



Watch and Pray invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning.

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Sign up to our free daily Lent reflection emails (except Sundays) straight to your inbox from Ash Wednesday (14 February) to Easter Day (31 March).

You can also [purchase print booklets of the reflections](#) or find out more about the Archbishop of Canterbury's [Lent Book 2024](#) which inspired this year's reflections.

First name *

Last name *

Email *

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☐ Advent and Christmas reflections

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Worship with us

Can't make it to church this Lent? Watch our [weekly online worship services](#) from across the Church of England and worship with us this Lenten season.

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