



Week 1: Imperfect

Our lives are complex and we live in an imperfect world. Our daily frustrations and limitations are no surprise to God and he can fill us with hope through these very situations.

Cathrine Fungai Ngangira introduces this week's theme for our Living Hope Lent reflections.
[Watch this week's video.](#)

Prayer for the week

*Lord Jesus,
in the complexity and frustration of life
it can be hard to stay hopeful.
Thank you that nothing is hidden from you.
Show me how you are at work
even in the imperfections of everyday life.
Amen.*

When everything goes wrong

Week 1: Monday



Reading

Jonah 2

Then Jonah prayed to the Lord his God from the belly of the fish, saying, 'I called to the Lord out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. You cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Then I said, "I am driven away from your sight; how shall I look again upon your holy temple?" The waters closed in over me; the deep surrounded me; weeds were wrapped around my head at the roots of the mountains. I went down to the land whose bars closed upon me for ever; yet you brought up my life from the Pit, O Lord my God. As my life was ebbing away, I remembered the Lord; and my prayer came to you, into your holy temple. Those who worship vain idols forsake their true loyalty. But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Deliverance belongs to the Lord!' Then the Lord spoke to the fish, and it spewed Jonah out upon the dry land.

Reflection

God works through imperfect people to bring hope to broken and troubled communities. The Bible is full of such stories: from Jacob the deceiver to Paul the persecutor.

Jonah's story is one of personal struggle and divine mercy. First, Jonah tried to run away from God's assignment to preach to the people of Nineveh by fleeing to Tarshish. After being swallowed by a great fish and spending three days in its belly, Jonah prayed to God. The fish took him to Nineveh where he delivered God's message. Despite his flaws and reluctance, God worked through Jonah to bring salvation to the people of Nineveh.

It reminds us that even in times of struggle and hopelessness, God can meet us and transform our circumstances. Sometimes the places where hope seems lost are the very places we find hope. God is always at work, even in the most imperfect people and situations.

Challenge

Where is your place or situation of struggle and hopelessness? How might you make it a place where you can meet with God and find hope?



Copyright © The Archbishops' Council 2025.

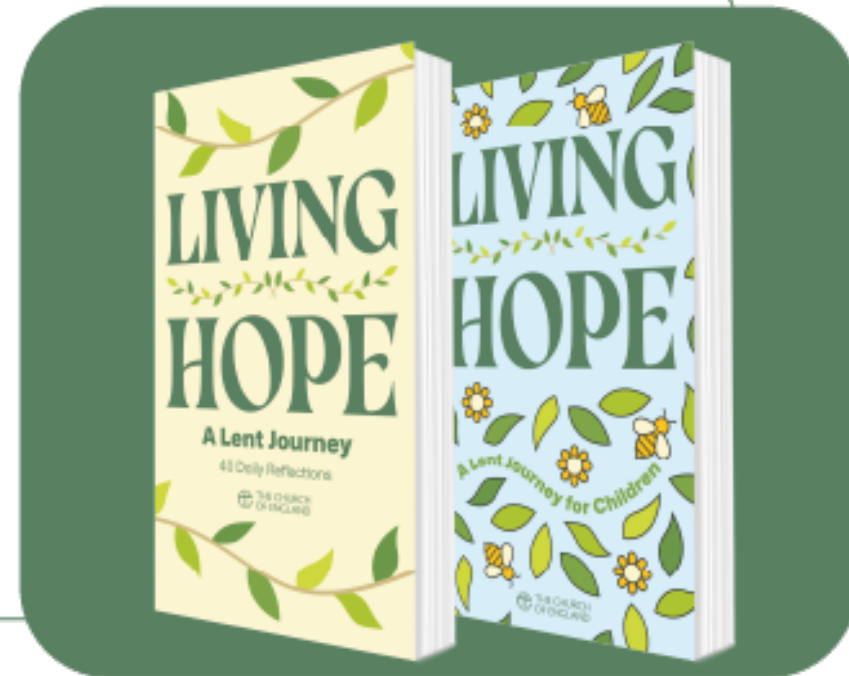
Taken from the *Living Hope* booklets published by [Church House Publishing](#).

The adults' reflections have been written by Cathrine Fungai-Ngangira and Belle Tindall (both among the authors of *Wild Bright Hope: The Big Church Read Lent Book 2025* (SPCK)) and Victoria Mason.

Quotations from the Psalms are taken from the Common Worship Psalter which is © 2000, 2005 The Archbishops' Council. Other Bible readings are taken from The New Revised Standard Version (Anglicized Edition), copyright © 1989, 1995 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. All rights reserved.

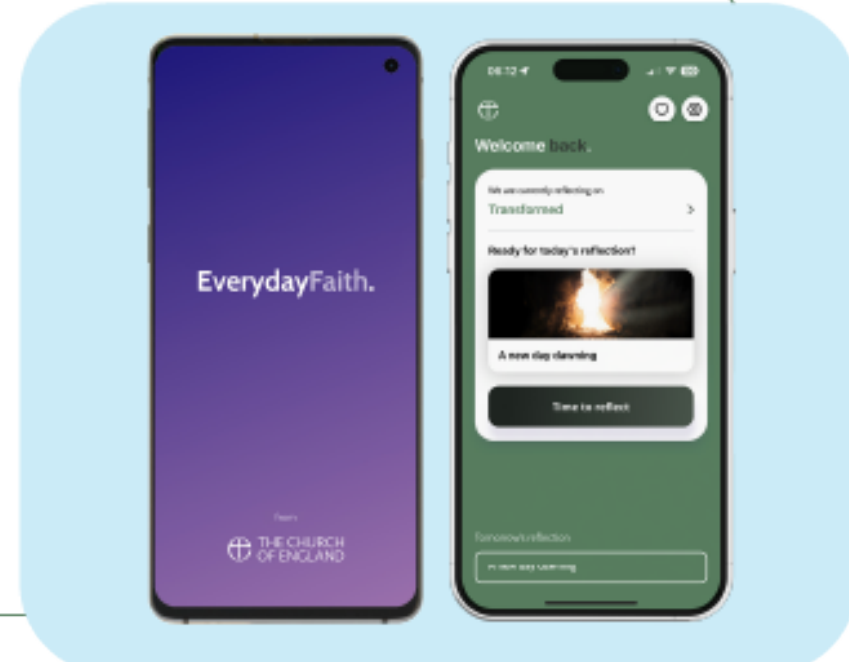
Living Hope

Journey through the season with our **resources for children and adults**: order your reflection booklets at cofe.io/LivingHope.



Everyday Faith App

This Lent and Easter, **explore our app** with daily reflections to inspire, equip, and encourage you in your everyday faith.



Find us on social media



YouTube



Facebook



Instagram



LinkedIn



X

Visit our websites

[The Church of England](#) | [A Church Near You](#)

Copyright © 2025. The Church of England. All rights reserved.