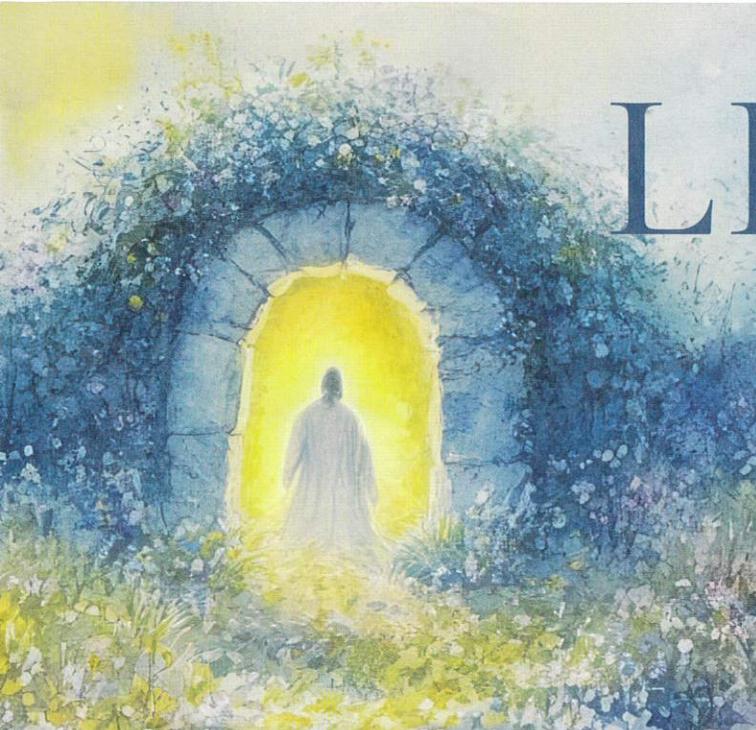


LENT 2026

Daily Mass Readings and Reflections for the Sacred Season

For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. – 1 PETER 3:18



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

22 Resist

Jesus resisted temptation in the desert by relying on Scripture and putting his trust in God. Let us do the same.

Matthew 4:1-11

23 Commands

The Lord gave the Ten Commandments to Moses. We seek to follow his commands to honor him as Lord.

Leviticus 19:1-2, 11-18

24 Seeds

The seed of the Word of God is planted in us and sprouts forth to accomplish the purposes of the Lord through us.

Isaiah 55:10-11

25 Sign of Jonah

Just like the prophet Jonah, the Son of Man proclaims the need for repentance. Just like the people of Nineveh, let us repent.

Luke 11:29-32

26 Good Gifts

Out of love, God gives us what is good for us. May we ask, seek and knock in prayer, being expectant for his good gifts.

Matthew 7:7-12

27 Reconcile

Our first priority should always be to reconcile with one another, since we have been reconciled to God through Christ.

Matthew 5:20-26

28 Treasured

You are the treasured people of God. So obey the Lord in response by treasuring him with all your heart and soul.

Deuteronomy 26:16-19

1 Go

God said, "Go," and Abraham went. So we, too, must go whenever God directs us.

Genesis 12:1-4a

2 Good Measure

Forgiveness and blessings from God will be measured accordingly to the way we measure our love for others.

Luke 6:36-38

3 Only One

Jesus declared that we have only one Father, in heaven and only one Teacher who is Christ. Be listening with care.

Matthew 23:1-12

4 Serve

Our role as disciples of Christ is not to sit but to serve, not to be waited on, but to actively serve the needs of others.

Matthew 20:17-28

5 Be Blessed

Stay connected to the Lord, like the tree planted near water. Blessed are we when our hope is in the Lord.

Jeremiah 17:5-10

6 The Heir

The chief priests recognized Jesus is heaven's heir, so they seek to kill him. Jesus seeks to save us by his death.

Matthew 21:33-43, 45-46

7 Arms of Mercy

The father does not shun but embraces his prodigal. So, too, our Heavenly Father extends his merciful arms to our return.

Luke 15:1-3, 11-32

8 Our Hope

Jesus died for us, even though we are sinners. He is the hope that does not disappoint. He loves us and has proved it.

Romans 5:1-2, 5-8

9 Outsiders In

Many deemed outsiders in life got an inside track to God's love and healing. God knows the hearts inclined to him.

Luke 4:24-30

10 Forgiveness

Forgiveness isn't easy. It means setting aside your anger and pain to show the love of Christ to one another.

Matthew 18:21-35

11 Don't Forget

Never let the miracles of God slip from your mind. Remember all that he has done for you, and don't let your family forget.

Deuteronomy 4:1, 5-9

12 No Stiff Necks

Don't stiffen up and pride yourself into thinking that you somehow know better than God. Only he knows what is best.

