

Justice, Peace and Integrity of Creation



Every Day Justice

Resources to help individuals
cultivate a life of justice this Lent



The Diocese of
Southwark

Getting Started

Traditionally, Lent is a time of fasting and reflection, for giving up luxuries and giving over control to God. This Lent, we invite you to spend 40 days reflecting on God's justice and, instead of giving anything up, to take on a small achievable act of justice every day.

Justice is at the heart of the Christian faith and our personal relationship with Christ cannot be separated from it. Every Christian, whether old or young, is called to develop a life of justice, love and faith. Justice does not have to be a large act of political activism or volunteering, but rather should be a way of looking at the world and living according to God's will. This resource pack aims to help you cultivate habits and to try out different activities, all of which can be understood as acts of justice in some form or another.

For each week of Lent, there is a short reflection on justice in the Bible. Each week builds on the last, helping us to develop a biblically-based understanding of justice in the Christian faith. Every day there will be a short Scripture passage to meditate on which ties in with the week's reflection. Some of these are only one or two verses – so don't read them and rush away but spend a little time repeating the passage to yourself, lingering over the words and expecting God to speak to you. Come back to them throughout the day.

Every day there will also be a small action you can do. Sometimes it will be prayer, or reading about a topic, sometimes it might be speaking out or creating art or poetry. We encourage you to try to do all these things even if they push you out of your comfort zone (although we have tried to make every activity doable in 30 mins or less whatever your stage of life). The daily act of justice will not always 'match' the Bible verse for the day, although sometimes it might. If you're fairly new to the biblical understanding of justice, sometimes it might not be immediately clear how the daily action relates to justice, however, we hope that by the end of Lent, you will be able to see how each activity helps to cultivate a life of justice according to the will of God.

This Lent, we ask God to break our hearts for what breaks His. While we can't address all the injustices in the world, let this time of reflection be an opportunity to open your hands to God, paying attention to what He places on your heart and how He may be calling you to share the love of Jesus with others.

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you as you begin this journey towards everyday justice this Lent.

Justice, Peace and Integrity of Creation Team

Week One

God is Just

Our understanding of justice must begin with God. As the creator of life itself and the ultimate source of all goodness and righteousness (Ps. 16:2), God must be the starting place and the most complete, most perfect, most abundant example of justice.

The Bible makes it abundantly clear that God is just - He can do no wrong (Deut. 32:4). But more than this, Isaiah 61:8 tells us that the Lord hates injustice and loves justice. This is incredibly powerful language which gives us an indication of the depth of God's just nature. It is not that He is just and indifferent to the actions of humanity, but rather that He is so completely just that He cannot bear the very existence of injustice. The presence of justice in the world brings Him joy. So, when we think on justice, our beginning place must be the depth and breadth of God's own goodness and justice.

God's justice cannot be separated from His love for us. The Bible repeatedly demonstrates His desire to bring justice to His people even when they did not deserve it. When the ancient Israelites turned away from Him time and time again, still God promised that he would be both compassionate and just, answering His peoples' cries and easing their

suffering (Is. 30:18-19). As we will see in the coming weeks, He provides a clear mandate for His people to also follow a life of justice, however, we can remember that the love which He pours out on us is not dependent on our obedience.

No clearer is this seen than in the fact that God's justice and grace find their culmination in Christ, as the Father hears the cries of His people and meets their physical and spiritual needs by sending His son to live and die for us. Often grace and justice are seen as contradictions, but if God is just, merciful, and compassionate (and everything that He does is just, merciful, and compassionate) then Christ's death must both be both an act of justice and grace. We will come back to this in the coming weeks, particularly over Holy Week, but keep it in mind as you read Saturday's Bible passage. Luke 18:1-8 tells the story of a persistent widow and, whilst on one level this can be understood as a call to persistent prayer, it also points to God's generous justice and our salvation through faith in Christ's saving work on the cross. If we, like the widow, cast ourselves on the generous mercies of God, how much more will we be saved by our truly just and compassionate God.



Resources for further reflection

Generous Justice by Tim Keller

Luke for Everyone by Tom Wright

Wednesday

*“He is the Rock,
his works are perfect,
and all his ways are just.
A faithful God who does no wrong,
upright and just is he.”*



Deuteronomy 32:4

Begin this week by taking the time to praise God for who He is. Praise him for His perfect love and justice. Praise Him for His faithfulness and care. We don't mind how you do this, just put aside time to praise Him in whatever way seems best.



