



# RENEWAL & HOPE

*Faithful Reflections for the Lenten Season*

**Week Three:** Remembering as Resistance,  
Hope as Practice



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**Watch the Video Reflection  
by scanning the QR code:**



## **Scripture and Other References:**

### **Primary Text:**

- Lamentations  
3:31-33

### **Secondary Texts:**

- Hebrews 12:1
- Luke 13:6-9
- Psalm 77:11

## **Questions for Reflection and Discussion:**

- Where do you find yourself emotionally in this season of Lent (energized, weary, hopeful, or uncertain)?
- How does remembering Black history or women's history deepen your understanding of faith and endurance?
- What does it mean to practice hope when answers or change feel delayed?
- In what ways have you seen God's patience at work in your own life or community?
- What spiritual practices help you remember God's faithfulness when the future feels unclear?



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