

Lent 2026 (Starting on Ash Wednesday, February 18, 2026)

Enjoy the Countdown to the Cross and the Open Grave

Read. Reflect. Respond. Rest.

Read a selected passage out loud - alone or with a few people.

1st Reading: What is one word or phrase the Holy Spirit impresses on you?

Jot down, underline or circle any words or phrases if you wish. Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel?

Ask Holy Spirit: "What specific situation in my life today relates?"

3rd Reading: What is God's personal invitation for you from the Scripture?

Write down what God may be saying to you.

Finally: Write a prayer of thanks. *"Thank you, God, for..."* Rest quietly in God.

And write out an: *"I will..."* statement, turning His invitation to the next step.

Italicized readings, complementary to the standard reading, may be used with, or in place of it.

Lent Year A	First reading	Psalm	Second reading	Gospel
Ash Wednesday	Joel 2:1-2, 12-17 or <i>Isaiah 58:1-12</i>	Psalm 51:1-17	2 Corinthians 5:20b-6:10	Matthew 6:1-6, 16- 21
First Sunday in Lent	Genesis 2:15-17; 3:1-7	Psalm 32	Romans 5:12-19	Matthew 4:1-11
Second Sunday in Lent	Genesis 12:1-4a	Psalm 121	Romans 4:1-5, 13- 17	John 3:1-17 or <i>Matthew 17:1-9</i>
Third Sunday in Lent	Exodus 17:1-7	Psalm 95	Romans 5:1-11	John 4:5-42
Fourth Sunday in Lent	1 Samuel 16:1-13	Psalm 23	Ephesians 5:8-14	John 9:1-41
Annunciation of the Lord	Isaiah 7:10-14	Psalm 45 or <i>Psalm 40:5-10</i>	Hebrews 10:4-10	Luke 1:26-38
Fifth Sunday in Lent	Ezekiel 37:1-14	Psalm 130	Romans 8:6-11	John 11:1-45
Liturgy of the Palms <i>Sixth Sunday in Lent</i>		Psalm 118:1-2, 19-29	Matthew 21:1-11	
Liturgy of the Passion <i>Sixth Sunday in Lent</i>	Isaiah 50:4-9a	Psalm 31:9-16	Philippians 2:5-11	Matthew 26:14- 27:66 or <i>Matthew 27:11-54</i>

From the Revised Common Lectionary Daily Readings. <https://lectionary.library.vanderbilt.edu/lections.php>

Year A - Lent: Revised Common Lectionary 2026

Compiled by Merri Ellen Giesbrecht, Life Coach & Spiritual Director

For more Bible Study helps, visit: www.merriellen.com/discovery

Further resources: www.coachinginfreedom.com / www.followingtrusting.com