Thursday

*“For I, the Lord, love justice;
I hate robbery and
wrongdoing.*

*In my faithfulness I will reward
my people
and make an everlasting
covenant with them.”*



Isaiah 61:8

Make a list of the ways which you think you currently practice justice. Do you give to charity? Recycle? How long or short is the list? Now make a list of all the different places that you go through or visit on a weekly basis (for example, shops, work, tube stations, schools). Keep this list safe as we will come back to it on another day.



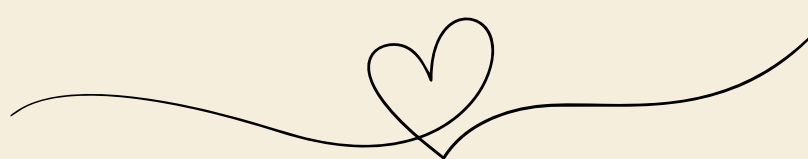
Friday

*“Yet the Lord longs to be
gracious to you;
therefore he will rise up to
show you compassion.
For the Lord is a God of justice.
Blessed are all who wait for
him!”*



Isaiah 30:18

Create a reminder of the Bible verse – you could simply write it on a slip of paper, or you could create a piece of art from it, it’s up to you. Put it where you will see it every day as a reminder that God is just.



Saturday

“And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly.”



Luke 18:1-8

Commit to persistence in pursuing justice this lent. Set a reminder on your phone to make time to come back to this resource, to reflect on the bible passage and pray and to try to attempt the daily act of justice.



Week Two

God Desires Justice

Because God loves justice, He commands us to act justly.

One of the clearest places that this can be seen in the Bible is in the prophetic books found in the Old Testament. Amos, Isaiah, Micah, Ezekiel, and Jeremiah all condemn the ancient Israelites for practicing injustice through exploitation and oppression and call them back to obedience to God's Law and plan for human flourishing. Micah 6:6-8 is perhaps one of the most famous passages on justice in the entire Bible, showing God's explicit command for justice, mercy and humble relationship with Himself. This passage also helps us understand the important fact that worship practices (like fasting) are not pleasing to Him if we are not also living a life of justice alongside them. That is how important justice is to God.

We cannot undertake this command with a legalistic attitude or a 'tick-box' approach where we congratulate ourselves for doing an act of justice for the week and give it no further thought. Rather, our justice should be an abundant out-pouring of the love and justice of God (Am. 5:21-24). God commands that we care for others in the same way that He cares

for them (Deut. 10:17-8). God loves the oppressed, the hungry, the prisoners, the foreigner, the orphan and the widow (Ps. 146:7-9), so we should too (Zech. 7:9-10).

It is worth reflecting that if God's heart is our map for living a just and righteous life, then this has a bearing on how we treat the earth. God created the world with care and takes pleasure in His creation (Gen.1:4,12,18,21,25), so, we should too. God has charged us with caring for the earth (Gen. 1:28) so we must also try to care for it in a way which is fitting to God. In the coming weeks we will go on to reflect on how climate care can also be understood as an act of justice.

Yet, as Deuteronomy 10:14-21 also reminds us, the starting place for justice is our relationship with God. We are to treat others with respect and compassion, because He first loved us and called us into relationship with Him. This means that a life of justice starts by us ensuring that our hearts are aligned to God's (Pr. 21:2-3). If we do not know God's Word and we are not attentive to the Holy Spirit, then we cannot practice abundant justice everyday. On the flip side, if we constantly align our hearts, thoughts and eyes to God's own, then justice will begin to flow out of us.



Resources for further reflection



Justice Video by *The Bible Project*

Monday

*“With what shall I come before the Lord
and bow down before the exalted God?
Shall I come before him with burnt offerings,
with calves a year old?*

*Will the Lord be pleased with thousands of rams,
with ten thousand rivers of olive oil?*

*Shall I offer my firstborn for my transgression,
the fruit of my body for the sin of my soul?*

He has shown you, O mortal, 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.”*



Micah 6:6-8

So often, injustice occurs because we have unconscious biases towards (or against) certain people. We can't help this, but it's good to be aware of how we are viewing others. If you've never thought about your unconscious biases before, you can use this online test by Harvard University to help understand yourself better.



Harvard Unconscious Bias Test

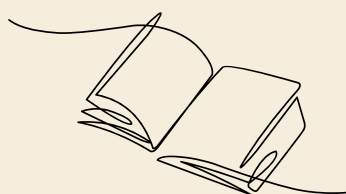
Tuesday

*“Away with the noise of
your songs!
I will not listen to the
music of your harps.
But let justice roll on like a
river,
righteousness like a
never-failing stream!”*



Amos 5:21-24

Go for a prayer walk around your local neighbourhood. You could go out specifically to do this, or simply incorporate it into your normal daily routine like commuting or traveling to school or going to get groceries. As you walk pray for God’s justice and compassion to be revealed at the places your visit and to the people you see.



