

# LENT 2026



= a day of fasting and abstinence from meat



= a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February</b> “Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church’s liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer” ( <i>Catechism of the Catholic Church</i> ).			<b>18 Ash Wednesday</b> Attend Mass and receive the cross of ashes — a sign of humility and repentance.	<b>19</b> Fast from social media for one evening each week.	<b>20</b> Remember to abstain from meat today. Pray for those who can’t afford to have meat.	<b>21</b> Spend five minutes in silent prayer each morning or night during Lent.
<b>22</b> Stay after Mass and pray for a spiritually fruitful Lent.	<b>23</b> Pray the Morning Offering before checking your phone.	<b>24</b> “Peace begins with a smile” (Mother Teresa). Resolve to smile at everyone.	<b>25</b> Pray for one specific person by name today.	<b>26</b> Worry closes the heart. Replace it with trust, “Jesus, I trust in You.”	<b>27</b> Even when things go wrong, be patient, starting with yourself.	<b>28</b> Fulfill a commitment or promise you’ve been putting off.
<b>I March</b> Read Matthew 17:1-9. Where does God want to transform your heart, prayer, and life?	<b>2</b> Today, pray for the Holy Souls in Purgatory, who always need our prayers.	<b>3</b> Read the daily Gospel and meditate on one line that stands out to you.	<b>4</b> Today, choose silence instead of complaining.	<b>5</b> Pray for Christians experiencing persecution. Pray for a conversion of heart for the persecutors.	<b>6</b> Return love for Love. Visit Jesus in the Blessed Sacrament, where He waits in love.	<b>7</b> Avoid gossip and change the subject when it starts. If it’s untrue, unkind, or confidential, don’t say it.
<b>8</b> Read John 4:5–42. Where do you go when life feels messy? What if Jesus met you there?	<b>9</b> If your responsibilities permit it, choose one weekday this week to attend Daily Mass.	<b>10</b> Practice patience intentionally with one difficult person.	<b>11</b> Skip a meal and donate the money saved from fasting to the poor box.	<b>12</b> First thing today, tell God, “Thy Will be done!” — and really mean it!	<b>13</b> Give up a small luxury - drive-thru coffee, streaming, take-out meals - just for today for God.	<b>14</b> Do a hidden act of service without seeking thanks.
<b>15 Laetare Sunday</b> The priest wears rose for the halfway point of Lent. Enjoy a small treat to celebrate.	<b>16</b> Holy Week and Easter are busy times for parishes and ask how you can help.	<b>17 St. Patrick’s Day</b> Pray for missionaries and catechists who, like St. Patrick, bring the faith to every corner of the world.	<b>18</b> Experience God’s mercy and attend Confession this week.	<b>19 St. Joseph’s Day</b> Say an extra prayer for your father. Don’t forget the priests — spiritual fathers.	<b>20</b> Buy food or hygiene items for a local pantry.	<b>21</b> Take a mini-retreat. Reserve time to silence your phone, light a candle, and be with Jesus.
<b>22</b> Stay after Mass and pray for the intentions of the Pope and your bishop.	<b>23</b> Give the gift of a spiritual bouquet — a note recording prayers said for someone who needs them.	<b>24</b> Think before you speak, especially before responding in annoyance or anger. recall the presence of God.	<b>25 The Annunciation</b> We celebrate Mary’s “yes,” which opened the way for Christ’s coming. Pray the Rosary in her honor.	<b>26</b> Set out a box and fill it with gently used items, books, or clothes. When it’s full, bring it to its destination.	<b>27</b> Abstain from recreational screen-use between 12:00pm and 3:00pm in honor of Jesus’ final hours on the Cross.	<b>28</b> Visit a church or chapel for 10 minutes of quiet if possible.
<b>29 Palm Sunday</b> Read Matthew 27:11-54, accompanying Jesus through His trial, Passion, and Death.	<b>30</b> This whole week, practice the Heroic Minute and get up the moment your alarm rings.	<b>31</b> Say grace slowly and intentionally, with gratitude, before meals today.	<b>I April</b> Today is the day, Judas plotted to betray Christ. Take time to seek forgiveness or to extend it, if needed.	<b>2 Holy Thursday</b> Visit Jesus in the Blessed Sacrament. Thank Him for the Eucharist, the Mass, and the Priesthood.	<b>3 Good Friday</b> Pray the Stations of the Cross. Your presence and love today consoled Him then.	<b>4 Holy Saturday</b> Thank God for His blessings this Lent. Consider which practices you will continue.