

# Journey Through Lent

## WEEK EIGHT: FAITH

Living out faith through courageous action



Lent calls us to reflection, action and hope. Join us over the next eight weeks as we explore our shared experiences of Hunger, Safety, Well-Being, Identity, Loss, Community, Nature, and **Faith**, engaging scripture and real-world responses to live out God's call to justice and compassion.

### DAY 1: SCRIPTURE REFLECTION

*...and what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God? —Micah 6:8*

- Read **Micah 6:8** and reflect on what it means to live out your faith in everyday life.
- **Reflection questions:**
  - *Why do you think this verse names all three—justice, kindness, and humility—together?*
  - *What does “doing justice” look like in your own life or your community?*
  - *How can acts of kindness express your faith?*
  - *In what ways does this verse challenge you to embody your faith more fully?*
  - *Can you recall a time when acting justly or kindly required humility?*

## DAY 2: PERSONAL REFLECTION & JOURNALING

- Reflect on moments when your faith led you to unexpected actions or decisions.
  - *How did those experiences help you grow in compassion, courage, or a deeper sense of purpose?*
  - *How does faith transform you? When was the last time your faith gave you strength or helped guide a decision?*
  - *Have there been moments when you struggled with faith? What helped you hold on—or let go?*
  - *Think about someone whose actions showed you what faith looks like. How did their choices or way of living reflect values like justice, kindness, or humility?*
- **Journal Prompt:** Write about a time when your faith prompted you to step out of your comfort zone. What was the outcome, and how did it affect your relationship with God and others?

## DAY 3: GROUP TESTIMONY

- As a group or congregation, discuss what it looks like when faith becomes something we *do*—not just something we *believe*. How do people around you act on their faith, especially when it requires courage, sacrifice, or trust?
  - **Group Activity:** Create a “faith ripple” timeline. Each person writes down a time when someone’s faithful action impacted them—whether directly or by example. Arrange the stories in a chain or timeline, showing how one person’s choice can ripple outward to affect others. Then reflect together: What do these stories reveal about how faith moves through community? Who are the quiet influencers—the people whose choices quietly shape others?
- Explore the transformative power of faith: Sometimes, when we take a small step of faith, it opens a path we didn’t expect—leading us somewhere deeper, braver, or more purposeful. These are the moments when faith not only moves us to act but reshapes our identity and direction.

## DAY 3: GROUP TESTIMONY CONTINUED

- Read the story of Rev. Dr. Kimberlynn McNabb—who participated in a CLWR project that began with a cow but ultimately helped her hear God’s call to become a pastor—at [clwr.org/lentstory8](https://clwr.org/lentstory8)
- **Discussion Questions:**
  - *How did Pastor Kim’s experience help her hear God’s call in a new way?*
  - *What role did community, generosity, or curiosity play in her transformation?*
  - *Have you ever looked back and realized that a simple act of faith changed your life?*
  - *Have you ever felt nudged—or even pushed—toward something bigger because of a moment of faith? Where might your own faith be leading you next?*

## DAY 4: PERSONAL AND COLLECTIVE ACTION

### • **Personal Action:**

- This week, take a step that stretches your faith—something that costs you comfort, time, or certainty. Let your faith move beyond intention into action that brings healing, justice, and hope to the world.
- Begin a new habit of service—volunteering weekly, writing letters for advocacy, mentoring someone who needs support.
- Visit someone who’s isolated, join a protest, or spend time in a part of your city where you’re uncomfortable. Be present and open.
- Identify a cause or need in your community that resonates with you. Take a concrete step to support it, whether through volunteering, advocacy, or donation.

### • **Community Action:**

- Choose a cause that aligns with Micah 6:8—affordable housing, refugee welcome, food security—and commit to working on it together long-term.

## DAY 4: PERSONAL AND COLLECTIVE ACTION CONTINUED

- Create a “Faith in Action” wall or digital space: Invite members to post photos, stories, or prayers about how they are living out their faith. Let it grow over time.
- Host a Courageous Conversation: Gather to discuss a difficult topic—racism, poverty, reconciliation, environmental justice—and ask: What does our faith require of us?
- Partner with someone unexpected: Reach out to a local group (another church, mosque, Indigenous organization, community centre) and ask how you can support their work.

## DAY 5: PRAYER AND COMMITMENT

- Pray for the strength to live out your faith with boldness, humility, and love—even when the path is hard.
- Pray for those who feel lost, weary, or disconnected from hope. May they encounter God’s presence in unexpected ways and through the compassion of others.
- Pray for all who are walking the long road of justice—those leading quietly and those standing in the hardest places. May they be upheld, renewed, and not alone.
- **Commitment Challenge:** Choose one practice that will help you listen more deeply to God’s voice in your life. Set aside a regular moment each week—just 10 minutes—to be still. No agenda. No to-do list. Just space to ask: *What is God calling me to notice, to become, to do?* Write down what rises over time. Let your faith grow roots. Let this stillness shape your next bold step.