Wednesday

“For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.”



Deuteronomy 10:17-19

Sign up to a site like easyfundraising. Once you have created an account, you can install an extension on your computer which will enable you to fundraise as you shop online. Easyfundraising have created partnerships with many major brands such as Tesco's, Sainsbury's, eBay, John Lewis, whereby these brands will send donations to your chosen charity when you shop with them via the easyfundraising extension.



Sign up here

Thursday

*“He upholds the cause of the oppressed
and gives food to the hungry.
The Lord sets prisoners free,
the Lord gives sight to the blind,
the Lord lifts up those who are bowed
down,
the Lord loves the righteous.
The Lord watches over the foreigner
and sustains the fatherless and the
widow,
but he frustrates the ways of the
wicked.”*

 Psalm 146:7-9

Watch this video which introduces the awful injustice of modern slavery and explains what it feels like to be a victim in the voice of those with lived experience of slavery.

 [Watch the video here](#)

Friday

“This is what the Lord Almighty said: ‘Administer true justice; show mercy and compassion to one another. Do not oppress the widow or the fatherless, the foreigner or the poor. Do not plot evil against each other.’”



Zechariah 7:9-10

Take a moment to think about how your lifestyle effects the planet. You can sign up to the Creation Care scheme and complete a lifestyle ‘audit’ to help you find out which areas of everyday household life such as travel, in the home, food and possessions could be improved to better care for the planet.



Take a look at the Creation Care scheme [here](#)

Saturday

*A person may think their own
ways are right, but the Lord
weighs the heart.*

*To do what is right and just is
more acceptable to the Lord than
sacrifice.*



Proverbs 21:2-3

Those living with a disability are wonderfully made by God. Today consider how you may champion those with disabilities. You could take a look at the work that Through the Roof do in transforming lives through Jesus with those living with disabilities.



Take a look at Through the Roof here

Week Three

Giving What is Due

In the Old Testament, the concepts of justice and righteousness (which literally translates to "right relationship") frequently appear hand in hand. This is because the ancient Israelites believed that an act of justice restores and puts right your relationships with others. Justice has a deeply relational nature.

At its core, justice involves giving others what is rightfully due to them, according to God's intentions. This is very similar to our modern concept of human rights. This is why the Bible urges us to look out for the oppressed, marginalised, and vulnerable (Is.1:17).

Repeatedly throughout the Old Testament, there's a recurring emphasis on protecting society's most disadvantaged groups—orphans, widows, foreigners, and the 'poor.' These social groups often lacked economic stability, power, and access to justice, making them particularly susceptible to exploitation. The Law was meant to establish societal safeguards to ensure their care and provision (Lev.19:9-10), but unfortunately, there were times when these protections were ignored in the pursuit of personal gain (Mic.2:1-2).

There are so many different groups who are vulnerable or marginalised in today's society. There

are lots of people in need of justice and this has many different implications for the way which we use and gain our assets today. If justice means to have responsibility for helping others access what is due to them by God, then how can we use our finances and resources to ensure that vulnerable members of our society are given what is due to them and are equally provided for. Certainly, this might mean giving away some of our own money (Mk.10:17-27) to charity or to support a project. God has blessed us abundantly and He expects us to share these blessings fairly so everyone can benefit (Deut.15:4-5).

There are lots of good things that we can spend our money on, and it's important to remember that money or buying things isn't necessarily a bad thing. At the same time, Paul advises contentment with life's essentials (1 Tim.6:8) and challenges us to expand our generosity (1 Tim.6:17-19). It's very easy in our consumeristic society to fall into the trap of acquiring lots of things that we don't need. Things which may temporarily fulfil a selfish desire or boost our ego or status. Every so often, it's crucial to remember that pursuing justice is more important than satisfying our desires or enhancing our social standing (Lk.11:40-42). Justice must be at the heart of our stewardship of material resources.



Resources for further reflection

A Call to Act by Martin Charlesworth and Natalie Williams

Living as the People of God by Chris Wright

Monday

*“Learn to do right; seek
justice.*

*Defend the oppressed.
Take up the cause of the
fatherless;
plead the case of the
widow.”*



Isaiah 1:17

Consider whether you might like to begin volunteering in your local community. You don't need to sign up to anything today but spend some time thinking about whether you can give any time to events that your Church runs or other community projects which might be happening in your area. Do some research - is there a way you can use your particular skills and interests for the benefit of the community?



