



Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Resurrection Sunday. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Resurrection Sunday.

### **What Happens During Lent and Why?**

The three main things people focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God) and giving, or charity.

**Prayer** during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.

**Fasting**, or giving something up that is a sacrifice, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Social Media or TV shows., can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

**Giving** money or doing something good for others is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate money they would normally use to buy something, like their morning coffee.

It's important to note that doing these things can never make us earn or deserve Jesus' sacrifice or a relationship with God. People are flawed and only Jesus has the power to rescue us from ourselves.

### **What Are the Key Days During Lent?**

**Ash Wednesday (February 11, 2026)** is the first day of Lent. The ashes symbolize our grief for the sins we've committed and the resulting division of imperfect people from a perfect God.

#### **Palm Sunday (Passion Sunday) (March 29, 2026)**

Palm Sunday observes Jesus' triumphal entry into Jerusalem, that was marked by the crowds who were in Jerusalem for Passover waving palm branches and proclaiming Him as the king. The irony of this acceptance of the new king (Mark 11:10) was that it was in the midst of the crowds that would only five days later call for his execution. Traditionally, worshippers reenact the entry of Jesus into Jerusalem by the waving of palm branches and singing songs of celebration.



Palm Sunday is also known as Passion Sunday to commemorate the beginning of Holy Week and Jesus' final agonizing journey to the cross. The English word passion comes from a Latin word that means "to suffer," the same word from which we derive the English word patient.

### ***Maundy Thursday (Holy Thursday – April 2, 2026)***

Maundy Thursday is the last day before Jesus was arrested. There are a variety of events that are clustered on this day. These include the last meal together, the institution of Communion, the betrayal by Judas, and Jesus praying in Gethsemane while the disciples fell asleep.



During the last days, Jesus and His disciples steadily journeyed from Galilee toward Jerusalem. Jesus' entry into Jerusalem had been marked by a joyous welcome. But in Jerusalem there was a growing darkness among the crowd. There was an ominous tone in the

murmuring of the Sadducees and Pharisees who were threatened by the new future Jesus proclaimed. It was later that night, after the meal, as Jesus and His disciples were praying in the Garden of Gethsemane, that Jesus was arrested and taken to Caiaphas the High Priest.

The term Maundy comes from the Latin word *mandatum*, that means "to give", "to entrust," or "to order." The term is usually translated, "commandment," from John's account of Thursday night. According to the Gospel of John, as Jesus and the Disciples were eating their final meal together before Jesus' arrest, He washed the disciples' feet to illustrate humility and the spirit of serving one another. After they had finished the meal, they walked in the night toward Gethsemane where Jesus taught his disciples a "new" commandment (John 13:34-35):

"A new commandment I give to you, that you love one another; even as I have loved you, you also ought to love one another. By this everyone will know that you are my disciples, if you have love for one another."

### ***Good Friday (Holy Friday - Friday April 3, 2026)***

Friday of Holy Week has been traditionally called Good Friday or Holy Friday. On this day, the church commemorates Jesus' arrest, his trial, crucifixion, suffering, and His death and burial. Services of worship are normally aimed at allowing worshippers to experience some sense of pain, humiliation, and ending in the journey to the cross. One traditional use of Scripture is reading the Seven Lasting Words of Jesus as recorded in the Gospel tradition:



Father, forgive them...(Luke 23:24)

This day you will be with me in paradise (Luke 23:43)

Woman, behold your son...(John 19:26-27)

My God, my God...(Matthew 27:46, Mark 15:34)

I thirst...(John 19:30)

It is finished! (John 19:30)

Father into your hands...(Luke 23:46)

Good Friday is not a day of celebration, but of mourning, both for the death of Jesus and for the sins of the world that His death represents. It is a solemn time, but not completely without joy. The somberness of Good Friday should always be seen with the hope of Resurrection Sunday.

**Resurrection Sunday (April 5, 2026)** Easter is the name often used by Christians, which a Christian feast commemorating the Resurrection of Jesus Christ. In Hebrew, this is known as Pascha, which is commonly translated into Passover. It is Redemptive Life's practice to not call it Easter, but Resurrection Sunday, it's the joyful celebration of Jesus rising from the dead to give us the pathway to eternal life. While people still die, Jesus made the way for people to have a relationship with God in this life that leads to spending eternity with God.



**Here are 40 Prayers for the 40 Days of Lent:**

Day 1 - For self-improvement - Scripture: Lk 6:42 Dear God, help me to focus and fix my flaws rather than judging others.

Day 2 - To carry my cross - Scripture: Mt 16:24 Dear God, I do not pray for deliverance from burdens, but for your strength and patience to bear them.

Day 3 - To help support another person as they bear their cross- Scripture: Mk 15:21 Dear God, let me be like Simon who helped Jesus carry his cross. When I see someone struggle with a burden may I be the one who helps lift it.

Day 4 - To cultivate silence - Scripture: 1 Kg 19:12 Dear God, help me to be still and thereby grow in deeper reflections.

Day 5 - To do the will of God - Scripture: Lk 22:42 Dear God, my sincere prayer today is "thy will be done."

