

“The LORD loves righteousness and justice;  
the earth is full of his unfailing love.”

—Psalm 33:5

This Lent, remember Nehemiah, who prayerfully advocated to King Artaxerxes and helped to rebuild Jerusalem.

Remember Esther, who was used by God to save her people from genocide.

Remember Jeremiah and Isaiah, who spoke up for widows, orphans, and strangers in the midst of a society that spurned them.

## TAKE THE LENT CHALLENGE:

**WEEK 1:** Speak up for equitable access to social services for Indigenous children through an offering of letters at your church or an online action alert on our website.

**WEEK 2:** Learn about a justice or reconciliation issue that concerns you, and read about it from several sources (you could start at our site). Be sure to read *at least* one opinion that is different from your own.

**WEEK 3:** Write a social media post about how the issue you’ve chosen affects people who are made in the image of God. Interact with people who comment on the post or have a face-to-face conversation with someone about the issue.

**WEEK 4:** Write an email or a letter to the appropriate elected representative (whether municipal, provincial, or federal). Even better, call their office! Phone calls are often more effective than letters.

**WEEK 5:** Invite a few friends to join you in advocating by sending a letter or email to them.

**WEEK 6:** Set up an appointment to meet with your elected representative about the issue—you can do it! This is fun as a group too!