

# 2026 LENTEN MEDITATIONS



## *Holy Habits*

*Study Guide*



Episcopal  
Relief & Development  
Working Together for Lasting Change

# Lenten Meditations: Holy Habits

As a boy, I attended a Roman Catholic Franciscan boarding school. I sometimes felt on the margins as an Episcopalian: I couldn't receive Holy Communion or go to Confession, but I was very much a part of the school's life. I attended daily religion classes, sang in the church choir and prayed frequently. We prayed before meals, at the start of every class, at the end of evening study hall and just before lights out.

When I transitioned to public school, something felt off. The new school had many of the same outward structures—classrooms, sports, schedules—but something essential was missing. Eventually, I came to understand that I longed for the rhythm of prayer, which gave structure and meaning to everything else. It framed our days, our actions, even our relationships. That daily rhythm of prayer and work, school and recreation, was a blessing I carry with me to this day.

As an adult, I have tried to return to those early practices of daily prayer. Like many, I don't always succeed. My prayer life sometimes takes a back seat to work and other demands. But I know the difference it makes.

For Sister Monica Clare, the author of these Lenten Meditations, the journey was reversed. She began her adult life in a fast-paced career, surrounded by talented, ambitious and engaging people. By all accounts, she was thriving. But something vital was missing—something she later found in the Community of St. John Baptist, an Episcopal religious order of women. In that sacred community, she discovered the power and peace of the Divine Hours—those regular, intentional pauses throughout the day for prayer, reflection and Scripture. Through these quiet acts, Sister Monica found what so many of us long for: a life rooted in God, given shape, meaning and direction through the holy habit of prayer.

These meditations are an invitation for you to rediscover—or deepen—that same spiritual rhythm. Each day of Lent (excluding Sundays), you'll find a Gospel reading paired with a thoughtful reflection from Sister Monica Clare and a question for you to consider in response. You're encouraged to make space around each reading: through prayer, music, silence or even shared conversation with others. You can journey through these meditations alone, or with fellow travelers in your community or congregation.

Wherever you are in your spiritual life, know that you are not alone. As you read and reflect, you are joining a global community of readers, all seeking to bring their lives into closer alignment with God through this sacred season.

May these meditations help you find the stillness, structure and spiritual depth that Lent so beautifully offers.

And may you have a holy Lent.

Sean McConnell  
Senior Director, Faith & Community Engagement



## About the Guide

The Lenten Meditations prepared by Episcopal Relief & Development invite readers to deepen their spiritual practice during the season of Lent, the time of preparation leading to Easter. Our 2026 meditations explore the idea of “Holy Habits.” This theme reflects the author’s exploration of habits that support and strengthen a life of faith. Holy habits of daily prayer and engagement with Scripture provide the scaffolding for building a life committed to loving and serving others.

Our author, Sr. Monica Clare, anchors the meditations in Scripture readings from Evening Prayer (or Vespers), which is part of the Daily Office, an ancient practice of offering prayers, reciting the Psalms and reading Scripture at specified times each day. As she explains, “The holy habit of daily prayer is not easy to get used to at first, but if you persevere, it changes you, and you start to feel that you can’t live without it.”

The Lenten Meditations may be read by individuals or studied in groups. The guide includes the full readings for each day, the excerpt selected by the author and a reflection question. We encourage groups to start or conclude their study with Evening Prayer: Rite One can be found in the Book of Common Prayer starting on page 61 and Rite Two starting on page 115. At the end of each week, we offer a Spotlight on the Work of Episcopal Relief & Development, sharing examples of our work together to advance lasting change in communities impacted by injustice, poverty, disaster and climate change.

## About the Author

Sister Monica Clare is an Episcopal nun, author and unlikely TikTok star whose journey from Hollywood to the Convent has inspired hundreds of thousands. Although she has more than 225,000 followers on her channel, @nunsenseforthepeople, Sister Monica Clare is less interested in being a traditional influencer than in helping others in their journey to become followers of Christ. In her videos and writing, she seeks to demystify religious life and encourage holy habits of prayer, Scripture engagement and care for others. As the Superior of the Community of St. John Baptist in Mendham, New Jersey, and soon to be an ordained priest, Sr. Monica brings both compassion and candor to her role as a spiritual counselor.

