

IN THE WILDERNESS

A SHARED
LENTEN JOURNEY

LENT 2026



**LAKE VIEW
PRESBYTERIAN
CHURCH**

open door. open heart. open mind.

This Lent, we are journeying into the wilderness together. Along the way, you are invited to engage with a simple daily practice that we will share. Please adapt these practices to fit your life and to involve friends or family if you wish. It may be helpful to keep a journal as you move through the days of Lent, or to take photos connected to what you notice along the way. If you choose to take photos, we invite you to email them to the church office at office@lakeviewpresbyterian.org. Throughout Lent, we will feature these images in a special section of the church e-news as a way of sharing this Lenten journey together.



**LAKE VIEW
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open door. open heart. open mind.

Wednesday, February 18

Find some soil, either in a house plant or beneath the frozen ground.

Touch it and remember our connection to the earth.

Thursday, February 19

Take a short walk in your neighborhood or look out a window. Pray for the people who live and work nearby.

Friday, February 20

Drink a glass of water slowly. Give thanks for clean water and pray for those without access.

Saturday, February 21

Send a short note, text, or drawing to someone. It could be words of gratitude or encouragement.

Sunday, February 22

Reflect on something from today's service (or another Sunday). Maybe it's the call to worship, the Scripture reading, a prayer, music, or a gratitude shared. What do you want to remember about how it made you feel?

Monday, February 23

Light a candle (or imagine one). Set a short timer and be still.

Tuesday, February 24

Use lines, shapes, or colors to draw how your day feels.

Wednesday, February 25

Pay attention to one small moment of joy today and name it as a gift.

Thursday, February 26

Write or speak a short blessing for someone you find difficult.

Friday, February 27

Clear a bag, a drawer, or a surface. Let go of what you don't need today.

Saturday, February 28

What is a favorite Bible verse of yours? Write it down today and put it somewhere you will see it throughout Lent.

Sunday, March 1

Write or say: "I am God's beloved."

Monday, March 2

Visit the website of a mutual aid group in our city. Read about how they support our neighbors.

Tuesday, March 3

Share kindness, time, food, or encouragement.

Wednesday, March 4

Draw or color what feels heavy today. No explanation required.

Thursday, March 5

Turn off background noise for five minutes.

Friday, March 6

Make three dots on a page. Name one gratitude for each.

Saturday, March 7

Learn who your alderperson (or equivalent local representative) is.

Sunday, March 8

Use a map, globe, or phone to choose a place far from you. Pray for the people there.

Monday, March 9

Read one of the Psalms today. It could be a favorite or choose one you're not as familiar with.

Tuesday, March 10

Choose something routine, washing hands, opening a door, and do it slower than usual.

Wednesday, March 11

Light a candle or draw a circle for people pushed to the margins.

Thursday, March 12

Write and say a blessing for a doorway, bus stop, or favorite chair.

Friday, March 13

Say something kind out loud to someone today.

Saturday, March 14

Donate a small amount of money or gather up an item for donation.

Sunday, March 15

Choose a place in the news. Pray for those who are most vulnerable there.

Monday, March 16

Remember something that has made you laugh recently. Share it with someone.

Tuesday, March 17

Write, say, or draw a simple thank you for someone. Send it to them.

Wednesday, March 18

Journal or reflect: What do you think is breaking God's heart today? If it feels right, also name where you witness people responding with love.

Thursday, March 19

Cut, tear, or choose colors or images that feel hopeful. Make a collage.

Friday, March 20

Take a break from one habit. Pause something automatic for a short time today.

Saturday, March 21

Learn one thing about housing insecurity in our city. Read one paragraph or listen to one short story. Share it with someone.

Sunday, March 22

Choose a border or crossing. Pray for safety, welcome, and justice.

Monday, March 23

Read a parable that Jesus told and retell it in your own words.

Tuesday, March 24

Pay attention to where you see love at work today.

Wednesday, March 25

Notice one rule, policy, or system that makes life harder for some people.

Hold those affected in prayer. Be curious about how you can be an advocate.

Thursday, March 26

Keep a small object with you as a reminder of God's love today.

Friday, March 27

Listen to a song, album, or piece of music that helps you relax.

Saturday, March 28

Choose one task and intentionally stop when you notice fatigue.

Sunday, March 29

Learn about a place where people are organizing, rebuilding, or resisting. Give thanks for that place.

Monday, March 30

Notice one ordinary thing that sustains you today.

Tuesday, March 31

Call or write an elected official about an issue you care about.

Wednesday, April 1

Draw a frame around a mostly blank page. Let it be unfinished.

Thursday, April 2

Reflect on a time a friend, neighbor, or stranger offered you help.

Friday, April 3

Draw a cross on a piece of paper. Listen to a piece of music as you sit with that image.

Saturday, April 4

Set a timer for 30 seconds, one minute, or more. When it ends, take a deep breath.

Easter Sunday, April 5

Reflect on where you have experienced resurrection in your own life.

Write or draw as you reflect on your Lenten journey...



