



Watch and Pray 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.

Our award-winning Church of England campaign app for both iOS and Android – including daily audio – is now available to download. Anyone who has the Church of England's #FollowTheStar app already installed will automatically get the Lent update.

[Download for Apple devices](#)

[Download for Android devices](#)

Email reflections

Sign up to our free daily Lent reflection emails (except Sundays) straight to your inbox from Ash Wednesday (14 February) to Easter Day (31 March).

You can also [purchase print booklets of the reflections](#) or find out more about the Archbishop of Canterbury's [Lent Book 2024](#) which inspired this year's reflections.

First name ^{*}

Last name ^{*}

Email ^{*}

Other emails

☐ Advent and Christmas reflections

Sign up

By signing up you'll receive daily reflections during Lent and Easter from the Church of England. Over 16s only. We will not sell or distribute your details to any third party and you can unsubscribe at any time. "We" refers to the Archbishops' Council, Church Commissioners and Church of England Pensions Board. [Read our Privacy Policy](#).

Worship with us

Can't make it to church this Lent? Watch our [weekly online worship services](#) from across the Church of England and worship with us this Lenten season.

Source URL: <https://www.churchofengland.org/faith-calling/what-we-believe/lent-holy-week-and-easter/watch-and-pray-lent-reflections>