



# Dancing to the heartbeat of God

The Archbishop of Canterbury's Lent Book 2026

## Session 1 The prophetic witness of friendship

### Icebreaker

When you're playing a board game, what kind of player are you — and what kind of player do you find most difficult to play with?

When we gather as the Church, we bring different strengths, stories and ways of seeing — and this session invites us to recognise that diversity as part of God's design, not a problem to solve.

1. In the conversation, Justin and Jason begin by naming what they admire in one another. Why does spoken appreciation matter when people see things differently?
2. Jason describes stepping out of an "echo chamber." Where do echo chambers show up in our culture or even in church life? What effect do they have on us?
3. The story of offering church land for a vaccination clinic, despite disagreement, is a striking example of love taking priority. What most challenges or inspires you about that moment?
4. "People are more important than things." Where do you experience tension between holding convictions and valuing relationship?
5. Jason speaks about shifting from a denominational mindset to a Kingdom mindset. What difference does that make in how we view other churches or traditions?
6. The image of the Father's house having many rooms suggests spaciousness. What might a spacious faith look like in practice?

### Read John 17:20–23 (NIV UK).

Jesus prays that his followers "may be one... so that the world may believe." What kind of unity do you think Jesus is describing? How is that different from uniformity?

### Pray

Spend a few minutes thanking God for the diversity within the wider Church and asking for humility, openness and love as you begin this Lenten journey together.