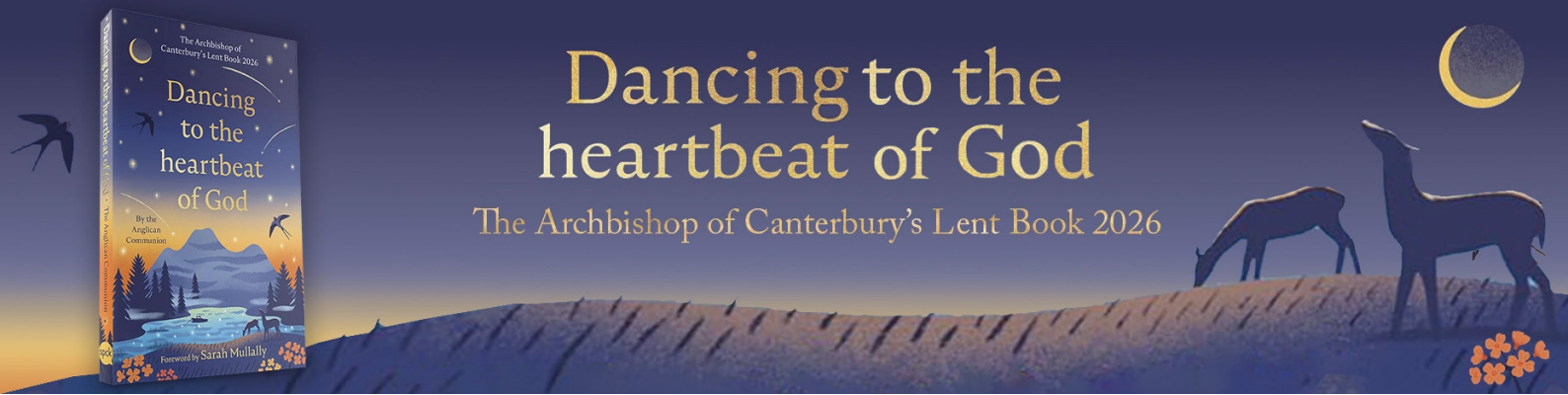




Dancing to the heartbeat of God

The Archbishop of Canterbury's Lent Book 2026

Session 6 Looking at the world with new eyes

Icebreaker

Can you think of a time when faith helped you see a difficult situation differently?

This session reflects on how Christian faith helps us see the world through the lens of the gospel, holding onto hope in dark times and learning to view the visible world in the light of unseen realities.

1. This chapter begins in the shadow of tragedy and asks how a Christian leader can speak of hope in the darkest moments. Why do you think hope matters so much in times of suffering?
2. The session suggests that Christian faith is not only a set of beliefs, but a way of seeing. What difference does that make to how we understand everyday life, current events, or personal struggles?
3. We are invited to see the "seen" in the light of the "unseen." What unseen realities of God, prayer, grace, or spiritual truth do you most easily forget in daily life?
4. The chapter suggests that what we look for shapes what we notice. How might looking at life through the lens of Scripture change what we pay attention to?
5. Christian faith draws on a deep heritage of reflection about life, society, and the nature of God. Why is it important for Christians to bring that perspective into the wider conversations of culture?
6. Where do you sense God may be inviting you to see your world differently at the moment?

Read

"So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

2 Corinthians 4:18 (NIV UK)

What is one situation in your life or in the wider world that you need to look at again through the lens of faith?

Pray

Ask God to help you see more clearly through the lens of the gospel. Pray for eyes to notice his presence, his truth, and his hope, even in places that feel confusing, painful, or dark.