Jeremiah 7:23-28

13 Not Far

Those who love God and love one another are not far from the kingdom of God. It is love that draws us close.

Mark 12:28-34

14 Way to Pray

Let humility be your posture when you come to the Lord in the holy act of prayer. It is an honor to be in his presence.

Luke 18:9-14

18

Ash Wed.

God invites you to return to him with all your heart. No half-hearted approaches will do!

Joel 2:12-18

FEBRUARY

19

Follow Daily

Following Jesus is not a part-time endeavor. It is something that Christ calls us to do on a daily basis.

Luke 9:22-25

20

Fasting

Fasting is a way of denying ourselves of those things that distract from our devotion to Jesus, the coming Bridegroom.

Matthew 9:14-15

21

Dinner Plans

Dinner companions say something about us. Jesus dined with sinners to invite them and all to repentance.

Luke 5:27-32

Lenten Parish Mission

February 22, 23 & 24, 2026

Kick-Off with Sunday
5:00 pm Mass

6:00 pm - 7:00 pm
Sacred Hearts



We will explore the three pillars of Lent during the sessions. After each session, light refreshments will be served, and there will be time for Q&A. Led by: Deacon Chris Schmelzer, Director of the Office of Permanent Diaconate.

Everyone is welcome!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
15 Light Come into the light of Christ Jesus, who calls you forth from being dead in sin to live a new life. Ephesians 5:8-14	16 Believe Don't question. Don't wonder. Simply believe in your heart what Jesus says to be true. John 4:43-54	17 He Did It When something miraculous happens to you because of Christ, focus on him, not the when or how. John 5:1-16	18 No More Hiding Come out of your hiding places of sin and into the glory of the Lord, who is desperately seeking you. Isaiah 49:8-15	19 Faith Faith carries you through the future. Put one trusting foot in front of another. Romans 4:13, 16-18, 22	20 Know Him We know who Jesus is: the Son of God. And we know where he is from: heaven above. John 7:1-2, 10, 25-30	21 No Confusion The chief priests and Pharisees were confused about Jesus. We are not confused: He is the Christ. John 7:40-53			
22 Jesus Wept Raising Lazarus began the end of Jesus' ministry. He wept for his friend but knew the glory ahead. John 11:1-45	23 No Stones None of us is without sin, so we have no grounds upon which to cast stones at others. John 8:1-11	24 Lifted Up Christ's identity as the great I AM was revealed when he was lifted up on the Cross. John 8:21-30	25 Incarnation Our hope of salvation through Christ upon the Cross began with Mary's yes to the angel. Luke 1:26-28	26 I AM Jesus is the great I AM, who was and is and ever shall be, world without end. Amen. John 8:51-59	27 In Him To believe in God the Father is to believe in God the Son. All that the Father has done is in Jesus. John 10:31-42	28 His People We are God's people, the nation he loves, and the place where he dwells forever through Christ. Ezekiel 37:21-28			
29 Save Us Hosanna means "Save us" or "Praise God!" We echo the cry heard on that first Palm Sunday. Matthew 21:1-11	30 Adore Him Value your time with the Lord in prayer. Adore him with all you are, for he alone is worthy. John 12:1-11	31 Predictions Jesus predicts betrayers and deniers. May we learn anew from the Apostles' struggles. John 13:21-38	1 Is It I? APRIL We have all betrayed Jesus in one way or another because of our sin. Matthew 26:14-25	<h3>The Paschal Triduum</h3> <p>from Holy Thursday evening through Easter Vigil Mass</p> <table border="0"> <tr> <td> HOLY THURSDAY Do This </td> <td> GOOD FRIDAY Golgotha </td> <td> HOLY SATURDAY Scattered </td> </tr> </table> <p>We eat the bread and wine of the Eucharist to remember that Christ died for us; giving his Body and Blood for our salvation. 1 Cor. 11:23-26</p> <p>Jesus dies at the Place of the Skull that we might have a place of honor, one day, at the marriage feast of the Lamb in heaven. John 18:1—19:42</p> <p>For a brief moment we are scattered in grief and loss. But we will be gathered together in joy by Christ in his resurrection. Isaiah 54:5-14</p> <p>EASTER SUNDAY Come and See</p> <p>Like the women at the empty tomb, we are called to come and see where Jesus was once laid. Now go and tell: He is risen! Matthew 28:1-10</p>			HOLY THURSDAY Do This	GOOD FRIDAY Golgotha	HOLY SATURDAY Scattered
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Traditional Lenten Disciplines

Fasting & Abstinence: Catholics aged 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

Prayer: Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Penance and Reconciliation in preparation for celebrating Easter.

Almsgiving: Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more on God's abundant grace.