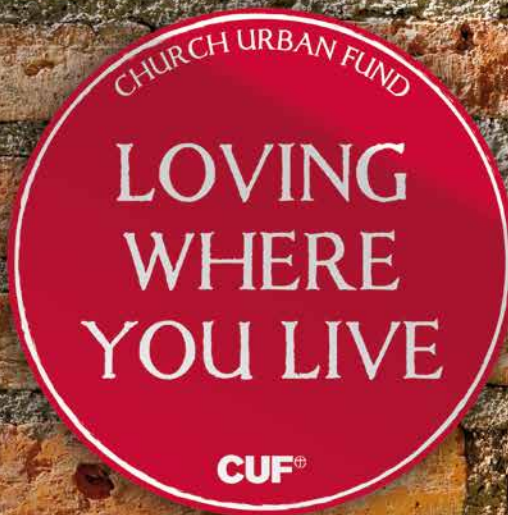


# Lent 2024

## [ PATHS TO ACTION ]

Ideas for praying, reflecting and making a difference this Lent.



### Listening and learning

- Join our Lent campaign to celebrate all the good things in our communities: Ask people locally or in your congregation to tell you what they love about the neighbourhood. Use this as a conversation starter: What do they think needs to change? How could they get involved in what is going on? You could create a display of responses using sticky notes, flip chart paper or luggage labels. See our [campaign gallery](#) of response for inspiration.
- Spend time with individuals and organisations in your community to listen and learn more about their reasons for serving your neighbourhood and the support which they value.
- Use the [CUF Look Up tool](#) to find out more about the needs in your community. How can you show love there? Try the [Growing Good Toolkit](#) to help you plan your response.

### Praying and reflecting

- Prayerfully consider what you are learning about your neighbourhood and how that changes your relationship with the place where you live. Thank God for the individuals and organisations who are showing love.
- Use our [Gratitude Journal](#) to reflect on where you see love being shown.
- Prayer walk: Use our [prayer walk guide](#) for all ages and get out and about in your community.
- Prayer walking is about purposefully walking and talking with God, hearing and heeding His voice, seeing and sensing as He does, loving our neighbours and lifting them up in prayer, asking God to bring blessings to our community.



## Giving and acting

At CUF we equip churches to play a key role in making a positive difference in their communities. From providing welcoming accessible spaces where people can find connection and community, to building the confidence of people with experience of homelessness. This Lent you can help us reach more people with the community and hope they deserve.

- **Walk Towards Hope:** Help CUF spread the love and join our Walk Towards Hope challenge. Raise money as an individual or team by walking 40 miles before Easter.
- **Start a Place of Welcome:** Find out about starting a [Place of Welcome](#) – local places where love is shown through hospitality, connection and community.
- Find out more about the [Walk Towards Hope Challenge](#) or [other ways to donate to CUF](#).



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