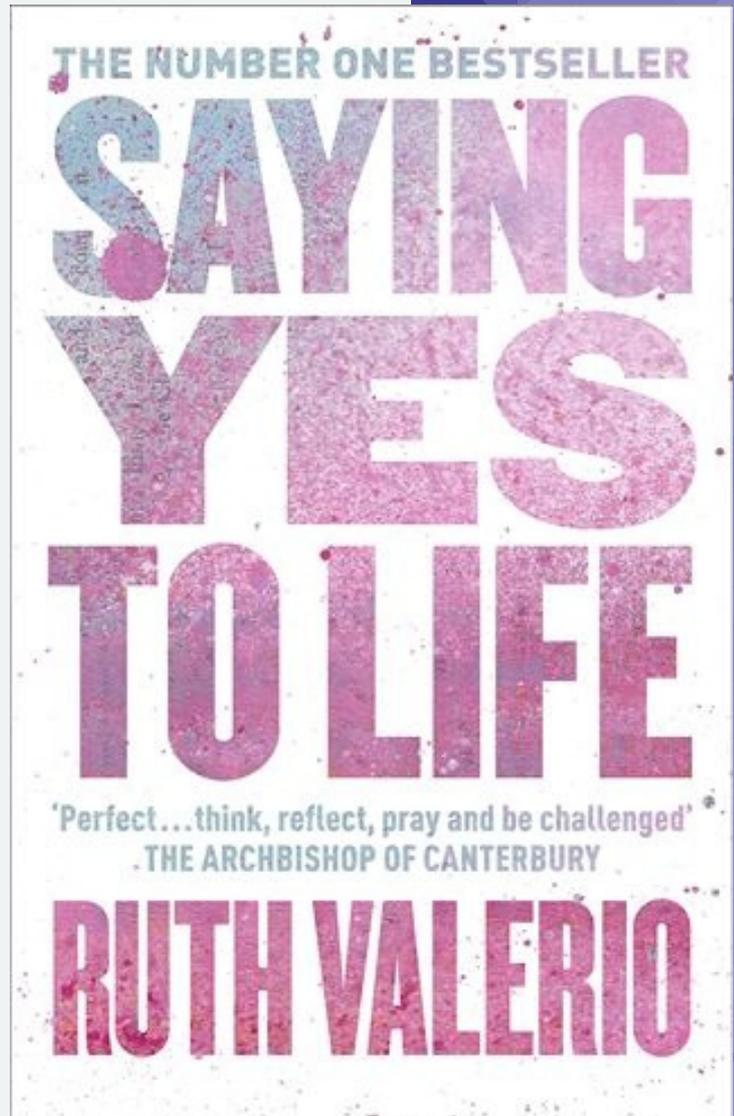
# Saying Yes to Life

## Ruth Valerio

Originally published as the Archbishop of Canterbury's Lent book for 2020, *Saying Yes to Life* lifts the focus from natural, everyday concerns to issues that are having an impact on millions of lives around the world. As people made in the image of God, Christians are entrusted to look after what he has created: to share in God's joy and ingenuity in making a difference for good. Ruth Valerio imaginatively draws on the Days of Creation (Genesis 1) as she relates themes of light, water, land, the seasons, other creatures, humankind, Sabbath rest and resurrection hope to matters of environmental, ethical and social concern.

Available on-line from a number of sources including Amazon and Eden.

More resources and videos are available here: [Saying Yes to Life - Resources from SPCK](#)



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# Racial Justice



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# After the Flood: the Church, Slavery and Reconciliation

