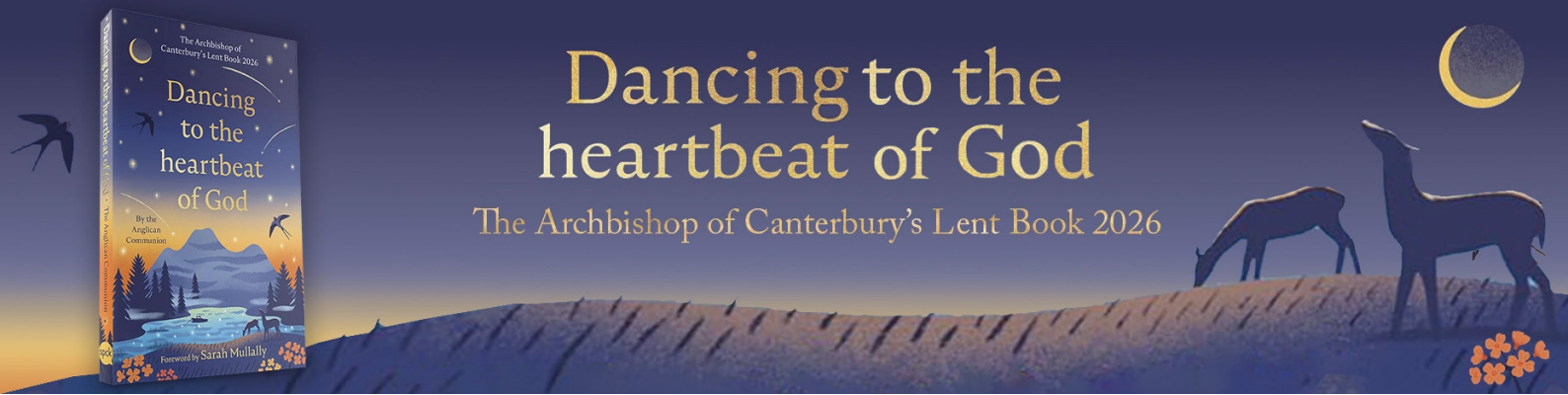




## Session 3 Renewal out baptismal covenant as a Lenten practice

### Icebreaker

Where do you feel most connected at the moment, and where do you feel most disconnected?

We're exploring how Lent can move us from isolation to community, and what it means to belong to one another in Christ.

1. Bishop DeDe speaks about separation as a barrier between us, God, and even ourselves. Where do you recognise that kind of separation in your own life?
2. She describes loneliness as something that affects us physically and spiritually, not just emotionally. Why do you think isolation runs so deep in us?
3. Lent is often seen as a personal, inward journey. How does Bishop DeDe's perspective reshape Lent as something we experience together?

Baptism is described as being "grafted into community." What does it look like to truly live as part of the body of Christ, rather than as an isolated individual?

The call to gather, encourage one another, and live relationally is central. What makes that difficult in today's culture, even within church life?

Bishop DeDe connects justice, dignity, and our baptismal promises. How does caring for others become a natural expression of our faith?

"We are incomplete without one another." What does that challenge or change in how you view church and relationships?

### Read

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another."

Hebrews 10:24-25 (NIV UK)

What is one intentional step you could take this week to move from isolation towards deeper fellowship?

### Pray

Ask the Holy Spirit to show you one person or community where you are being invited to reconnect or invest more deeply. Pray for the willingness and courage to take that step this week.