Search the Get Volunteering Database

Tuesday

“When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the Lord your God.”



Leviticus 19:9-10

Commit to sending your next birthday card to friends or family virtually rather than through the post. Not only does this save on paper waste, but you can also support some amazing charities in the process.



See here for more information

Wednesday

“Jesus looked at him and loved him. ‘One thing you lack,’ he said. ‘Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.’”



Mark 10:17-27

Get ready for Easter early this year, by buying all your Easter eggs from an ethical or fairtrade chocolate brand today.



Thursday

“Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.”



1 Timothy 6:17-19

Go through your monthly purchases and work out how much you spend on luxuries. Is there space for you to share more of the abundance that God has given you or could you create space if you were to buy one or two less luxuries a month, or switch to a less expensive (but still ethical) brand?

Friday

“However, there need be no poor people among you, for in the land the Lord your God is giving you to possess as your inheritance, he will richly bless you, if only you fully obey the Lord your God and are careful to follow all these commands I am giving you today.”



Deuteronomy 15:4-5

Learn about the experience of many people who find that they have a deficit budget – that is, their income doesn't meet their essential outgoings such as energy and food bills.



Read about deficit budgets here

Saturday

“You foolish people! Did not the one who made the outside make the inside also? But now as for what is inside you—be generous to the poor, and everything will be clean for you.

Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practiced the latter without leaving the former undone.”



Luke 11:40-42

Today, consider doing a quick litter pick on your road. If you are able to do this, make sure you use gloves and rubbish bags and only collect household rubbish that you can pick up safely. Alternatively, check out the Love Clean Streets app for an easy way to report fly tipping in your local area.



Find out more about the Love Clean Streets app

Week Four

On Our Doorstep

Living a life of justice doesn't mean you have to abandon your current life—your job, family, or friends—to become a political activist. Instead, it simply involves thoughtful reflection on how you're already incorporating justice into your daily actions and noticing where there's room for improvement. This process starts with repentance and saying sorry for the times when we haven't been obedient to God's desire for justice. But this shouldn't send us into a spiral of shame and guilt. Instead, Paul tells us that 'godly sorrow' over our sins will draw us closer to God's justice (2 Cor.7:10-11) and motivate us to further action. If we find ourselves indifferent to justice, it may indicate a disconnect in our relationship with God, who is fundamentally just, loving, and righteous.

Justice can manifest in various aspects of daily life, sometimes in ways we may not immediately recognise. While it could involve advocacy or political campaigning, as leaders do have a special responsibility for ensuring that society's vulnerable are cared for (Jer.22:15-16), justice also means managing our finances and material possessions well (as we saw last week), treating others with dignity and respect (Lev.19:32) and without prejudice. It

means educating ourselves on what others go through and trying to understand situations before judging or jumping in with what we think is the right answer. It means looking out for signs of hunger, exploitation, poverty, homelessness, slavery, and not assuming that if we cannot see it that it doesn't exist. If, at its core, justice means to give others what they are due (or to ensure that they have access to their rights) then there are so many ways that we can practice justice in every day life.

Acting justly might mean giving someone immediate aid, care or assistance (Lk.10:34). However, justice is also transformative. Job 31:16-23 provides an example of this, when Job says that he didn't just practice just by giving bread to orphans, he actually raised them as if they were his own children. Justice in this sense isn't just about temporary relief; it involves deeper, long-term commitment—stepping into roles or looking for ways to create lasting change. If we are serious about treating people with dignity, we will want to create lasting change by enabling and empowering the vulnerable, rather than solely resorting to immediate aid.

One of the best ways of doing this is to be open to building authentic friendships with people in our local neighbourhoods, even those outside our comfort zone. Jesus's ministry focused on building relationships with his society's outcasts—lepers, tax collectors, and women(!). He teaches us to not only

do good for those we know but to reach out and share meals with those who cannot repay us (Lk.14:12-14), urging us to broaden our social circles and deepen our understanding of justice by forming genuine relationships with a diverse range of people.

This is at the very heart of justice.



Resources for further reflection

L is for Lifestyle by Ruth Valerio

Monday

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.”



2 Corinthians 7:10-11

Write a letter to God saying sorry for all the times that you have neglected His desire for justice and for prioritising your selfish desires over the needs of other people. When you are done, destroy your letter completely by ripping it up into tiny pieces to demonstrate that you have received Christ’s forgiveness and freedom from sin.

Tuesday

*“Does it make you a king to have more
and more cedar?*

Did not your father have food and drink?