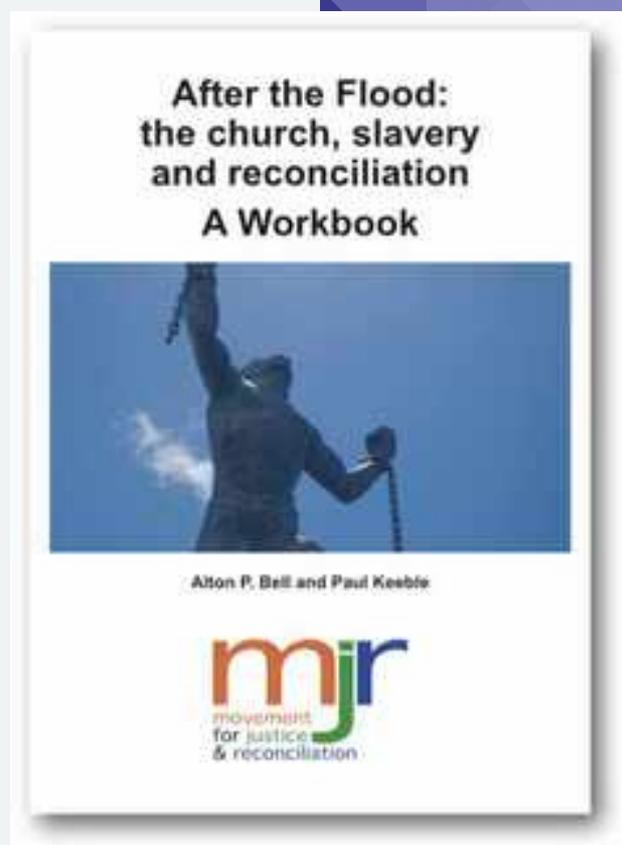
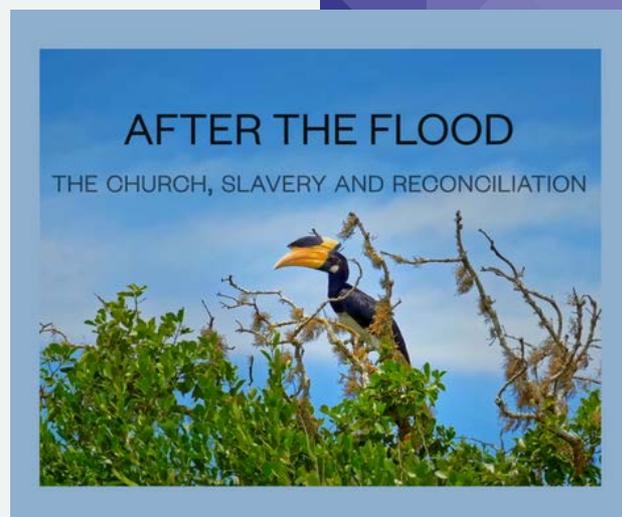
This 67 minute feature documentary shows how the 18th century Church became embroiled in chattel slavery. It goes on to discover how the Church justified its involvement in the trade and its lasting impact. The film then explores what this means for Christian reconciliation today.

The film is available here: [After The Flood - Movement for Justice & Reconciliation.](#)

In response to requests for resources to help people think and reflect more deeply on the issues raised in the MJR documentary 'After the Flood: the church, slavery and reconciliation' a workbook has been produced. It contains six sessions based on the film's themes for group work or individual study, plus an option extra session on Reparatory Justice, an article on the Development of Trans-Atlantic Slavery and a list of further reading and resources.

The workbook was written by Alton Bell and Paul Keeble and sponsored by [USPG.](#)

The workbooks are available for purchase here: [MJR News - Movement for Justice & Reconciliation.](#)



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# Understanding Poverty



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# Act on Poverty Christian Aid

Christian Aid has teamed up with partner organisations across the UK to help churches gain a deeper understanding of poverty and empower them to act. The material shares stories of faith and activism that challenge the status quo and offers inspiration for action that seeks to tackle poverty.

All the resources can be found here:  
[Act on Poverty - Christian Aid](#)



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# Watch and Pray

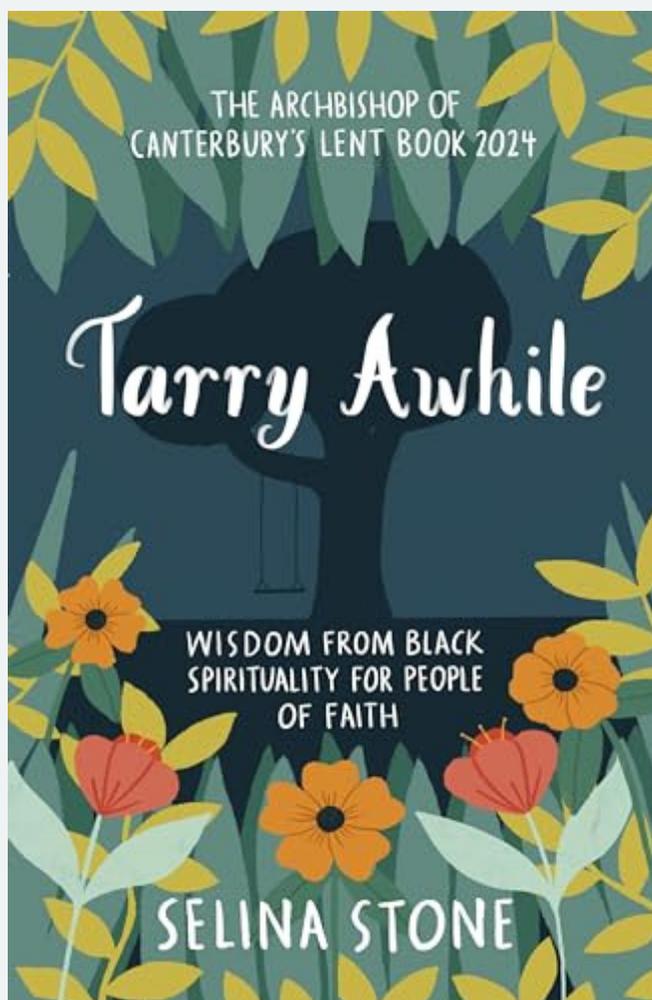
The Church of England's Lent theme for 2024, Watch and Pray invites us all to wait expectantly for God to meet us and sustain us through the storms and trials we all face.



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# Tarry Awhile Selina Stone

'Tarry Awhile' is the Archbishop of Canterbury's Lent Book 2024 which invites all to the vibrant tapestry of Black spiritualities, offering wisdom that transforms daily encounters with the divine through music, silence, and shared narratives.



