

Lent 2026

Turn and Follow Jesus

Lent is an invitation to turn and follow Jesus through wilderness and death to the new life of resurrection. Traditionally, the practices of prayer, fasting, and almsgiving (giving money or food to the poor) have been included in the season. These are invitations to recognize where we have misplaced our hope and trust and to turn back to God—to repent.

Fasting helps us repent of our bodily compulsion to dull our need for God with food—hunger pangs alert us to turn to God.

Almsgiving helps us repent of our hardheartedness towards others and to see people as God sees them—with compassion and generosity.

Prayer helps us to repent of our inattention to God who is always initiating relationship with us—to actively engage by listening and sharing.

Here are a few **other suggestions** that might also help turn us toward God as we **follow Jesus through Lent**.

Lenten Retreat

February 28: Lenten Retreat with Fr. Cal

Online Resources

Lectio 365—A wonderful app that walks us through the wilderness of Lent:
24-7prayer.com/resource/lectio-365/ (get on App store or Google Play)

Lenten Practices brought into the home: thehomelyhours.com/welcome-2/lent

A guide for new Anglicans: anglicancompass.com/lent-a-rookie-anglican-guide

Devotional Guide from Kate Bowler: katebowler.com/blessthislent/

Resource Guide: worship.calvin.edu/resources/resource-library/lent-resource-guide

Church of England Lent and Holy Week Resources:

churchofengland.org/faith-life/what-we-believe/lent-holy-week-and-easter

Poetry for Lent, Malcolm Guite's Blog: malcolmguite.wordpress.com/blog

Songs and Music for Lent – a list and collection of songs to shape Lent:

✦ worship.calvin.edu/resources/resource-library/songs-for-lent

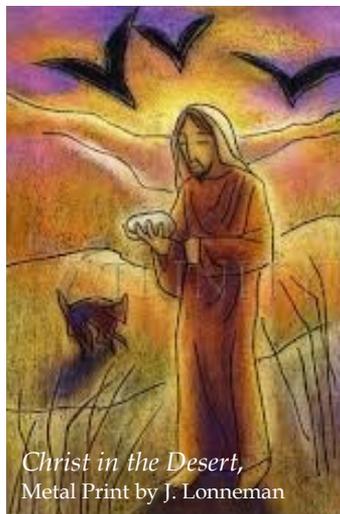
✦ newyorkhymns.bandcamp.com/album/songs-for-lent

Online Lenten Devotionals: cca.biola.edu/lent/

Ash Wednesday Explained:

thehomelyhours.com/2016/02/09/ash-wednesday-explained

More resources for Lent: godspacelight.com/lent-easter/



Christ in the Desert,
Metal Print by J. Lonneman

Recommended Books

Bread and Wine: Readings for Lent and Easter by various authors

**Make Room: A Child's Guide to Lent and Easter* by Laura Alary

The Confessions by Saint Augustine

The Pilgrim Year: Lent by Steve Bell

Wild Hope: Stories for Lent from the Vanishing by Gayle Boss and David G. Klein

Thy Will Be Done by Stephen Cherry

Daily Reflections for Lent: Not by Bread Alone by Jay Cormier

The Nail: Being Part of the Passion by Stephen Cottrell

The Word in the Wilderness: A Poem a Day for Lent and Easter by Malcolm Guite

Lent: The Journey from Ash Wednesday through Holy Week

by Greg Goebel and Joshua Steele

Friendship with Jesus: An Imaginative Prayer Journey by Dan Heavenor

Simplifying the Soul: Lenten Practices to Renew Your Spirit by Paula Huston

Give Us This Day: Lenten Reflections on Baking Bread and Discipleship

by Christopher Levan

Preparing for Easter: Fifty Devotional Readings from C. S. Lewis

Lent: The Season of Repentance & Renewal by Esau McCaulley

God for Us: Rediscovering the Meaning of Lent and Easter by Greg Pennoyer

The Psalm on the Cross: A Journey to the Heart of Jesus Through Psalm 22

by David H. Roseberry

Great Lent: Journey to Pascha by Alexander Schmemmann

Love Set Free: Meditations on the Passion According to St. John by Martin Smith

**Faithful Families for Lent, Easter, and Resurrection: Simple Ways to Create*

Meaning for the Season by Traci Smith

Living His Story: Revealing the extraordinary love of God in ordinary ways

by Hannah Steele

The Way of Julian of Norwich: A prayer journey through Lent by Sheila Upjohn

A Cross in the Heart of God: Reflections on the Death of Jesus by Sam Wells

The Hardest Thing to Do by Penelope Wilcock (The Hawk and the Dove, book 4)

Meeting God in Paul: Reflections for the Season of Lent by Rowan Williams

Lent for Everyone: Matthew, Year A by N.T. Wright

Rooted in Love: Lent reflections on life in Christ by various authors

The Crucified is My Love by Johann Ernst von Holst

Undone: A Modern Rendering of John Donne's Devotions by Philip Yancey

**particularly suited to families*

Find several of these books in our library

List available at: www.staidan.ca/parish-resources/lent-resources-2026