



Dancing to the heartbeat of God

The Archbishop of Canterbury's Lent Book 2026

Session 4 The expanse of the thin veil

Icebreaker

Where do you find it easiest to slow down and notice God?

Bishop Helen Kennedy reflects on the wide horizons of the prairies and the way Lent invites us into attentiveness, trust, and a deeper awareness of God's presence, even in places that seem empty or barren.

1. The chapter describes places where "the veil feels thin." Have you ever experienced a moment or place where God felt especially near? What made it significant?
2. God is often revealed through openness, silence, and waiting. Why can those things be so difficult for us?
3. Lent is compared to frozen ground that looks barren, even while life is quietly gathering strength underneath. Where might God be at work beneath the surface in your life right now?
4. The wilderness is described not as punishment, but as a place where we are reminded who we are and whose we are. What distractions or false securities can keep us from hearing that truth?
5. Lent is not presented as deprivation for its own sake, but as attentiveness. How might that change the way you approach prayer, fasting, or reflection this season?
6. The session moves from personal renewal to the life of the church, calling us to make room for difference, choose generosity over judgment, and welcome rather than exclude. Where do you most need to live that out at the moment?

Read

"Be still before the Lord and wait patiently for him."

Psalm 37:7 (NIV UK)

What is one way you can become more attentive to God's presence this week?

Pray

Ask God to help you trust his hidden work in your life, even in places that feel quiet, unresolved, or barren. Pray too for a heart that reflects his welcome and grace to others.