



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?