

# Journey Through Lent

## Week Three: Well-being

Nurturing resilience in a world of uncertainty



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

*The Lord is near to the brokenhearted and saves the crushed in spirit. — Psalm 34:18.*

- Read Psalm 34:18 and reflect on what it means to be “crushed in spirit.”
- Reflection questions:**
  - Why is it important to acknowledge and express our struggles rather than suppress them? What helps us open up about our pain, and what makes it difficult to do so?
  - How do we tend to cope when we feel overwhelmed, anxious, or brokenhearted? In what ways do we experience God’s presence during difficult times? How can we create space for that presence in moments of distress?
  - In what ways can we embody God’s nearness for others who are struggling with their mental health?

### DAY 2: Personal reflection & journaling

- How does technology, by keeping us constantly connected yet often disengaged from real-life relationships, influence our sense of belonging and emotional well-being?
- While technology keeps us constantly informed, it can also amplify feelings of helplessness in the face of global crises. How does the awareness of suffering and injustice elsewhere affect our ability to maintain hope?
- What activities help you feel grounded and calm? How do you integrate those practices into your daily routine?

**Journal Prompt:** Write about a time when someone's kindness or presence made a difference in your mental well-being. How can you offer that same support to someone else?

### DAY 3: Group testimony

As a group/congregation, discuss the importance of mental health in your community. Who is most affected by mental health struggles, and what barriers prevent people from seeking support?

- **Group Activity:** Research common challenges people face in accessing mental health resources in your region. Identify local mental health programs, crisis support services, or community spaces that provide care for those dealing with trauma, anxiety, or emotional distress. Explore how they support mental well-being and how faith communities can complement their efforts.

Explore mental health on a global scale—how do factors like conflict, displacement, and trauma impact well-being?

- Read **Helping Children Cope with Trauma** to learn how Ukrainian children are navigating the emotional toll of war and displacement: [clwr.org/lentstory3](http://clwr.org/lentstory3)
- **Discussion Question:** How do uncertainty, disrupted routines, and exposure to violence affect children's well-being? What role does community, faith, and structure play in their healing?



### DAY 4: Personal and collective action

**Personal Action:**

- Take one intentional step today to care for your mental well-being, whether through mindful breathing, spending time in nature, engaging in a creative hobby, or finding comfort in caring for a pet.
- Make a small change in your digital habits—try limiting doomscrolling, turning off notifications, or spending more time in real-world interactions instead of screens.
- Be mindful of how you speak about mental health—choose words of understanding rather than judgment.

**Community Action:**

- Create a **Well-Being Corner** in your church or community space as a quiet place for reflection, support, and renewal. Stock it with mental health resources, faith-based reflections, and local support information, along with interactive elements like prayer request cards and uplifting messages.
- Support mental health initiatives that provide children affected by war, trauma, and displacement with counselling, safe spaces, and emotional healing.

## DAY 5: Prayer and commitment

- Pray for those struggling with depression, anxiety, trauma, and other mental health challenges that they may find comfort, healing, and hope.
- Pray for mental health professionals, caregivers, counsellors, and all who walk alongside those in need of healing.
- Commitment Challenge:** This week, check in with someone who may be struggling—whether by sharing a comforting resource, offering to help with a small task, or simply being present for them.