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Living Hope - Lent reflections

This Lent we are encouraged to put down deep roots of hope by connecting with God who is with us at all times. Living Hope offers us the opportunity to deepen our hope in God and be part of what God is doing to bring hope in the world.

Our award-winning Church of England campaign app for both iOS and Android – including daily audio – is now available to download.

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Email reflections

Sign up to our free daily Lent reflection emails (except Sundays) straight to your inbox from Ash Wednesday (5 March) to Easter Day (20 April).

The readings and reflections explore how we can have hope in times of frustration or uncertainty; the hope found in joining with others; the invitation to notice signs of hope around us; the courage to face reality and pursue a hopeful future; and the ways God transforms death into life at Easter.

The reflections have been written by **Cathrine Fungai Ngangira** and **Belle Tindall** – both contributors to *Wild Bright Hope: The Big Church Read Lent Book 2025 (SPCK)* – together with **Victoria Mason**, Everyday Faith Editor for the Church of England.

You can also purchase print booklets of the reflections.

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