

## Week 3: Together

We are designed for community – to build one another up and to allow ourselves to be built up by others. In this way, God enables us to remain rooted in hope and to become a hopeful presence in our communities.

Cathrine Fungai Ngangira introduces this week's theme for our Living Hope Lent reflections.

[Watch this week's video.](#)

### Prayer for the week

*Bind us together, Lord, with cords that cannot be broken. Show us how we can grow in hope by joining with others. Help us, together, to become signs of hope in your world. Amen.*

## What's togetherness got to do with it?

### Week 3: Monday



## Reading

### 1 Corinthians 12.12, 20-26

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.

As it is, there are many members, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you.' On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.

## Reflection

**Imagine you have the latest phone, but no Wi-Fi or working SIM card. You can't make an urgent call because you are not connected. Similarly, a Christian cannot fully function disconnected from a Christian community.**

Paul uses the analogy of a human body where each member depends on others to thrive. We weren't designed to live in isolation - God created us for togetherness.

The writer Debie Thomas said, 'we are meant to live lives of profound interdependence, growing into, around, and out of each other...'

In a hurting world, it is easy to become despondent. Joining with others can help us stay rooted in hope. When we can't find the words to pray, others can. When others are struggling, we can pray with and for them. We can remind one another of who God is and of the lasting hope he offers us.

## Challenge

What could your community do to nurture a spirit of togetherness?



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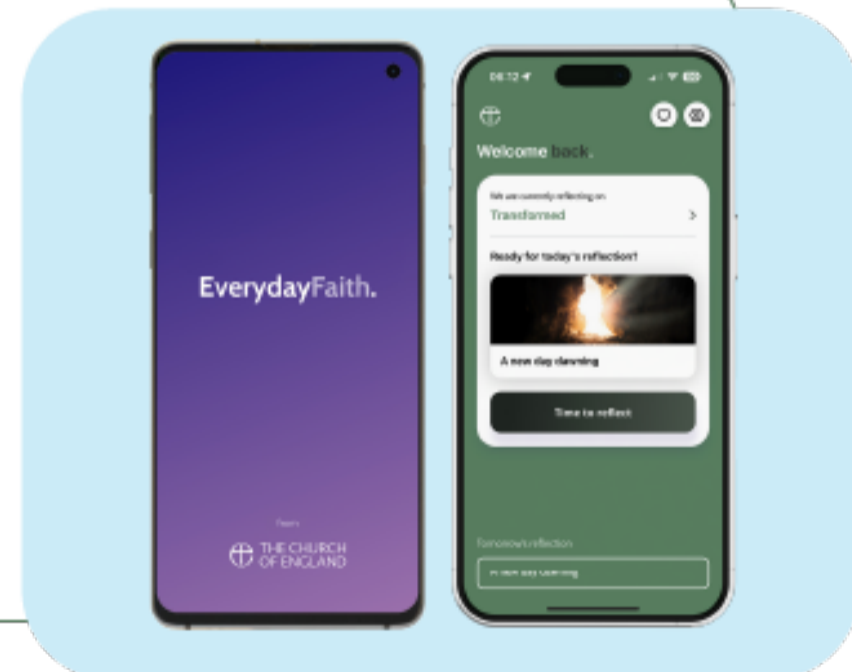
Taken from the *Living Hope* booklets published by [Church House Publishing](#).

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.

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