

Glenavy Parish



**LENTEN
PRAYER DIARY**

2026

Glenavy Parish Prayer Diary for Lent 2026

Lent is a journey...

Each year we are invited to walk again the road that leads from ashes to resurrection — from honesty about our weakness to renewed confidence in Christ's victory. Lent is not about gloomy religion or spiritual performance. It is about returning. Returning to the Lord with open hearts. Returning to habits of prayer. Returning to the steady hope that God is at work in us.

This prayer diary is offered as a simple companion for that journey. Each day provides a short Scripture reading, a reflection, and a prayer focus. You do not need long periods of time — only a willing heart. Even a few quiet minutes each day can re-centre your life on Christ.

As a parish family, we walk this road together. Though we may pray in different homes and at different times, we are united in seeking God's grace afresh. My prayer is that this Lent will be a season of renewal — that we will grow in humility, in compassion, in courage, and in hope.

May this journey lead us not only to Good Friday's solemn love, but to the joy and confidence of Easter morning.

Ash Wednesday – February 18, 2026

Bible Verse:

"Yet even now, declares the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." – Joel 2:12-13

Reflection:

Lent begins with a call to return to God wholeheartedly. It's a time to examine our hearts and seek His mercy.

Prayer Point:

Pray for a humble and repentant heart, asking God to reveal areas in your life that need His healing and transformation.

Thursday after Ash Wednesday – February 19, 2026

Bible Verse:

"Create in me a clean heart, O God, and renew a right spirit within me." – Psalm 51:10

Reflection:

God's mercy is abundant, and He can renew us from within. Let us seek His cleansing and renewal.

Prayer Point:

Ask God to cleanse your heart and renew your spirit, helping you to live in alignment with His will.

Friday after Ash Wednesday – February 20, 2026**Bible Verse:**

"For if you forgive others their trespasses, your heavenly Father will also forgive you." – Matthew 6:14

Reflection:

Forgiveness is at the heart of our relationship with God and others. Let us release any bitterness or grudges we hold.

Prayer Point:

Pray for the grace to forgive those who have hurt you, and ask God to heal any wounds in your heart.

Saturday after Ash Wednesday – February 21, 2026**Bible Verse:**

"Come to me, all who labor and are heavy laden, and I will give you rest." – Matthew 11:28

Reflection:

Lent is a time to lay our burdens at the feet of Jesus and find rest in His presence.

Prayer Point:

Pray for God's peace and rest in your life, especially in areas where you feel overwhelmed or weary.

First Sunday of Lent – February 22, 2026**Bible Verse:**

"Jesus was led up by the Spirit into the wilderness to be tempted by the devil." – Matthew 4:1

Reflection:

Like Jesus, we may face trials and temptations during Lent. Let us rely on God's Word and strength to overcome.

Prayer Point:

Pray for strength to resist temptation and for God's guidance in moments of weakness.

Monday of the First Week of Lent – February 23, 2026**Bible Verse:**

"Be merciful, even as your Father is merciful." – Luke 6:36

Reflection:

Mercy is a hallmark of God's character. Let us strive to reflect His mercy in our interactions with others.

Prayer Point:

Pray for a heart of compassion and mercy, especially toward those who are difficult to love.

Tuesday of the First Week of Lent – February 24, 2026**Bible Verse:**

"Your word is a lamp to my feet and a light to my path." – Psalm 119:105

Reflection:

God's Word guides us through the darkness. Let us commit to reading and meditating on Scripture during Lent.

Prayer Point:

Pray for a deeper understanding of God's Word and for the discipline to study it regularly.

Wednesday of the First Week of Lent – February 25, 2026**Bible Verse:**

"Repent, for the kingdom of heaven is at hand." – Matthew 3:2

Reflection:

Repentance is the doorway to God's kingdom. Let us turn away from sin and draw closer to Him.

Prayer Point:

Pray for the grace to recognize and turn away from sin in your life.

Thursday of the First Week of Lent – February 26, 2026

Bible Verse:

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." – Matthew 7:7

Reflection:

God invites us to seek Him with persistence and faith. Let us approach Him with confidence in prayer.

Prayer Point:

Pray for a steadfast spirit in seeking God's presence and will in your life.

