

Sunday, Feb 22, 2026

Pray for your fellow travelers

Now is the time to become aware of your parish's catechumens or candidates. Assure them that you are walking with them all through the season. At the Easter Vigil the assembly will witness their Baptism into the Lord. Make room in your daily prayer for these people who are taking significant steps to orient themselves toward the cross and Resurrection of Jesus. Ask them to pray for you. Let the joy of being a companion brighten your own journey as well as theirs. They are soon to be your sisters and brothers in Christ. Recognize today that you have a role to play to provide encouragement and example to the elect on their path toward the Paschal Mystery.

FIRST SUNDAY OF LENT; RITE OF ELECTION

Genesis 2:7-9; 3:1-7; Romans 5:12-19 or 5:12, 17-19; Matthew 4:1-11 (22). *"Through one righteous act, acquittal and life came to all."*

Monday, Feb 23, 2026

Bring Christ into focus

In our Creed, we profess faith in "all that is seen and unseen." The unseen is not only the parts of the created universe we've yet to discover but the Spirit's workings we've yet to comprehend. Jesus tells us he can be found in the least of our brothers and sisters, yet most of us squint and strain and still find our vision blurred. Next time you pass one who is hungry and thirsty, try to see your father, mother, child, spouse, or friend in the face looking up at you. Could you pass that person by? No? Now see in that face the one who saved you for all eternity. Can you refuse to lend him a hand? Seeing is believing.

LENTEN WEEKDAY

Leviticus 19:1-2, 11-18; Matthew 25:31-46 (224). *"Lord, when did we see you hungry and feed you, or thirsty and give you drink?"*

Tuesday, Feb 24, 2026

Heaven is at hand

Think about the Lord's Prayer and the words "who art in heaven." Those words are not referring to heaven as a distant place. It is the place we can enter here and now. The "Our Father" reveals not so much where God is but who God is and how God acts. God is holy. God is in charge. God hears and responds to the needs of those who call for help. God offers forgiveness and shows us how to forgive. God does not abandon us to temptation but rather delivers us from the prison of evil. God is the one on whom we rely, because Jesus taught us to trust no other. The Lord's Prayer invites us to get our daily dose of the divine.

LENTEN WEEKDAY

Isaiah 55:10-11; Matthew 6:7-15 (225). *"Our Father who art in heaven, hallowed be thy name."*

Wednesday, Feb 25, 2026

Relapse and restart

Just one week ago, each of us vowed to avoid temptations and distractions and turn our attention toward God. How's it going? Remember change is a process—as one psychology professor put it: "It's a marathon, not a 100-yard dash." No doubt you still have many moments each day when you forget who loves you and who deserves your love. Don't worry. The key is to not give up when you slip up. Remember the words of Saint Josemaría Escrivá: "A saint is a sinner who keeps trying." Let your relapses strengthen

your resolve to be all the more aware of your need for God. Indeed, you are powerless without the power of God.

LENTEN WEEKDAY

Jonah 3:1-10; Luke 11:29-32 (226). *"No sign will be given it, except the sign of Jonah."*

Thursday, Feb 26, 2026

What should we ask for?

Even those who rarely think of God know how to pray in case of emergency. We are readily moved to pray when someone we love is sick or in need, or when we ourselves are lost or scared. But is there a prayer for other times, when the immediate concern is not so pressing? The church recommends this formula: Pray first for the universal church and its leaders. Second, pray for the world and global concerns. Next, intercede for the sick, remember the dead, and pray for your faith community. And finally, pray for yourself and what you need to become whole, healthy, and holy.

LENTEN WEEKDAY

Esther C:12, 14-16, 23-25; Matthew 7:7-12 (227). *"Ask and it will be given to you."*

Friday, Feb 27, 2026

Leave your gift and go be reconciled

While Lent is about being turned around and setting things right with God, it is not only a matter of regular churchgoing. In fact, Jesus says that offering a gift, a ritual sacrifice to God, definitely takes second place to being in right relationship with one another. Because, as Pope Francis says, "Outside of forgiveness there is no hope; outside of forgiveness there is no peace." Today's a day of abstinence. Hunger pangs may be useful as physical reminders that we have fence-mending to do. Become reconciled with family members, friends, coworkers, not only asking forgiveness (which is hard enough), but also offering forgiveness—whether it's requested or not. That will be a worthy Lenten turnaround.

LENTEN WEEKDAY; DAY OF ABSTINENCE

Ezekiel 18:21-28; Matthew 5:20-26 (228). *"Settle with your opponent quickly while on the way to court."*

Saturday, Feb 28, 2026

The secret lives of our enemies

Love your enemy. It's a simple statement. Clear. Concise. Direct. But oh, how it makes us squirm. Yet this commandment is the heart of Jesus' message: love has no cut-off points. There is no end to loving. No time when we get to say, "Now you've done it. No more love for you." Without God, unending love is impossible. It is only in God—living inside the mind and heart of God—that loving our enemies becomes possible and, indeed, the most natural way to live. Consider this insight from Henry Wadsworth Longfellow as you turn to face your enemies today: "If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility."

LENTEN WEEKDAY

Deuteronomy 26:16-19; Matthew 5:43-48 (229). *"Love your enemies, and pray for those who persecute you."*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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