Before taking vows in 2012, Sister Monica’s path looked very different: she worked as a photo editor in Los Angeles, performed in an acoustic rock duo and trained with the renowned Groundlings improv comedy group. In June 2021, she launched her TikTok presence not to seek fame, but to share joy, break stereotypes about religious life and offer hope in a world often marked by cynicism.

She is the author of the recently released book, “A Change of Habit,” a memoir that explores her unlikely vocation and, in her words, “reveals how much we can say yes to when we stop laboring to prove our worth to ourselves and others.”

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# Week 1

*February 18-21*

ASH WEDNESDAY, February 18

*Daily Readings: Psalm 102, 130 | Amos 5:6-15 | Hebrews 12:1-14 | Luke 18:9-14*

The Pharisee, standing by himself, was praying thus, “God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax-collector. I fast twice a week; I give a tenth of all my income.” But the tax-collector, standing far off, would not even look up to heaven, but was beating his breast and saying, “God, be merciful to me, a sinner!”

— Luke 18:11-13

*Reflect: In this prayerful season of letting go, can you offer up your fears and detrimental patterns to God and ask for release?*

## Going Deeper

- The Pharisee boasts about his virtues, while the tax collector humbles himself. In what ways are you tempted to compare yourself with others instead of honestly bringing your own shortcomings before God?
- Amos warns against empty religiosity without justice. Are there ways you can transform your spiritual practices into holy habits that seek justice, mercy and righteousness?
- Hebrews urges us to “run with perseverance the race that is set before us.” What sins or fears weigh you down? What do you need to release so you can “run with perseverance?”
- Both psalms appointed for today’s Evening Prayer cry out from places of affliction and waiting. When you feel overwhelmed by guilt or grief, how can you lean on the assurance of God’s mercy and steadfast love?



THURSDAY, February 19

*Daily Readings: Psalm 37:19-42 | Habakkuk 3:1-10(11-15)16-18 | Philippians 3:12-21 | John 17:1-8*

I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed. I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. — John 17:4-6

*Reflect: How has your faith community helped deepen your connection with God?*

#### Going Deeper

- Philippians reminds us to “press on toward the goal.” Where do you feel God calling you to move forward in your faith, even if you feel weary or discouraged?
- Habakkuk chooses to rejoice in God even in the face of hardship. How do you respond when life feels barren or uncertain?
- Jesus’ prayer demonstrates a profound communion with God. When you pray, do you experience it as a list of requests or as a way of deepening your relationship with God?
- Jesus speaks of glorifying God through his work on earth. How can your daily life—your words, choices and relationships—reflect God’s glory to those around you?



FRIDAY, February 20

*Daily Readings: Psalm 35 | Ezekiel 18:1-4, 25-32 | Philippians 4:1-9 | John 17:9-19*

I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.  
— John 17:15-19

*Reflect: What are some reasons that you follow Christ? What are some sacrifices you have made to be a follower of Christ? Are there sacrifices ahead?*

#### Going Deeper

- Jesus prays that we will be sanctified in truth through God's word. In what ways can you allow Scripture and prayer to shape your life?
- Ezekiel calls us to "turn, then, and live." Where are you still clinging to patterns or sins that separate you from God? What would it look like to release them?
- Philippians exhorts us to rejoice, pray and focus on what is good. How can you practice gratitude and peace?



## SATURDAY, February 21

*Daily Readings: Psalm 42, 43 | Ezekiel 39:21-29 | Philippians 4:10-20 | John 17:20-26*

I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you. — John 17:20-21a

*Reflect: Can you picture a world in which divisions have ceased and we consider every human to be our family member?*

### Going Deeper

- Jesus prays that we all may be one with him, with God and with all who believe. How can you live out this oneness in your daily interactions?
- Ezekiel speaks of God's presence being poured out on all people. Where in your life do you most need to be reminded that God's Spirit is with you, uniting and restoring you?
- The psalms express a longing for God's presence. When you feel discouraged by division or isolation, how do you return to hope?
- What concrete step can you take today to build bridges across divisions in your community?





## Spotlight on the Work of Episcopal Relief & Development

Santina is a farmer by trade. Working together with the [Anglican Church of Tanzania](#), Diocese of Central Tanganyika (DCT), Episcopal Relief & Development has introduced Santina to [agricultural](#) techniques to strengthen her farming outcomes, and [Savings with Education](#) (SwE), where she has been able to grow through the program and help others.