Friday of the First Week of Lent – February 27, 2026**Bible Verse:**

"If anyone would come after me, let him deny himself and take up his cross daily and follow me." – Luke 9:23

Reflection:

Lent calls us to self-denial and sacrifice. Let us take up our crosses and follow Jesus with courage.

Prayer Point:

Pray for the strength to embrace sacrifices that draw you closer to Christ.

Saturday of the First Week of Lent – February 28, 2026**Bible Verse:**

"The Lord is near to the brokenhearted and saves the crushed in spirit." – Psalm 34:18

Reflection:

God is close to us in our struggles and pain. Let us bring our brokenness to Him.

Prayer Point:

Pray for healing in areas of your life where you feel broken or discouraged.

Second Sunday of Lent – March 1, 2026**Bible Verse:**

"And he was transfigured before them, and his face shone like the sun, and his clothes became white as light." – Matthew 17:2

Reflection:

The Transfiguration reminds us of Christ's glory and the hope of resurrection. Let us fix our eyes on His light.

Prayer Point:

Pray for a deeper revelation of Christ's glory in your life and for the faith to trust in His promises.

Monday of the Second Week of Lent – March 2, 2026**Bible Verse:**

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." – Ephesians 4:32

Reflection:

Kindness and forgiveness reflect God's love. Let us strive to live in harmony with others.

Prayer Point:

Pray for the grace to show kindness and forgiveness, even in difficult situations.

Tuesday of the Second Week of Lent – March 3, 2026**Bible Verse:**

"For where your treasure is, there your heart will be also." – Matthew 6:21

Reflection:

Lent is a time to examine what we value most. Let us store up treasures in heaven rather than on earth.

Prayer Point:

Pray for a heart that seeks after God's kingdom and His righteousness above all else.

Wednesday of the Second Week of Lent – March 4, 2026**Bible Verse:**

"Whoever humbles himself like this child is the greatest in the kingdom of heaven." – Matthew 18:4

Reflection:

Humility opens the door to God's kingdom. Let us approach Him with childlike trust and simplicity.

Prayer Point:

Pray for a humble heart and a spirit of dependence on God.

Thursday of the Second Week of Lent – March 5, 2026

Bible Verse:

"But seek first the kingdom of God and his righteousness, and all these things will be added to you." – Matthew 6:33

Reflection:

God promises to provide for our needs when we prioritize Him. Let us trust in His provision.

Prayer Point:

Pray for the faith to seek God first in all areas of your life.

Friday of the Second Week of Lent – March 6, 2026**Bible Verse:**

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." – John 3:16

Reflection:

God's love is the foundation of our faith. Let us meditate on the depth of His sacrificial love.

Prayer Point:

Pray for a deeper understanding of God's love and for the courage to share it with others.

Saturday of the Second Week of Lent – March 7, 2026**Bible Verse:**

"The steadfast love of the Lord never ceases; his mercies never come to an end." – Lamentations 3:22

Reflection:

God's love and mercy are unending. Let us rest in His faithfulness, even in difficult times.

Prayer Point:

Pray for a heart that trusts in God's unfailing love and mercy.

(Continuing through Holy Week...)

Third Sunday of Lent – March 8, 2026**Bible Verse:**

"Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but

whoever drinks of the water that I will give him will never be thirsty again." – John 4:13-14

Reflection:

Christ offers us living water that satisfies our deepest thirst. Let us come to Him and drink deeply.

Prayer Point:

Pray for a thirst for God's presence and a heart that finds satisfaction in Him alone.

Monday of the Third Week of Lent – March 9, 2026

Bible Verse:

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." – Matthew 5:6

Reflection:

Righteousness is a hunger we must cultivate. Let us seek to live in a way that pleases God.

Prayer Point:

Pray for a hunger to live a righteous life and for the strength to pursue holiness.

Tuesday of the Third Week of Lent – March 10, 2026

Bible Verse:

"Be still, and know that I am God." – Psalm 46:10

Reflection:

In the busyness of life, God calls us to be still and recognize His sovereignty.

Prayer Point:

Pray for moments of stillness and quiet to hear God's voice and feel His presence.

Wednesday of the Third Week of Lent – March 11, 2026

Bible Verse:

"Let us not grow weary of doing good, for in due season we will reap, if we do not give up." – Galatians 6:9

Reflection:

Perseverance in doing good is a mark of faith. Let us remain steadfast in serving others.

