



LIVING HOPE

This Lent we are encouraged to put down deep roots of hope by connecting with God who is with us at all times.

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

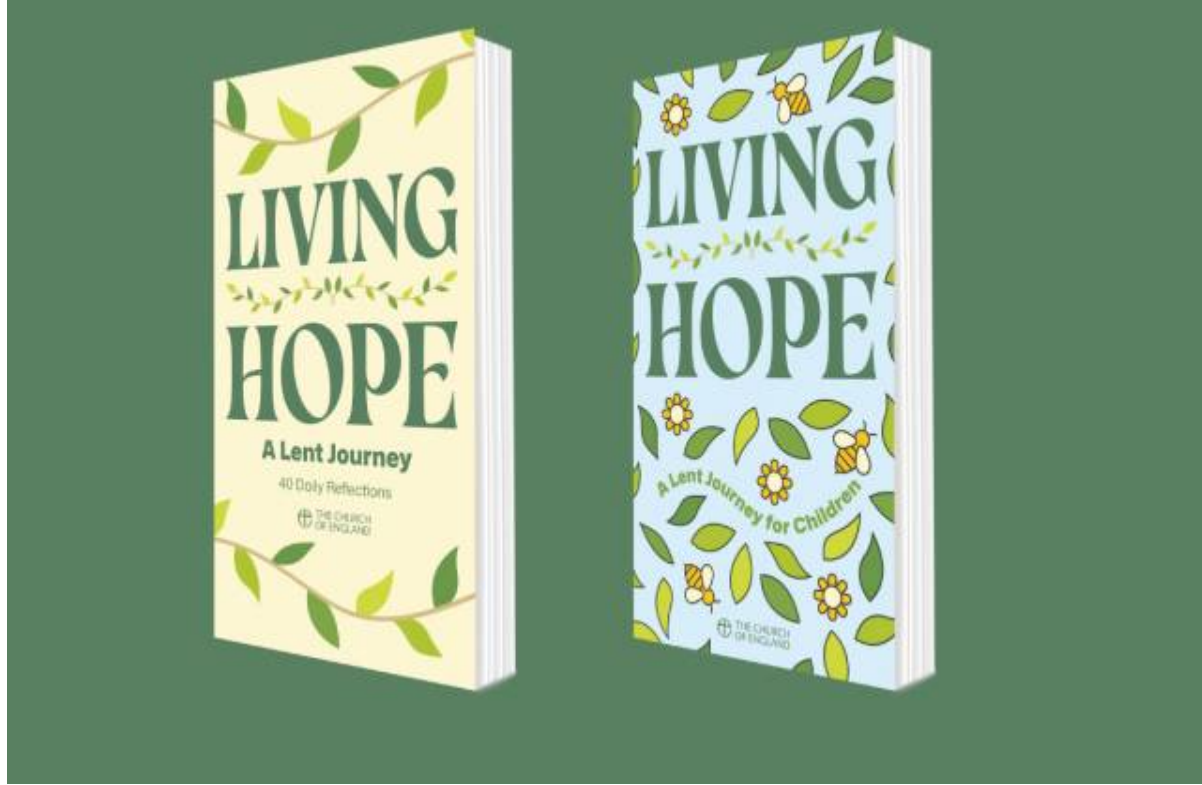
In Lent we journey with Jesus on the difficult and thorny road that leads all the way to the cross on Good Friday – and beyond, to the transformation of Easter Day.

God invites us to bring to him our own journey through everyday life. In the disappointment of daily setbacks and the pain of deeper hurts, we discover that God is present with us. And God promises a future where all things are healed and made new.

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.

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.



Explore the weekly themes for adults

Start of Lent: **What is hope?** – Exploring what hope means in the context of the Christian faith.

Week 1: **Imperfect** – Exploring how we hold on to hope in lives that are messy and a world that is imperfect.

Week 2: **Together** – Exploring the ways joining with others allows us to find hope ourselves and offer hope to those who need it.

Week 3: **Trusting** – Exploring what it means to trust in the hope God promises, even when we feel uncertain about the future.

Week 4: **Noticing** – Exploring how we can deepen our hope by noticing signs of what God is doing.

Week 5: **Courage** – Exploring how being rooted in hope can give us courage to face difficulties and seek change.

Week 6 – Holy Week: **Transformed** – Exploring how God can transform even the most broken situations.