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Watch and Pray  
resources are available  
from here:  
[cofe.io/WatchAndPray](https://cofe.io/WatchAndPray)

# Watch and Pray: Wisdom and hope for Lent and life

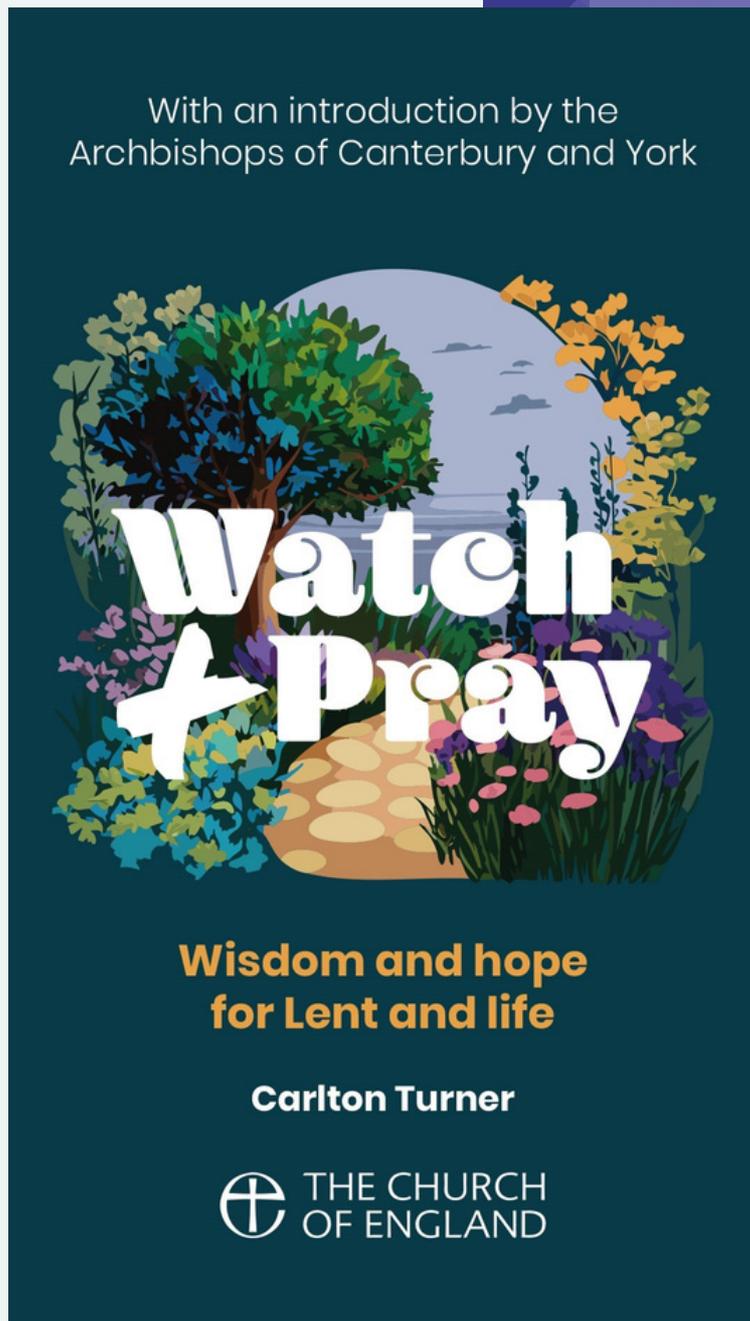
On the night he was betrayed, Jesus kneels in darkness in the Garden of Gethsemane. Though he pleads with his disciples, *"Stay here with me ... Watch and pray,"* they all fall asleep, leaving him alone in his hour of deepest suffering.

This Lent we are encouraged to draw on the wisdom of Black Spirituality, particularly the practice of **"tarrying"** (waiting) as a community to draw closer to Jesus and to each other. For each day of Lent, the Watch and Pray booklet offers a Bible verse, a short reflection, an idea for 'watching', and a prayer.

It invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning.



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[cofe.io/WatchAndPray](https://cofe.io/WatchAndPray)

# Watch and Pray: A journey for children

This booklet for children and families invites us to use Lent as a time to wait together for God to meet and help us.

It offers small steps designed to help us on our Lent journey as we try to grow closer to Jesus, waiting with him as he asked his friends to do in the Garden of Gethsemane.

For each of the 40 days of Lent there is a daily challenge to do, learn or think about something. There are also weekly themes, prayers and short Bible readings - all exploring the theme of Watch and Pray.

Find out about all the ways you and your family can get involved in the Watch and Pray journey, including booklets for grown-ups, videos for young people and ideas for churches and groups at:  
[cofe.io/WatchAndPray](https://cofe.io/WatchAndPray)

Introduced by the Archbishops  
Of Canterbury and York



**A Lent journey for children**

40 Daily Activities

 THE CHURCH  
OF ENGLAND



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Watch and Pray  
resources are available  
from here:  
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