

Daily Lent Devotions

Revd Mark Robinson | Revd Dr Tessa Henry-Robinson

Wednesday 18th | Ash Wednesday | Dust and Dignity

Scripture: Genesis 2:7

Then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.

Reflection

Ash Wednesday calls us into honest truth before God and into deep trust in grace. Life is received, sustained, and renewed by God. This day invites us to face wrongdoing with clarity and to return to the covenant love that holds creation together. Ash speaks of human fragility and of God's unbreakable commitment to breathe life, restore dignity, and draw communities toward justice, mercy, and faithful living. Lent begins here — grounded in truth, sustained by grace, and opened toward the future God continues to form.

Prayer

God of breath and mercy,
Meet me in the ash.
Cleanse what spreads harm.
Strengthen what brings healing.
Shape my life into shelter for hope
And resistance to injustice ~ Amen.

Invitation

Hold a pinch of ash or soil.
Feel its texture.
Say slowly:
“God’s breath still holds me.”



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Thursday 19th | Turning and Trust

Scripture: Joel 2:12-13

“Even now,” declares the Lord “return to me with all your heart, with fasting and weeping and mourning.” “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for God is gracious and compassionate, slow to anger and abounding in love. Rend your heart and not your garments. Return to the Lord your God, for God is gracious and compassionate, slow to anger and abounding in love.

Reflection

Let us return to God with honesty and openness. God seeks hearts shaped by love, justice, and mercy. Turning toward God means releasing patterns that damage life and choosing ways that restore relationship. God’s compassion meets people in truth and leads communities toward healing and renewal. Lent continues as a journey of returning — grounded in grace and shaped by the faithful love of God.

Prayer

God of compassion and truth,
Turn my heart toward you.
Loosen what binds me to harm.
Deepen what grows love and justice.
Teach me to walk in your ways
With courage and humility - Amen.

Invitation

Place your hand over your heart.
Breathe slowly.
Say quietly:
“God, I am returning to you.”



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Friday 20th | Mercy and Repair

Scripture: Micah 6:8

God has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Reflection

This season invites us to live faith through action. Justice, mercy, and humility form the shape of faithful life. God calls communities to repair what has been damaged and to protect the dignity of every life. Walking with God means choosing mercy over indifference and courage over silence. Lent forms people who seek healing for the world God loves.

Prayer

God of justice and mercy,
Guide my steps.
Open my eyes to suffering.
Strengthen my will to act with love.
Let my life reflect your compassion
In every place I stand - Amen.

Invitation

Think of one person or situation needing care.
Hold them in prayer.
Say slowly:
“God, let mercy grow through me.”



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Saturday 21st | Rest and Restoration

Scripture: Matthew 11:28-29

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Reflection

At this time it is important to make space for restoration as well as repentance. God calls weary people into rest that renews strength and restores hope. Faith grows through trust in God's sustaining presence. God offers rest that prepares people to live with courage, compassion, and endurance. Lent reminds communities that renewal is part of God's ongoing work of making life whole.

Prayer

God of rest and renewal,
Hold me in your peace.
Calm what is anxious within me.
Restore what has been worn down.
Prepare me to live with strength and grace
In service of your love ~ Amen.

Invitation

Sit in stillness for a moment.
Notice your breathing.
Say quietly:
"God, restore my soul."

