

# LIVE LENT Embracing JUSTICE

Free daily  
reflections,  
Bible readings  
and prayers  
for Lent

## Follow the reflections in the way that suits you:

- Download the Church of England app using the QR code
- Sign up to get reflections by email at [cofe.io/EmbracingJustice](https://cofe.io/EmbracingJustice)
- Tell your smart speaker, 'ask the Church of England for today's Live Lent reflection'
- Listen daily on the Daily Hope phone line, 0800 804 8044

