

Our Lady of the Assumption

LENT 2026

DISCOVER GRACE

This Lent



A Lenten Journal for
Prayer and Reflection

“Grace is everywhere.”

— George Bernanos

Discover Grace This Lent

Join us as we hear Christ call us this Lent to set aside distractions and to discover his grace in our lives.

Each week during Lent:

- **Watch a brief video from Fr. Tom posted on Thursdays focusing on a key message in the upcoming Sunday Gospel.**
- **Reflect on the question posed. You may consider keeping a journal.**
- **Act by picking a concrete step to take, like setting aside time for prayer, or a family activity, like saying grace or doing an act of charity.**
- **If you feel called, you may share your reflections by placing them on the Lenten table in the gathering space.**

WEEK ONE

Temptation in the Desert

Gospel: Matthew 4:1-11

† REMOVING DISTRACTIONS TO HEAR GOD

Question: How can I better listen for God's voice this Lent?

Suggested Activity — One Small Choice

Choose one intentional action this week that removes a distraction and opens space for God:

- Turn off your phone for a set time each day
- Choose silence instead of background noise
- Practice patience when it would be easier to react

At the end of the week, reflect:

What helped me become more attentive to God?

Space for Reflection

WEEK TWO

The Transfiguration

Matthew 17:1-9

† FINDING QUIET TIME FOR PRAYER

Question: How have I experienced God's grace in prayer?

Suggested Activity — Five Minutes of Silence

Spend five minutes in silence this week. No phone. No music.

No reading. Simply sit quietly in God's presence.

What did you notice when everything became quiet?

Space for Reflection

WEEK THREE

The Woman at the Well

John 4:5-42

† RECEIVING GOD'S FORGIVENESS

Question: When have I experienced God's mercy?

Suggested Activity — Honest Reflection

In writing or prayer, name one thing you tend to keep hidden: a fear, a regret, a doubt, an insecurity.

End with this prayer: God knows this—and still loves me.

Space for Reflection

WEEK FOUR

The Healing of the Blind Man

John 9:1-41

† EXPERIENCING GOD'S HEALING

Question: How have I experienced God's healing?

Suggested Activity — Before & After

Complete the sentences honestly:

I used to think...

Now I see...

Healing may be gradual or quiet. Reflect on where your understanding or perspective has changed.

Space for Reflection

WEEK FIVE

The Raising of Lazarus

John 11:1-45

† EXPERIENCING GOD'S FRIENDSHIP

Question: How have I been able to experience God's friendship with me?

Suggested Activity — Naming the Stone

Write down one thing that feels heavy or blocks closeness with God: Fear, Regret, Anger, Weariness.

In silence, pray: "Lord, help me move this stone."

Reflect: Where has God remained close to me, even here?

Space for Reflection

WEEK SIX

Palm Sunday

First Gospel: Matthew 21:1-11

† FOLLOWING CHRIST THE KING

Question: How can I give praise to God as my king?

Suggested Activity — An Act of Praise

Choose one intentional act of praise this week:

- Say a prayer of thanksgiving each morning
- Sing or listen attentively to a hymn
- Offer a quiet prayer of praise during Mass

Consider how praise prepares your heart to follow Christ faithfully.

Space for Reflection

EASTER SUNDAY

The Resurrection of the Lord

Matthew 28:1-10

† ENCOUNTERING THE RISEN LORD

Question: How has your Lent allowed you to better discover the Lord's grace in your life?

Suggested Activity — A Grace List

Write down three signs of grace you have noticed:

- **Moments of hope**
- **Quiet peace**
- **Unexpected joy**

**Grace does not need to be dramatic.
It is often discovered in ordinary moments.**

Space for Reflection

Grace is often found in ordinary faithfulness.
This Lent, do not look for something dramatic.

Look for God in the small things —
in prayer,
in sacrifice,
in mercy.



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