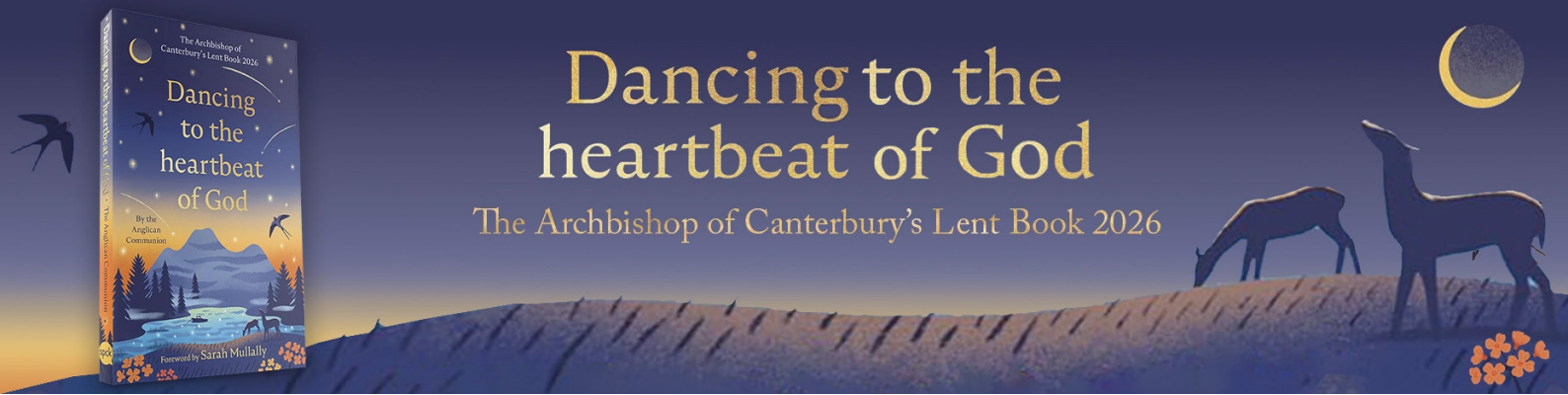




# Dancing to the heartbeat of God

The Archbishop of Canterbury's Lent Book 2026

## Afterword

### Icebreaker

Who first helped you begin to see faith as something personal rather than simply something familiar?

In this afterword, Archbishop of Canterbury Sarah Mullally reflects on the quiet power of personal faith, the importance of ordinary stories, and the gentle confidence Christians can have in speaking about Jesus.

1. ++Sarah Mullally describes a moment when inherited faith became a personal commitment to follow Christ. Was there a point when faith became your own, or is that still something unfolding for you?
2. The session reminds us that ordinary stories can be deeply powerful. Why do you think people can sometimes underestimate the value of their own story of faith?
3. There is often a fear of not being articulate enough or knowledgeable enough to speak about Jesus. What do you think holds Christians back most from talking about their faith?
4. We are encouraged to trust that the Holy Spirit is already at work in the lives of others. How might that change the way we think about conversations around faith?
5. The invitation here is not to force a conversation, but to speak with gentleness, honesty, and confidence. What might that look like in your own relationships?
6. "The light that has been lit within you was never meant to be hidden." What is one small way you could let the light of Christ be seen through you this week?

### Read

"You are the light of the world. A town built on a hill cannot be hidden."

Matthew 5:14 (NIV UK)

What part of your story of faith might God be inviting you to share more openly?

### Pray

Thank God for the story he is writing in your life. Ask for confidence in the gospel, courage to speak with gentleness and love, and trust that the Holy Spirit is already at work in those around you.