

Journey Through Lent

Week Two: Safety

Holding space for a life without fear



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

God is our refuge and strength, a very present help in trouble. — Psalm 46:1.

- ☐ Reflect on what it means for God to be a 'refuge' in times of trouble.
- ☐ Reflection questions:
 - What kind of support do we seek when we feel unsafe?
 - How does a lack of safety—whether from violence, displacement, or insecurity—impact a person's well-being?
 - In what ways can we help create safe spaces in our homes, communities, and the world?

DAY 2: Personal reflection & journaling

- ☐ Reflect on times when you have felt safe and protected. What contributed to that feeling?
- ☐ Have you ever experienced a time when you felt unsafe or vulnerable? How did that impact you?
- ☐ **Journal Prompt:** Write about a person or place that has made you feel truly safe. How can you help others feel that same sense of security?

DAY 3: Group testimony

- As a group/congregation, discuss the prevalence of gender-based violence in communities worldwide. Who is most at risk, and why?
 - **Group Activity:** Research local or global organizations that support survivors of violence and help restore dignity and security.
 - Explore hunger on a global scale—what factors contribute (poverty, climate change, conflict)?
 - Read **Jennifer's Story** at clwr.org/lentstory2 and reflect on the importance of providing safe spaces for survivors of violence.
 - **Discussion Question:** What societal barriers prevent people—especially women and girls—from living safely? How can we help remove them?



DAY 4: Personal and collective action

- Personal Action:
 - Donate to or volunteer at a local women's shelter, crisis centre, or hotline service.
 - Take time to learn about the warning signs of violence and ways to support someone who may be experiencing abuse.
- Community Action:
 - Write to policymakers asking for policies that protect survivors of violence and strengthen legal protections for those at risk.
 - Organize a community awareness campaign to educate others about gender-based violence and personal safety.

DAY 5: Prayer and commitment

- Pray for all who live in fear or danger, especially survivors of violence, that they may find safety, healing, and justice.
- Pray also for those who work to provide protection and support, that they may be strengthened in their mission.
- **Commitment Challenge:** What is one action you will take this week to help create a safe space for those in your community?

