

Lent Action Calendar 2026



The Church of England's Lent theme for 2026 is [Draw Near: Life-giving habits for Lent](#). This Lent we are encouraged to explore a 'rhythm of life', the habits and patterns which help us grow as disciples of Christ day by day, considering a different aspect of Christian discipleship each week.

The season of Lent starts on Ash Wednesday, which this year is 18th February. Our calendar gives suggestions for special ways to mark every day through Lent in preparation for Easter. Why not print this out and display it in your church, or give it out to others you know?

18 Feb - Compile a list of songs and listen to one song daily that draws your heart to God	19 Feb - Practice "Look for God" by noticing moments of beauty, kindness or wonder, seeing God at work	20 Feb - Participate in an act of worship during the week, either at your church or another church	21 Feb - Look out of your window, or go for a walk, and notice five beautiful things and thank God for them
22 Feb - Keep a joy journal by noting one moment of joy each day, however small	23 Feb - As you breathe in and out at the beginning of each day, pray with a short phrase like "Lord Jesus, draw me near"	24 Feb - Create a prayer jar. Write 1 or 2 words related to needs, joys or people on pieces of paper and pop in a jar. Each day or each week, take one out and pray about it	25 Feb - Ask God to bless someone you wouldn't usually think about, pray that they may learn about the work of Mothers' Union*
26 Feb - Spend one or two minutes of simple stillness before God	27 Feb - Read one verse from a psalm and turn it into a short prayer	28 Feb - Join in MU Wave of Prayer at midday using the resources in our 2026 Prayer Diary and on our website*	1 March - Go for a prayer walk around your local roads or use a local map, praying for everyone living and working there

2 March - Read one short bible verse each morning and think about it through the day	3 March - Write out a favourite bible verse and place it somewhere visible	4 March - Read a bible passage out loud; notice the words that stand out to you and pray over them. This is called Lectio Divina	5 March - Try some bible journalling by drawing or colouring in a special verse in your bible, the margins, or a separate notebook
6 March - Share a bible verse with a friend or neighbour and try to memorise it	7 March - Choose a gospel story from Jesus' life and ask: "What is God inviting me to do in relation to Mothers' Union?"	8 March - Inside a bag, place objects linked to a Bible story; take it to church or toddler group and let the children guess and read the story	9 March - Pray for MU members locally and around the world*
10 March - Share a meal with your family or housemates; if alone, eat slowly and gratefully or invite someone round	11 March - Share information about Mothers' Union Make a Mother's Day campaign with family and friends*	12 March - Ask God to help you forgive someone or let go of an irritation	13 March - Reflect on the day using two simple questions: Where did I feel close to God today? Where did I feel distant, and why?
14 March - Read about Mary Sumner and her life and reflect on how you are part of her vision*	15 March - Take an active role in your church service today, either in person or by sharing encouraging comments online	16 March - Invite someone to find out more about Mothers' Union, whether that is by attending a meeting or viewing the website*	17 March - Spend 10 minutes decluttering a room, a cupboard or a drawer, and donating the items to a local charity shop
18 March - Do something for your local community such as pick some litter, or donate to the foodbank	19 March - Spend some time praying for the beneficiaries of one of our MU national social justice projects*	20 March - Write a thank you note to someone who helped you last week	 Lent Action Calendar 2026 <p>* Find out more at www.mothersunion.org</p>

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<p>21 March - Help someone – this could be lending a listening ear, offering a lift, making a meal for a new parent</p>	<p>22 March - Fill a small bag with essential items for someone escaping domestic abuse and donate it to your local domestic abuse refuge</p>	<p>23 March - Make some simple cards with messages of encouragement, or buy from the Mothers' Union online shop, and give them to your neighbours*</p>	<p>24 March - Find out about a Mothers' Union event or project in another part of the country, and tell your family and friends about it*</p>
<p>25 March - Reflect God's love by reaching out to a neighbour, friend or family member</p>	<p>26 March - Carefully light a candle in your window and pray that those who see it will be blessed</p>	<p>27 March - Make a donation to Mothers' Union*</p>	<p>28 March - Do something small and intentional as a random act of kindness</p>
<p>29 March - Make palm branches with paper to wave at church or home when singing a hymn or worship song</p>	<p>30 March - Read sections of the Holy Week story in different parts of your house and garden</p>	<p>31 March - Tell someone how you're getting on with your MU Lent Calendar, why you decided to join in, and how it has helped you to draw nearer to God</p>	<p>1 April - Listen to some sacred music suitable for Holy Week</p>
<p>2 April - Share a meal or a plate of food with someone, and reflect on how Jesus felt at the Last Supper</p>	<p>3 April - Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all</p>	<p>4 April - Make an Easter garden to symbolise and celebrate Jesus' resurrection</p>	<p>HAPPY EASTER</p>

* Find out more at www.mothersunion.org