

Journey Through Lent

WEEK SIX: COMMUNITY

Finding strength in shared 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

Bear one another's burdens, and in this way you will fulfill the law of Christ. —Galatians 6:2

- Read **Galatians 6:2** and consider what it means to carry someone else's weight—emotionally, practically, spiritually.
- **Reflection questions:**
 - *What does it look like to "fulfill the law of Christ" through small, everyday acts of care? How does this verse reframe the idea of strength—not as independence, but as interdependence?*
 - *What burdens do you carry alone? Which ones might be lightened through community? When has someone walked beside you in a hard time? How did their presence shape your healing?*
 - *Are there people in your life or community whose burdens are invisible to you? What might it take to notice them?*

DAY 2: PERSONAL REFLECTION & JOURNALING

- Reflect on a time when you felt truly part of a community—supported, included, carried.
 - *Who showed up for you? What did they do or say that made you feel safe or seen?*
 - *Do you find it easier to help others or to accept help yourself? Why might that be?*
 - *When might pride, fear, or cultural expectations get in the way of asking for support?*
 - *Have you ever been part of a group that helped someone else through a difficult season? How did it change your understanding of compassion or faith?*
- **Journal Prompt:** Write about a time you witnessed people coming together to do something that one person alone couldn't have done. What allowed them to act as one? What did it stir in you—hope, longing, belonging? What did it teach you about the quiet strength of shared purpose?

DAY 3: GROUP TESTIMONY

- As a group or a congregation, reflect on a moment in your congregation or local community when shared support fell short—when someone was left to carry more than they could alone. What kept people from stepping in? Was it fear, discomfort, busyness, uncertainty? What might have changed the outcome? How can your community learn from that moment and move toward something more whole?
 - **Group Activity:** In pairs or small groups, take turns doing a simple trust exercise—like a blindfolded walk, where one person leads and the other follows without sight. Afterwards, discuss: What helped you feel safe? What caused hesitation? How does this reflect the way we support (or fail to support) each other in real life?

DAY 3: GROUP TESTIMONY (CONTINUED)

- Explore how community can be built on a global scale—through shared stories, migration, technology, and faith. In a world shaped by displacement, climate change, and global inequality, why is it more important than ever to build connection across distance? What helps people feel part of something larger than themselves?
 - Read the story of refugee sponsorship in Salmon Arm, BC at clwr.org/lentstory6 and discuss the courage it takes for newcomers to start over, and the equally courageous love it takes for a community to welcome them fully.
 - **Discussion questions:**
 - *Around the world, communities are welcoming people fleeing conflict, disaster, and persecution. What are the unique challenges they face?*
 - *What can we learn from the people of Salmon Arm about patience, presence, and shared responsibility?*
 - *Imagine you are arriving in a new country. What kind of welcome would you need? What fears might you carry?*
 - *How might your church or group begin preparing now to be the kind of community that can carry others' burdens?*

DAY 4: PERSONAL AND COLLECTIVE ACTION

- **Personal Action:**
 - Identify someone in your wider circle who might be feeling isolated—an elderly neighbour, a newcomer, a parent under stress. Reach out with a tangible offer of help.
 - Write a short note of encouragement to someone who's made a difference in your community.
 - Learn about the refugee resettlement process in your region. Who is being welcomed—and who is still waiting?

DAY 4: PERSONAL AND COLLECTIVE ACTION (CONTINUED)

- **Community Action:**

- Host a potluck with an international theme—invite people to bring dishes connected to their cultural background or a country they care about. Share stories about what each dish represents, and reflect together on how food, memory, and hospitality help build bridges across communities and borders.
- As a congregation, explore how to become a Circle of Welcome through refugee sponsorship or support. Connect with local organizations who can guide you, such as CLWR's Refugee Resettlement team (clwr.org/contact-rr-team).
- Create a “Community Map” in your church—visually showing all the ways your congregation connects with and supports others (meals, housing, visits, calls, donations). Let it grow week by week.

DAY 5: PRAYER AND COMMITMENT

- Pray for the strength to carry one another's struggles with compassion, and for the humility to let others carry ours.
- Pray for all those who feel alone in their hardship—that they may find belonging and support through faithful community.
- Pray for communities around the world working together across differences to meet shared challenges with courage and hope.
- **Commitment Challenge:** Think of someone in your congregation or neighbourhood who may be struggling quietly—someone carrying more than they let on. Gather a small group and offer one meaningful act of care this week: bring a meal, lend a hand, show up with time and presence. Let your shared action be a quiet declaration: you are not alone