An Episcopal Relief & Development SwE group, which combines savings, investing and financial literacy, becomes more than a financial institution—it is a sacred space of transformation. Santina's leadership reflects the divine spark that ignites when women become empowered to rise, to lead and to transform their communities.

Since 2019, in addition to being her group president, Santina has been a SwE facilitator. She helps people in her region to establish their own groups and encourages them to start businesses and diversify their income. Santina has also encouraged women to work towards leadership positions just like she has. In addition to all of her roles within the SwE system, she is also the chairperson of Kawawa Subvillage, where she and her family live.

Like the early Christian communities who held all things in common, Santina and the other women in her group pool their resources, share their dreams and lift each other toward prosperity. Each contribution becomes part of a greater tapestry of mutual support, weaving together financial empowerment with spiritual growth.

Santina has been able to sell produce and items like tomatoes and baobab, mika (woven mats), refurbished clothing and cooking oil. She has been able to pay her children's school fees, cover everyday household expenses and build a house for her family. The women in her group have had success with beekeeping and tailoring businesses as well.

[Visit our website to learn more.](#)





# Week 2

*February 23-28*

MONDAY, February 23

*Daily Reading: Psalm 44 / Genesis 37:1-11 / 1 Corinthians 1:1-19 / Mark 1:1-13*

The Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts, and the angels waited on him. — Mark 1:12-13

*Reflect: What are the things that distract you from God? What spiritual practices and holy habits bring you closer?*

## Going Deeper

- When you think about Jesus being driven into the wilderness, what parallels do you see with your own experiences of hardship or testing?
- Joseph's dreams in Genesis reveal God's plan, but they also stir jealousy and division. How do you discern whether the desires and visions stirring in you are from God? How do you handle others' reactions to them?
- The psalmist cries out in confusion, feeling abandoned in the face of suffering. How do you respond when you feel as though God is silent? What helps you to remain steadfast in faith?
- What holy habits might help you clear away distractions so that you can encounter God more fully in this season?



## TUESDAY, February 24

*Daily Readings: Psalm 47, 48 | Genesis 37:12-24 | 1 Corinthians 1:20-31 | Mark 1:14-28*

Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee. — Mark 1:25-28

*Reflect: What was it that made you realize Jesus is the Holy One of God? Was it something you were taught, or was it an experience?*

### Going Deeper

- When you hear how Simon, Andrew, James and John leave everything to follow Jesus, what comes to mind about what you have been asked to leave behind? What are you still holding onto that is keeping you from fully following Jesus?
- Joseph’s brothers reject him out of jealousy and fear. How do you respond when someone’s life stirs discomfort or envy in you?
- Imagine being in the synagogue, hearing the unclean spirit cry, “I know who you are, the Holy One of God.” How would you have responded?



WEDNESDAY, February 25

*Daily Readings: Psalm 49, [53] | Genesis 37:25-36 | 1 Corinthians 2:1-13 | Mark 1:29-45*

That evening, at sunset, they brought to him all who were sick or possessed by demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.  
— Mark 1:32-34

*Reflect: Do you pause for prayer during your workday? How can you create a holy habit of “touching base” with God on a daily basis?*

#### Going Deeper

- Paul speaks of relying not on human wisdom but on the Spirit’s power. In what areas of your life do you need to rely less on your own strength and more on God’s Spirit to guide you?
- Joseph was sold into slavery by his brothers, yet God used that painful betrayal for good. How do you see God working even in the places of disappointment or betrayal in your own life?
- The psalmist reminds us that wealth and human power cannot save us. Where are you tempted to put your trust in things that do not last?



## THURSDAY, February 26

*Daily Readings: Psalm [59, 60] or 19, 46 | Genesis 39:1-23 | 1 Corinthians 2:14–3:15  
Mark 2:1-12*

At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, “Why do you raise such questions in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Stand up and take your mat and walk’? But so that you may know that the Son of Man has authority on earth to forgive sins” — he said to the paralytic — “I say to you, stand up, take your mat and go to your home.” — Mark 2:8-11

*Reflect: A question to ask God in your prayer life: Why did Jesus forgive the man's sins in addition to healing him?*

### Going Deeper

- The paralyzed man's friends overcome every obstacle to bring him to Jesus. Who has carried you closer to Christ in times of weakness? Are you being called to help someone come closer to Christ?
- Even in the face of betrayal and slavery, Joseph remains faithful. How do you remain grounded in God's presence when you experience injustice or suffering?
- Paul reminds us that the Spirit searches everything, even the depths of God. How open are you to letting the Spirit reveal new and perhaps unexpected truths to you?