*He did what was right and just, so all
went well with him.*

*He defended the cause of the poor and
needy, and so all went well.*

*Is that not what it means to know me?
declares the Lord.”*



Jeremiah 22:15-16

If you haven't already, start the process of building a relationship with your local MP. Try not to begin this relationship by immediately asking them to campaign for something (although this is can be important later on). Instead, reach out via email or letter to introduce yourself and to find out what issues your MP is passionate about. If appropriate, you could suggest inviting them to your Church's Easter service as a way of getting to know your faith community. You might want to let your vicar know you are doing this!

Wednesday

“Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.”



Leviticus 19:32

Take a moment today to reach out and offer conversation or care to an older person who is a neighbour or relative. You might also want to consider whether you have 30 minutes a week which you could give to befriending an older person.



Click here for more information about befriending

Thursday

“ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’ ”



Luke 10:25-37

Go through your clothes and goods that you no longer use. Are there any items that are in good condition that someone else might find helpful? Donate them to a charity shop of your choice. If you are feeling like you really want to step out of your comfort zone, then you could chose an item that you really like but do not need (such as your favourite scarf or a handful of books you have enjoyed reading) and donate those instead.

Friday

“If I have denied the desires of the poor or let the eyes of the widow grow weary, if I have kept my bread to myself, not sharing it with the fatherless—but from my youth I reared them as a father would, and from my birth I guided the widow”



Job 31:16-23

Find out more about the needs of your parish by using CUF’s Look Up Tool. What assets and skills do you think are also apparent in your parish alongside this?



CUF's Look Up Tool

Saturday

" Then Jesus said to his host, 'When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, 14 and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.'"



Luke 14:12-14

Learn what the signs that someone is a victim of modern slavery are here. Save the modern slavery and exploitation helpline number (08000 121 700) in your phone so that you can call if ever you see something that you think is suspicious. You can also report concerns online here.



Learn the signs here



Report concerns online here

Week Five

Beyond Our Local

In our interconnected world, we cannot overlook the influence our local actions have globally. Our society is diverse and we are richer because of it. In Ancient Israel and Judah, God's people were instructed to treat the foreigners living among them with justice and equality (Lev.19:33-34). We too should be mindful of God's desire to ensure fairness and integration for all members of our community. This principle is not just a rule against exploitation; it's a call to actively include and uplift non-UK born citizens, ensuring they can thrive alongside those born in the UK.

The duties of justice for those outside our nationality extends beyond our immediate surroundings and nation. The Apostle Paul urged the Corinthian Church to financially support a church in Macedonia, demonstrating that our responsibilities stretch across borders (2 Cor.8:7). The Corinthians' contributions, based on what they could spare, brought significant relief to their fellow believers many miles away. In doing so, Paul demonstrates that it can be right to take a broader perspective beyond local concerns.

This global outlook is critical for Christians today.

Our everyday choices—from the goods we purchase to the waste we produce—have far-reaching consequences. We buy (often unknowingly) materials produced by slave labour or other unethical production methods. Our plastic waste ends up polluting the seas. Our consumption of food produce from around the world pumps carbon dioxide into the air, contributing to climate change which can have a damaging impact on people's livelihoods, homes and lives. Sadly, it is rich countries like the UK who are exacerbating global warming and poorer countries who are bearing the brunt of the impact (for example extreme weather events, rising sea levels and low crop yields).

How can we be better stewards of the earth's resources, only taking what we need (Ex. 16:16-18), so we don't negatively impact our global neighbours and future generations? The Bible is clear that God hates any type of extortion – when we use others for our own selfish gain (Ez.22:29). So many of our consumption habits are formed with little thought on the real-life devastating impact that they will have on others beyond our view. All things, both people and planet, were created by Christ (Col.1:16-20) and we are called to steward it responsibly as we await its ultimate renewal and reconciliation.

The scale of global injustice can be daunting, but we can acknowledge that we can't address every wrong or bear every burden. However, this should not deter

us from our commitment to justice. Instead of relying on our own strength, we can turn continually to God, whose power is shown through our weakness (2 Cor.12:9). The presence of widespread injustice and poverty compels us to keep returning to a spirit of generosity (Deut.15:7-11). In our pursuit of justice, we can find encouragement in knowing that God is just and powerful (Pro.21:15), and His principles of justice are evident throughout creation.

Monday

“When a foreigner resides among you in your land, do not mistreat them. The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God.”



Leviticus 19:33-34

Today, can you learn more about how climate and racial justice are intrinsically linked?