Explore the weekly themes for schools and families

NB the themes for schools, children and families follow a slightly different order from the adults' themes (shown in brackets).

Start of Lent: **Hope for Lent** (What is hope?) – Exploring Lent as a time of looking forward in hope to the amazing story of Easter.

Week 1: **Hope in the wilderness** (Trusting) – Exploring Lent as a time for us to place our trust in God as Jesus did in the wilderness.

Week 2: **Hope on the water** (Together) – Exploring how Jesus called fishermen to trust him and work together to share God's love.

Week 3: **Hope at the Last Supper** (Imperfect) – Exploring how Jesus encourages his friends to learn from their mistakes and hope in God.

Week 4: **Hope at the cross** (Noticing) – Exploring how those followers who remain close to Jesus till the end notice signs of hope.

Week 5: **Hope at the tomb** (Courage) – Exploring how two women brave enough to visit Jesus' tomb are filled with hope and joy.

Week 6 – Holy Week: **Easter Hope** (Transformed) – Exploring how the disciples' sorrow is turned to joy when the risen Jesus stands among them.

Special Webinar: 'Living Hope' Resources for Lent and Easter

The Church of England's Lent theme for 2025 is Living Hope. This webinar explored this year's Lent and Easter resources, explaining more about the theme, reflections and resources that will be available for churches. Helping you make the most of Lent and Easter and the Living Hope theme.

[Watch now](#)

Resources for churches

- **Booklets for adults and children and family resources:** Ideal for giving away at services and using with groups, new printed *Living Hope* reflections booklets, prayer cards for adults and families are available to [order now from Church House Publishing](#). You can also [preview sample pages](#) from the reflections booklet online.
- **Logos and design guidelines:** Logo packs for [print](#) and [digital](#) are available to download now. Our [branding guidelines](#) are designed to assist churches and organisations in making the most of the beautiful *Living Hope* branding.
- There will be a range of [Digital Labs resources](#) available to churches. These will include our regular webinars tailored for Lent and Easter, blogs, how-to videos, and case studies.
- **Downloadable resources** including activity sheets for children, social media covers and templates, 'What's On' and 'Keep in Touch' flyer templates, poster templates, and PowerPoint templates will be available from [AChurchNearYou.com](#) (login required).
- **Lent reflections content outline:** A summary of the weekly themes that we will explore this Lent in the Everyday Faith app, for use by clergy and church staff when planning services and small group content.
- **Group resources:** A plan for those looking to use the Living Hope Reflections with small groups, prayer groups or as a Lent course.
- **Downloadable videos** introducing each week's theme, presented by the authors of the Living Hope Reflections, for you to use with groups. These are also available to [watch on YouTube](#).
- **A directory of resources for use at home, church and school**, provided by members of the Parachurch Organisations Network of the Growing Faith Foundation.

Digital Labs Blogs

- [Let's unpack the Lent and Easter 2025 'Living Hope' resources](#)
- [Get your church and benefice sites ready for Lent and Easter](#)
- [5 Engaging Social Media Content Ideas for Churches in Lent and Easter](#)
- [How to encourage digital giving at Easter](#)

Resources for schools

- The [Archbishops' Young Leader Award](#) has six weeks of resources for schools including liturgical suggestions, Bible passage activity, video exploration, practical and prayerful actions, and additional ideas for connecting home, church and school. Find out more and sign up for these free resources [here](#).

Resources for individuals

- **Reflections via email:** Sign up to our [Lent reflection emails](#) and receive daily messages straight to your inbox. Our daily emails will offer Bible readings, short reflections and a practical challenge, as well as prayers linked to weekly themes.
- **Daily reflections via Everyday Faith app:** You can read and listen to daily Lent reflections from 5 March through the Everyday Faith app, the new daily devotional app from the Church of England, which is available to [download here](#).
- **Online services:** Can't make it to church this Lent and Easter? [Watch our weekly online worship services](#) from across the Church of England and worship with us.
- **Social media:** Be sure to follow us across our social media channels – [X/Twitter](#), [Facebook](#), [Instagram](#), [TikTok](#), [LinkedIn](#), [Threads](#) – during the season for a variety of thought-provoking and inspiring content, as we explore the theme of 'hope'.

Source URL: <https://www.churchofengland.org/faith-life/what-we-believe/lent-holy-week-and-easter/living-hope-resources-lent-2025>