FRIDAY, February 27

*Daily Readings: Psalm 51 / Genesis 40:1-23 / 1 Corinthians 3:16-23 / Mark 2:13-22*

When Jesus heard this, he said to them, “Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners.” — Mark 2:17

*Reflect: Can you imagine God loving someone whom you consider to be evil or unredeemable? Can you imagine that God loves you and that person equally?*

### Going Deeper

- Jesus tells the Pharisees that he came not for the righteous but for sinners. Do you consider yourself as someone in need of healing or someone who has already “arrived”?
- The psalmist prays for a clean heart and a renewed spirit. What holy habits help you open yourself to God’s transforming mercy in your own life?
- Jesus shares meals with tax collectors and sinners. How can you imitate his radical hospitality in your own community, drawing in those who might feel far from God’s love?



## SATURDAY, February 28

*Daily Readings: Psalm 138, 139:1-17(18-23) | Genesis 41:1-13 | 1 Corinthians 4:1-7 | Mark 2:23–3:6*

Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.”  
— Mark 2:27

*Reflect: What type of things get in the way of truly loving your neighbor?*

### Going Deeper

- Jesus reminds us that the sabbath was made for humankind, not humankind for the sabbath. How do you balance the importance of spiritual practices with the call to show mercy and love?
- Paul writes that everything we have is a gift from God, not something we have earned or acquired on our own. How does this truth reshape your sense of pride, gratitude or humility?
- The psalmist marvels that God knows every thought, word and action before it comes to be. How does it comfort you—or challenge you—to realize that God sees and knows you so completely?



## Spotlight on the Work of Episcopal Relief & Development

At Episcopal Relief & Development, one of our four interconnected priority areas is [Disaster Response](#). Rooted in the Episcopal tradition, our disaster response work is made possible through partnerships with local faith-based and other [community-led](#) organizations and an extensive network of faith leaders, volunteers and staff dedicated to supporting people and communities impacted by natural disasters and human-made crises.

In disaster relief and recovery spaces, mental health care is not always prioritized as much as other forms of assistance like monetary aid, food and water distribution, housing and other aspects of support.

While trauma and other mental health-related issues may not always be easily identifiable immediately following a catastrophic event, mental health and well-being need to be addressed as part of full, long-term healing and recovery.

In July 2025, we partnered with the [Episcopal Diocese of West Texas](#) in response to the [Texas Hill Country flooding crisis](#). We worked with partners to provide financial resources and emotional and spiritual support to those in the Texas Hill Country. Emotional and mental health care were part of this response effort.

With disasters on the rise, and even more communities reliant on services and support, providing access to intentional trauma and mental health care services—for survivors and responders—helps them navigate the [emotional life-cycle of a disaster](#) and reach full, sustained recovery.

It's a complex, ongoing journey. One that can be walked – together.

[Visit our website to learn more.](#)





# Week 3

*March 2-7*

MONDAY, March 2

*Daily Reading: Psalm 64, 65 | Genesis 41:46-57 | 1 Corinthians 4:8-20(21) | Mark 3:7-19a*

He told his disciples to have a boat ready for him because of the crowd, so that they would not crush him; for he had cured many, so that all who had diseases pressed upon him to touch him. — Mark 3:9-10

*Reflect: Where in your life could you benefit from working within a group instead of going it alone?*

## Going Deeper

- Jesus chose ordinary people, with strengths and flaws, to be his apostles. How does that shape the way you view your own limitations and gifts in serving others?
- Paul reminds the Corinthians that true leadership is marked by humility, not pride. How can you model leadership that supports others in becoming empowered?
- The psalmist praises God for ordering creation and blessing the earth with abundance. How might this vision inspire you to build a more cooperative and grace-filled community?



