

Weekly Lenten Reflections

From Romans 13:11, "Awaken my heart" is the theme for Lent 2026. Join us as we journey together with weekly challenges, which include a meditation taken from the Mass' entrance antiphon, reflection questions, a weekly challenge, and a short prayer.

As we walk with Christ this season of Lent, we ask for the intercession of the Blessed Mother, St. Joseph, the angels and saints. We pray this Lenten pilgrimage will prepare for Easter and that bear many fruits.

Share your thoughts on social media by using the hashtag #LentRGV.

Ash Wednesday		Feb 18-21
Meditation You are merciful to all, O Lord, and despise nothing that you have made. You overlook people's sins, to bring them to repentance, and you spare them, for you are the Lord our God.	Reflection questions <ul style="list-style-type: none"> • What sins are separating you from God? • How do you pray to overcome these sins? 	This week ... Do an examination of conscience.
Prayer: Lord, dwell in my heart so I can see myself, as You see me.		

1st Sunday of Lent		Feb 22-28
Meditation When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.	Reflection questions <ul style="list-style-type: none"> • How do you nourish your soul? • How do you discern God's voice? 	This week ... Spend some time in Eucharistic Adoration.
Prayer: Lord, open the ears of my heart so that I may hear Your voice.		

2nd Sunday of Lent		Mar. 1-7
Meditation Of you my heart has spoken, Seek his face. It is your face, O Lord, that I seek; hide not your face from me.	Reflection questions <ul style="list-style-type: none"> • How have you seen God work in your life? • How do you allow Him to work through you? 	This week ... Act on a Work of Mercy.
Prayer: Lord, shine through me so I can be light to others.		

3rd Sunday of Lent

Mar. 8-14

Meditation

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

Reflection questions

- In what moments are you Christ to others?
- How do you share the Good News?

This week ...

Offer a prayer for someone in need.

Prayer: O God, have mercy on me, a sinner.

4th Sunday of Lent

Mar. 15-21

Meditation

Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

Reflection questions

- Do you truly love as Jesus loves?
- How do you show care for others?

This week ...

Do a random act of kindness.

Prayer: Lord, help me to see You in others.

5th Sunday of Lent

Mar. 22-28

Meditation

Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

Reflection questions

- What prayer devotions do you have?
- How do you pray for others?

This week ...

Go to the Sacrament of Reconciliation.

Prayer: Lord, help me to live each day according to Your will. .

Palm Sunday

Mar. 29-Apr. 4

Meditation

The children of the Hebrews, carrying olive branches, went to meet the Lord, crying out and saying: Hosanna in the highest.

Reflection questions

- How do you praise the Lord?
- How do you proclaim God's Kingdom?

This week ...

Participate in an activity of the Paschal Triduum.

Prayer: Lord, I praise You for You have redeemed the world.



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