

With an introduction by the
Archbishops of Canterbury and York

The
Church of
England's
Lent theme
for 2024



Watch + Pray

**Wisdom and hope
for Lent and life**

Carlton Turner

 THE CHURCH
OF ENGLAND

SAMPLER

**Booklet
for adults**

Start of Lent

Waiting in Darkness

Watch and Pray invites us all to wait expectantly for God this Lent, and to draw on **Black Spirituality** in search of new wisdom and hope even in times of struggle and trial. We begin the journey waiting with – and searching for – God in darkness.

Prayer for the Week

Lord, grant us the faith to wait together in darkness and uncertainty – for it is there we will find you. May we come to know you this Lent in ways we have not yet discovered or even imagined. Amen.

Ash Wednesday

Waiting with Jesus



Read

“Then Jesus went with them to a place called Gethsemane; and he said to his disciples, ‘Sit here while I go over there and pray.’”

Matthew 26.36-38

Watch and Pray invites us all to wait expectantly for God this Lent, and to draw on Black Spirituality in search of new wisdom and hope.

The spiritual practice known as “tarrying” is a prominent aspect of many Black – especially Pentecostal – congregations. “Tarrying” is a time of waiting on God which involves the whole community. It encourages us to encounter God both as individuals and together. As we wait, we pray for our own needs, as well as those of our neighbour.

“Tarrying” also encourages us to watch, paying attention to matters we might push under the rug to deal with “another time”. Doing so might feel overwhelming. But as we sit in the presence of God who looks upon us with delight, we find ourselves waiting with and for Jesus, who is familiar with our weaknesses.

Watch

Notice any worries or feelings you might be afraid to deal with as we begin Lent.

and pray

today by setting aside time to hold these before God – and wait.

Thursday

Waiting in darkness

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Read

“Jesus said to Peter, ‘So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial ...’ ”

Matthew 26.39-46