Prayer Point:

Pray for endurance and encouragement to continue doing good, even when it's difficult.

Thursday of the Third Week of Lent – March 12, 2026**Bible Verse:**

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" – 2 Corinthians 12:9

Reflection:

God's grace is enough to carry us through every weakness. Let us rely on His strength.

Prayer Point:

Pray for the humility to depend on God's grace in your weaknesses.

Friday of the Third Week of Lent – March 13, 2026**Bible Verse:**

"And he said to all, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me.'" – Luke 9:23

Reflection:

Following Jesus requires daily surrender. Let us take up our crosses and walk in His footsteps.

Prayer Point:

Pray for the courage to deny yourself and follow Christ wholeheartedly.

Saturday of the Third Week of Lent – March 14, 2026**Bible Verse:**

"The Lord is my shepherd; I shall not want." – Psalm 23:1

Reflection:

God is our shepherd who provides and guides. Let us trust in His care.

Prayer Point:

Pray for trust in God's provision and guidance in every area of your life.

Fourth Sunday of Lent – March 15, 2026

Bible Verse:

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God." – Ephesians 2:8

Reflection:

Salvation is a gift of grace, not something we can earn. Let us live in gratitude for this gift.

Prayer Point:

Pray for a heart of gratitude for God's saving grace and for the faith to receive it fully.

(Continuing...)

Monday of the Fourth Week of Lent – March 16, 2026

Bible Verse:

"Trust in the Lord with all your heart, and do not lean on your own understanding." – Proverbs 3:5

Reflection:

God's ways are higher than ours. Let us trust Him even when we don't understand.

Prayer Point:

Pray for the faith to trust God's plan, even when it doesn't align with your own.

Tuesday of the Fourth Week of Lent – March 17, 2026

Bible Verse:

"Come, let us return to the Lord; for he has torn us, that he may heal us; he has struck us down, and he will bind us up." – Hosea 6:1

Reflection:

God's discipline is meant to restore us. Let us return to Him and receive His healing.

Prayer Point:

Pray for the willingness to return to God and for His healing in your life.

Wednesday of the Fourth Week of Lent – March 18, 2026

Bible Verse:

"But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed." – Isaiah 53:5

Reflection:

Christ's sacrifice brings us peace and healing. Let us meditate on His suffering and love.

Prayer Point:

Pray for a deeper appreciation of Christ's sacrifice and for the healing it brings to your life.

Thursday of the Fourth Week of Lent – March 19, 2026**Bible Verse:**

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." – Galatians 6:9

Reflection:

Perseverance in doing good is a mark of faith. Let us remain steadfast in serving others.

Prayer Point:

Pray for endurance and encouragement to continue doing good, even when it's difficult.

Friday of the Fourth Week of Lent – March 20, 2026**Bible Verse:**

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" – 2 Corinthians 12:9

Reflection:

God's grace is enough to carry us through every weakness. Let us rely on His strength.

Prayer Point:

Pray for the humility to depend on God's grace in your weaknesses.

Saturday of the Fourth Week of Lent – March 21, 2026**Bible Verse:**

"I am the good shepherd. The good shepherd lays down his life for the sheep." – John 10:11

Reflection:

Jesus is our shepherd who laid down His life for us. Let us trust in His care and guidance.

Prayer Point:

Pray for trust in Christ's guidance and for a heart that follows Him faithfully.

Fifth Sunday of Lent – March 22, 2026**Bible Verse:**

"Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." – John 12:24

Reflection:

Death to self leads to life in Christ. Let us surrender our lives to bear fruit for His kingdom.

Prayer Point:

Pray for the courage to die to self and live fully for Christ.

Monday of the Fifth Week of Lent – March 23, 2026**Bible Verse:**

"And we know that for those who love God all things work together for good, for those who are called according to his purpose." – Romans 8:28

Reflection:

God works all things for our good. Let us trust His plan, even in difficult circumstances.

Prayer Point:

Pray for faith to trust that God is working all things for your good.

Tuesday of the Fifth Week of Lent – March 24, 2026**Bible Verse:**

"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions." – Psalm 51:1

Reflection:

God's mercy is greater than our sin. Let us come to Him with contrite hearts.

Prayer Point:

Pray for God's mercy and forgiveness, and for a heart that turns away from sin.