Day 6 - For deeper joy- Scripture: Ps 118:24  
Dear God, help me find joy & happiness daily, even in the most unpromising of circumstances.

Day 7 - To be a peacemaker - Scripture: Mt 5:9  
Dear God, Jesus said 'Blessed are the peacemakers.' I discipline my heart to be a peacemaker and to encourage others to do the same.

Day 8 - To eat healthier – Dn. 1:11  
Dear God, through this season of Lent, empower me to model the prophet Daniel who practiced vegetarianism.

Day 9 - For a simpler life - Scripture: Mt 19:24  
Dear God, I resolve to clean out my home, giving away what is unused, unneeded and unnecessary so that I may be unfettered by material possessions.

Day 10 - To serve others - Scripture: Mt: 23:11  
Dear God, I want to be your hands and feet in serving & helping others.

Day 11 - To suppress any form of arrogance - Scripture: Prv 16:18 Dear God, let me clearly see and overcome arrogance and pride when they appear in my person.

Day 12- For a deeper desire of God- Scripture: Ps 119:18  
Dear God, increase within me the very desire to know you more clearly and more deeply.

Day 13 - To be kinder - Scripture: 2 Kgs 25:28  
Dear God, enlarge and expand kindness within me so that exhibit a spirit of kindness.

Day 14 - For a humble spirit - Scripture: Mt 6:3  
Dear God, no matter how many virtues I may have, let me retain a spirit of humility and modesty.

Day 15 - To stop being judgmental - Scripture Mt 7:1  
Dear God, help me put an end to determining in others what only you are wise enough to do.

Day 16 - To forgive - Scripture Acts 7:60

Dear God, help me become a great forgiver so that I am not waiting in ambush to revenge.

Day 17 - For self-forgiveness - Scripture: Is 43:25

Dear God, I do not wish to live with the burden of guilt. Help me to accept your forgiveness, let go of the past and embrace my calling.

Day 18 - To bless an enemy - Scripture: Rom 12:20

Dear God, rather than retaliate against an enemy, help me find ways to bless and even transform an enemy into a fellow disciple.

Day 19 - To overcome - Scripture: 1 Jn 4:4

Dear God, let me triumph over every tragedy.

Day 20 - To care for our world - Scripture: Ps 89:11

Dear God, help me to care for all creation and to seek to correct whatever threatens harm to it.

Day 21 - To be like an angel - Scripture: Heb 1:14

Dear God, let me be an angel of mercy, ministering to those who are in need`.

Day 22 - For right speech- Scripture: Prv 16:24

Dear God, may my words inspire, not injure; heal not hurt.

Day 23 - For hope - Scripture: Zep 3:17

Dear God, may I always hope for the best, believe in the best and work for the best in all circumstances.

Day 24 - To learn from pain - Scripture: Gn. 50:20

Dear God, I don't want my pain to be wasted. Let me learn from it and use it for your Glory.

Day 25 - To believe that God is good - Scripture: Nm 14:18

Dear God, open my eyes to see your unconditional love for me.

Day 26 - To affirm faith in myself - Scripture: 2 Cor 5:17

Dear God, help me believe that, with your help, I have the ability to believe in who I am in your name.

Day 27 - To count blessings - Scripture: 1 Thes 5:18

Dear God, let me count my blessings, not my burdens.

Day 28 - To be an encourager - Scripture: Heb 10:24

Dear God, I know that more people give up and give in due to a lack of encouragement, so help me be an encourager.

Day 29 - To be far more loving - Scripture: 1 Pt 4:8

Dear God, help me to love everyone and show that all are included in your love.

30 - For patience in suffering - Scripture: Prv: 3:5

Dear God, let me bear troubles & traumas with patience & with trust in you.

Day 31 - To resist temptation - Scripture: Jas 1: 14

Dear God, grant me the grace to resist the worldly temptations of materialism, commercialism, and greed.

Day 32 - For perseverance in good works - Scripture: Gal 6:9

Dear God, protect me from discouragement as I serve others in your name.

Day 33 - To be a mirror - Scripture: 1 Thes 5:11

Dear God, may I reflect back to people their own essential ability to love, to care and to be kind.

Day 34 - For an open heart - Scripture: Eph: 1: 18

Dear God, let me have an open, receptive heart to hear and grow.

Day 35 - To put love into action - Scripture: Jn 13:34

Dear God, help me put love into action moment by moment, hour by hour, day by day.

Day 36 - To bring light - Scripture: Mt 5:14

Dear God, allow me to be a beacon of light for all who are discouraged, despairing, weary and worn, so that they will not fear the darkness.

Day 37 - For more careful study of the Gospel - Scripture: Ps 119: 47

Dear God, create in me a desire to set aside time to study and reflect on Scripture, especially the Gospels.

Day 38 - To overlook faults - Scripture: Lk 6:37

Dear God, let me be patient with the faults of others.

Day 39 - For greater inner peace - Scripture: Phil 4:7

Dear God, help me cultivate your peace which surpasses all understanding.

Day 40 - To continue advancing spiritually - Scripture: Lk 2:52

Dear God, may my Lenten practices help to make great advances in my spiritual life, and may they continue throughout my life.



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