Watch this video to learn more

Tuesday

“But since you excel in everything—in faith, in speech, in knowledge, in complete earnestness and in the love we have kindled in you—see that you also excel in this grace of giving.”



2 Corinthians 8:7-15

In 2025 we still see issues of racial injustice around us and it is important to reflect on and seek ways to celebrate our diversity and ensure justice for all. The need for racial justice can often be found at the intersection of problems within local society and global problems such as climate change. Today, could you take time to read the Diocesan Anti-Racism Charter and do the Racial Justice devotional?



Find the charter and devotional here

Wednesday

“The people of the land practice extortion and commit robbery; they oppress the poor and needy and mistreat the foreigner, denying them justice.”



Ezekiel 22:29

Spend some time contemplating how you are using your money to care for God’s people and planet. Choose one area of life where you might like to become a more ethical consumer (for example, energy, food and drink, health and beauty).



Find out how to become a more ethical consumer

Thursday

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”



Colossians 1:16-20

Go for a prayer walk – look for things in nature to give thanks for, and pray for creation during a time of climate and biodiversity crises. As you walk, ask God to open your eyes to areas of your life where you could be more mindful of caring for creation.



Friday

“ Give generously to them and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hand to. There will always be poor people in the land. Therefore I command you to be openhanded toward your fellow Israelites who are poor and needy in your land.”



Deuteronomy 15:7-11

Where we put our money matters. The Just Money movement have raised concerns over the ways which some of the big banks are investing in the fossil fuel industry. You can join them by adding your name to the statement of concern here (or take a look at their website to find out more).



Add your name to the statement

Saturday

*“When justice is done, it
brings joy to the righteous
but terror to evildoers.”*



Proverbs 21:15

Go back through the list that you made on the very first week. Can you add any other acts of justice that you do? Are there ways which you could live out God’s desire for justice in the places that you regularly visit?



Week Six

Jesus the Just

As we look forward to celebrating Easter, we think about the final events of Jesus' ministry. The New Testament doesn't seem to talk about justice quite as much as the Old Testament, but the traditions and principles begun with the ancient Israelites are also found in Christ's ministry and the Early Church.

We know that Jesus came to fulfil the Law and the prophets (Matt.5:17; 12:17) and to embody and proclaim God's justice to all nations, announcing the good news to the poor and oppressed (Lk.4:16-19).

His mission was foretold in the Old Testament prophecies that spoke of a coming king who would reign with justice and righteousness (Heb.1:8). This messianic vision set the stage for His ministry, as much as it set the stage for His saving work on the cross. In Christ's time on earth, we see Him bring healing to the physical and mentally afflicted, and enable the isolated and marginalised to enter into community. In line with the principles found in the Old Testament, we see Jesus speaking up with those who cannot speak for themselves (Pro.31:8-9) when he commands those without sin to cast the first stone at the woman caught in adultery (Jn.8:7), or speaks up on behalf of the 'sinful' woman in Luke 7:44-47.

Throughout His ministry, Jesus repeatedly demonstrated that he was on the side of the vulnerable and marginalised, and taught time and time again that others should do the same. This means that if we are to live as disciples of Christ, sharing all that He has taught us (Matt.28:18-20), then acting with justice and compassion are key parts of our discipleship. The really great news is that we don't do this by ourselves, but empowered by the Holy Spirit, who, if we let Him, will guide our efforts so that they better align with God's will (Jn.14:15-16).

Yet, Jesus fulfilled the Law and the prophets and proclaimed God's justice in His death as well as His life. By willingly sacrificing Himself on the cross, Jesus paid the price for our sins, giving God what was rightly due from us. This is why Jesus' crucifixion is both a perfect act of justice as well as grace. It was not just a fulfilment of legal requirements but a profound demonstration of justice that restores and transforms, offering redemption and the promise of new life to all. At this time of year, we particularly remember Jesus' justice in life and death and respond in joyful gratitude by seeking to honour Him with our whole lives.

Monday

*“Here is my servant whom
I have chosen, the one I
love, in whom I delight;
I will put my Spirit on him
and he will proclaim
justice to the nations.”*



Matthew 12:15-21

Have you ever considered what it might be like to become a refugee. Take a moment to listen to these individuals' experiences in their own words



Listen to their experience here

Tuesday

*“The Spirit of the Lord is on me,
because he has anointed me to
proclaim good news to the poor.*

*He has sent me to proclaim
freedom for the prisoners and
recovery of sight for the blind, to
set the oppressed free, to proclaim
the year of the Lord’s favor.”*



Luke 4:16-19

Around 5 in 6 low-income households on Universal Credit are currently going without essentials because the basic rate of payment is far too low. Work out how much you spend on essentials each week (include food and drink, utilities, clothes/shoes, phone and internet use, travel and other sundries such as smellies). How does this compare to the weekly rates of Universal Credit?



