



A 40–Day Lenten Journey Through the Psalms

DEVOTIONS FOR LENT 2026

The Psalms provide a powerful framework for guiding congregations through Lent — especially in seasons where repentance, justice, endurance, and renewal intersect. Lent is a 40-day journey of **repentance, reflection, realignment, and resurrection hope**. The Psalms give language to every stage of that journey.



Lenten Season 2026

Lent is the Christian season of spiritual preparation before Resurrection Sunday (Easter). It begins on Ash Wednesday. During **Lent**, many Christians observe a period of **fasting, repentance, moderation, self-denial, and spiritual discipline**. The purpose of the **Lenten season** is to set aside time for reflection on **Jesus Christ**—to consider his **suffering** and his **sacrifice**, his **life, death, burial, and resurrection**.

The **Lenten season** begins with **Ash Wednesday** on **February 18, 2026**; if you are following the **40-day** tradition, Lent ends on **Holy Saturday, April 4, 2026**.

Our **Lenten Season** Fast is 40 days (excluding Sundays) of fasting, faith sharing, and prayer that extends from Ash Wednesday to Maundy Thursday. Eliminate meats or sweets, only fruits, vegetables, & caffeine—fish on Fridays after 6 pm. 30 minutes of physical exercise Monday through Friday.

The Significance of 40 Days

The 40 days of **Lent** is based on two episodes of spiritual testing in the Bible: the **40 years** of wilderness wanderings by the Israelites after the [exodus from Egypt](#) (**Numbers 33:38** and **Deuteronomy 1:3**) and the [Temptation of Jesus](#) after he spent **40 days** fasting in the wilderness ([Matthew 4:1-11](#); [Mark 1:12-13](#); [Luke 4:1-13](#)).

Things to remember during the Fast

- Pray and study at **6:00 AM, 12 Noon, and 6:00 PM**.
- Plan a time to share the Gospel or follow up with your witness. Witnessing is a Biblical mandate, not a program.
- Light exercise each day, such as a 30-minute prayer walk.
- Limit TV to fewer daily hours.
- Sunday **6:00 AM-6:00 PM**, Break the fast in moderation.
- Spend daily family time.
- Read Daily Devotions throughout the **40 Days**.
- Pray that your entire church engages in Faith Sharing.

**DAYS 1–8: REPENTANCE – HONEST
CONFESSION**