Wednesday of the Fifth Week of Lent – March 25, 2026

Bible Verse:

"He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed." – 1 Peter 2:24

Reflection:

Christ's sacrifice brings us healing and new life. Let us meditate on His suffering and the redemption it offers.

Prayer Point:

Pray for a deeper appreciation of Christ's sacrifice and for the healing it brings to your life.

Thursday of the Fifth Week of Lent – March 26, 2026**Bible Verse:**

"Come to me, all who labor and are heavy laden, and I will give you rest." – Matthew 11:28

Reflection:

Jesus invites us to find rest in Him, especially when we feel burdened. Let us bring our struggles to Him.

Prayer Point:

Pray for God's rest and peace in areas of your life where you feel weary or overwhelmed.

Friday of the Fifth Week of Lent – March 27, 2026**Bible Verse:**

"In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins." – 1 John 4:10

Reflection:

God's love is the foundation of our salvation. Let us meditate on His sacrificial love for us.

Prayer Point:

Pray for a deeper understanding of God's love and for the courage to share it with others.

Saturday of the Fifth Week of Lent – March 28, 2026**Bible Verse:**

"The Lord is merciful and gracious, slow to anger and abounding in steadfast love." – Psalm 103:8

Reflection:

God's mercy and love are boundless. Let us rest in His faithfulness, even in difficult times.

Prayer Point:

Pray for a heart that trusts in God's unfailing love and mercy.

Holy Week**Palm Sunday – March 29, 2026****Bible Verse:**

"Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your king is coming to you; righteous and having salvation is he." – Zechariah 9:9

Reflection:

Jesus entered Jerusalem as a humble king. Let us welcome Him into our hearts with joy and reverence.

Prayer Point:

Pray for a heart that truly welcomes Jesus as King and Savior.

Monday of Holy Week – March 30, 2026**Bible Verse:**

"And when Jesus entered the temple, he drove out all who sold and bought in the temple, and he overturned the tables of the money-changers." – Matthew 21:12

Reflection:

Jesus cleansed the temple, calling us to purity and devotion. Let us examine our hearts and remove distractions.

Prayer Point:

Pray for the courage to cleanse your heart of anything that distracts you from God.

Tuesday of Holy Week – March 31, 2026**Bible Verse:**

"Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak." – Matthew 26:41

Reflection:

Jesus calls us to vigilance in prayer, especially in times of trial. Let us remain steadfast in seeking Him.

Prayer Point:

Pray for strength to resist temptation and for a disciplined prayer life.

Wednesday of Holy Week – April 1, 2026**Bible Verse:**

"For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many." – Mark 10:45

Reflection:

Jesus modeled servant leadership. Let us follow His example by serving others selflessly.

Prayer Point:

Pray for a heart of service and humility, willing to put others' needs before your own.

Holy Thursday – April 2, 2026**Bible Verse:**

"And he took bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'" – Luke 22:19

Reflection:

The Last Supper reminds us of Christ's sacrifice and the gift of communion. Let us remember His love.

Prayer Point:

Pray for a heart of gratitude for Christ's sacrifice and for unity with fellow believers.

Good Friday – April 3, 2026**Bible Verse:**

"And Jesus said, 'Father, forgive them, for they know not what they do.'" – Luke 23:34

Reflection:

Even on the cross, Jesus forgave. Let us reflect on His boundless love and forgiveness.

Prayer Point:

Pray for the grace to forgive others as Christ has forgiven you, and to fully embrace His love.

Saturday – April 4, 2026

Bible Verse:

"So they went and made the tomb secure by sealing the stone and setting a guard."
– Matthew 27:66

Reflection:

This day of waiting reminds us of the silence and uncertainty the disciples faced. Yet, in the stillness, God was at work. When we feel lost or uncertain, may we trust in His plan.

Prayer Point:

Pray for patience and faith in times of waiting, trusting that God is always working, even when we cannot see it.

Easter Sunday – April 5, 2026

Bible Verse:

"He is not here; he has risen, just as he said. Come and see the place where he lay." – Matthew 28:6

Reflection:

The resurrection is our hope and victory! Christ has conquered death, bringing new life to all who believe. Rejoice in the power of His resurrection and the promise of eternal life.

Prayer Point:

Pray for renewed faith, joy, and boldness to share the good news of Jesus' resurrection with others