You can read more about Universal Credit here

Wednesday

*“But about the Son he says,
‘Your throne, O God, will last
for ever and ever; a scepter of
justice will be the scepter of
your kingdom.’”*



Hebrews 1:8

“Education is the most powerful weapon which you can use to change the world.”.
Nelson Mandela

Supporting a child’s academic development is a powerful way to transform the world. Might you consider becoming a School Governor? Or could you help a child in your life with their literacy or numeracy?



Find out more about becoming a governor here

Thursday

*“Speak up for those who
cannot speak for themselves,
for the rights of all who are
destitute.*

*Speak up and judge fairly
defend the rights of the poor
and needy.”*



Proverbs 31:8-9

Have you ever wondered how eco-friendly your church is? If you are part of the leadership team, sign up to the eco-church scheme and complete the survey. If you are not in leadership, have a conversation with your vicar or PCC to encourage them to think about signing up.



Sign up to the eco-church scheme here

Friday

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”



Matthew 28:18-20

Each year, the Bishop’s Lent Call raises funds for local community projects in Southwark and our Link Dioceses in Zimbabwe and Jerusalem, as well as calling parishes to a time of prayer and contemplation.

The Bishop's Lent Call for 2025 is raising funds for projects that help children and young people recover from trauma and which encourage their mental wellbeing. We are supporting this type of work in the Diocese of Jerusalem and the Middle East, in our Link Dioceses in Zimbabwe and here in our own diocese.



Find out more about the Bishop's Lent Call

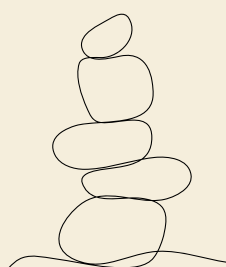
Saturday

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.”



John 14:15-16

Donate some easter eggs or easter treats to your local food bank.



Week Seven

Holy Week

Holy Week begins with Palm Sunday, marking Jesus' humble entry into Jerusalem as the prophesied king on the back of a donkey. This event is not only a pivotal moment in Scripture but also a powerful reminder of Jesus' identity as the long-awaited ruler who would govern with justice and righteousness for all eternity (Is.9:7). His entrance into Jerusalem signifies the commencement of God's Kingdom on earth—present among us, yet not fully realised.

As we journey through the events of Holy Week, we are drawn into contemplation of Christ's saving work on the cross. It is striking that this act which paved the way for redemption, was initiated through an act of profound betrayal, as a disciple who had travelled with Jesus for the last three years gave Him over for a handful of silver (Matt.26:14-15). Think on it, the promised King of justice and righteousness Himself experienced human injustice in his final days. Yet, even knowing that He had been betrayed, Jesus still loved and served His disciples. On the night before his suffering, he took on the role of servant and washed his disciples' feet (Jn.13:1-5). How many of us could say that we would do the same – would we treat a friend with the same compassionate care, knowing that they had already betrayed us? Jesus'

example is a challenging one which asks us how far we are willing to go in our service and love of others.

Later that evening, Jesus established communion as a sacred act of remembrance and reflection (Matt.26:26-29). When we partake in communion today, it's not just a moment to recall His suffering and victory over death, but also an opportunity to consider what His sacrifice means for our daily lives.

How does this act of divine justice shape our interactions with the world? Are we moved to extend grace and pursue justice in our communities, fuelled by the same love Christ showed us? Communion invites us to ponder these questions, urging us to live out the justice and righteousness that Jesus modelled.

As Easter approaches and we celebrate the resurrection, we are once again reminded of Christ's victory over sin and death. We are reminded of our liberation from shame and guilt and our freedom through Christ for today and for forever. As we joyfully look upon the empty tomb this coming

Sunday, how can we respond with heart-felt gratitude? Do we simply mark Easter, enjoy a few chocolate eggs and pay no further heed to justice, having completed this resource? No, we respond by offering our whole lives to Christ once again, as we do every day. This Easter, let us 'continually ask God to fill [us] with the knowledge of His will through all the wisdom and understanding that the Spirit gives, so that [we] may live a life worthy of the Lord and

please Him in every way ... giving joyful thanks to
the Father who has qualified [us] to share in the
inheritance of His holy people in the Kingdom of
light' (Col.1:9-14).

Monday

“Of the greatness of his government and peace there will be no end. He will reign on David’s throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever. The zeal of the Lord Almighty will accomplish this.”



Isaiah 9:7

Go out of your way to say hello to someone you might not normally talk to today. This could be the person serving you at the till in the shops, or the rough sleeper on the street corner, a colleague or parent on the playground.



Tuesday

“Then one of the Twelve—the one called Judas Iscariot—went to the chief priests and asked, ‘What are you willing to give me if I deliver him over to you?’ So they counted out for him thirty pieces of silver.”



Matthew 26:14-15

Go back through the list that you made on the very first week. Can you add any other acts of justice that you do? Are there ways which you could live out God’s desire for justice in the places that you regularly visit?



Wednesday

“Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him.”



John 13:1-5

Read through the news and pray over the injustices which you find there. If you like, you could print out one of the news articles and turn it into a blackout poem. Don't forget to send us your results – we'd love to see your work.



Here's how to create a blackout poem

Thursday

*“While they were eating,
Jesus took bread, and
when he had given thanks,
he broke it and gave it to
his disciples, saying, ‘Take
and eat; this is my body.’”*



Matthew 26:26-29

Do you know what to do if you see someone sleeping rough? Make a note in your phone of the Streetlink page which allows you to create an alert if you see someone sleeping rough. Streetlink will pass on the information to the relevant authorities and charities so that they can reach out to that person.



Click here for the Streetlink webpage

Friday

“Jesus called out with a loud voice, ‘Father, into your hands I commit my spirit.’ When he had said this, he breathed his last.”



Luke 23:44-48

Buy a packet of herb seeds and start growing your own herbs. Herbs are easy to grow even without a garden and can be placed on a window sill or balcony. If you are successful, it will stop you needing to buy packaged herbs in a few months' time.



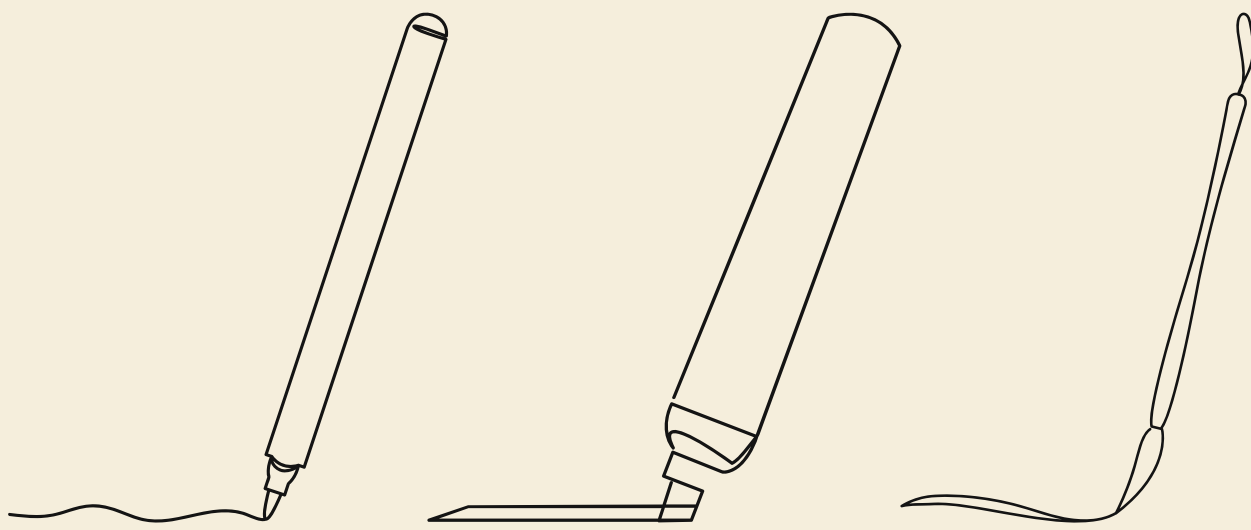
Saturday

“On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here; he has risen!””



Luke 24:1-6

This Easter weekend, take the time to wish your next-door neighbours a happy Easter and share the good news of Jesus. If you are able to, take them round a card and some baked goods which you have made or bought. Alternatively, consider sharing a meal with someone in your Church this Easter.



Feeling creative?

The Justice, Peace and Integrity of Creation team is currently seeking artwork to feature on prayer cards focused on justice issues.

Could you contribute a creative piece—be it a line drawing, painting, or colouring—that draws inspiration from one of the verses provided in our resource pack?

Send it to us at
JPICAdmin@southwark.anglican.org