Tuesday, March 3

*Daily Reading: Psalm 68:1-20(21-23)24-36 / Genesis 42:1-17 / 1 Corinthians 5:1-8 / Mark 3:19b-35*

Then he went home; and the crowd came together again, so that they could not even eat. When his family heard it, they went out to restrain him, for people were saying, "He has gone out of his mind." And the scribes who came down from Jerusalem said, "He has Beelzebul, and by the ruler of the demons he casts out demons." — Mark 3:19b-22

*Reflect: Do you ever look at another group of people as "them" and harbor feelings of fear or resentment toward them? How might you pray to respond with love and kindness?*

#### Going Deeper

- Jesus' family and the scribes misunderstood him, each for different reasons. How do you respond when you feel misunderstood?
- Jesus expanded the definition of family to include all who do the will of God. How might you practice living out this definition in your relationships and communities?
- Joseph's brothers once viewed him as an enemy, yet their reunion would later become an occasion for grace. Where might God be calling you to move beyond old divisions and see reconciliation as holy work?



Wednesday, March 4

*Daily Reading: Psalm 119:73-96 / Genesis 42:18-28 / 1 Corinthians 5:9–6:8  
Mark 4:1-20*

He began to teach them many things in parables, and in his teaching he said to them: “Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.” — Mark 4:2-8

*Reflect: How might you share the Gospel in ways that feel welcoming and meaningful?*

#### Going Deeper

- When you imagine the crowd pressing in on Jesus, how do you picture your own demand on him amid the noise of your life?
- Jesus describes the many ways people receive the word—some reject it, some lose it and some let it flourish. Which kind of “soil” best describes your heart right now?
- Psalm 119 celebrates God’s law as a source of joy and growth. What spiritual practices help your faith grow deep roots?



Thursday, March 5

*Daily Reading: Psalm 74 | Genesis 42:29-38 | 1 Corinthians 6:12-20 | Mark 4:21-34*

For to those who have, more will be given; and from those who have nothing, even what they have will be taken away. — Mark 4:25

*Reflect: What things bring you closer to God? Do you feel that you can go deeper into your prayer life?*

#### Going Deeper

- What new ways of praying might God be calling you to explore?
- In Genesis, Jacob struggles with fear and loss as he faces the unknown. How do you respond when faced with uncertainty or difficult decisions?
- Paul urges the Corinthians to remember that their bodies are temples of the Holy Spirit. How does your physical being—your breath, your senses, your movement—play a role in your prayer life?



Friday, March 6

*Daily Reading: Psalm 73 / Genesis 43:1-15 / 1 Corinthians 7:1-9 / Mark 4:35-41*

A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" — Mark 4:37-40

*Reflect: How has your own spiritual path been tossed about by the waves of the world?*

#### Going Deeper

- When you imagine yourself in that storm-tossed boat, what emotions arise? How do you bring those feelings before God in prayer?
- Jesus slept in the midst of chaos. What might it look like for you to rest in that same peace, trusting that God remains at the helm even when you cannot see the shore?
- Paul describes perseverance through hardship as part of faithful ministry. How might God be shaping your compassion and endurance through the storms you've faced?



Saturday, March 7

*Daily Reading: Psalm 23, 27 | Genesis 43:16-34 | 1 Corinthians 7:10-24 | Mark 5:1-20*

The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. — Mark 5:14-15

*Reflect: Can you take these questions into your prayer life? Can you ask God to help you understand why these “demons” are among us?*

#### Going Deeper

- What does it mean to you that Jesus restores the man not only to health but also to his right mind and community?
- The townspeople were afraid when they saw the man healed. Why do you think we sometimes fear the very transformation we’ve prayed for, whether in ourselves or others?
- Jesus listened to the voice of the demons before casting them out. What might this teach you about confronting your own struggles?
- What does true spiritual restoration look like for you right now?



## Spotlight on the Work of Episcopal Relief & Development

Around the world, women play a vital role in the agriculture sector. In many of the rural communities Episcopal Relief & Development serves, they work alongside men in the fields, cultivate home [gardens](#) and raise livestock. They do this to feed their families, generate income for essential household needs and support the development of their communities. In [Angola](#), women small-scale farmers like Laura power the agricultural sector: [over 60% of the country's agriculture labor force](#) are women.

Farmers in the area, both men and women, face serious climate-related challenges like increasingly hard-to-predict weather patterns and severe weather events such as droughts and flash flooding. Small-scale women farmers face additional challenges, including a lack of access to and control of finances, land, livestock and information about farming techniques adapted to address climate change.

Through our partnership with the Anglican Church of Angola, the Diocese of Cristo Rei, Episcopal Relief & Development equips and supports farmers in rural communities to build climate and economic resilience. During 2023 and 2024, women accounted for over 61% of program participants.

"I am one of the first participants of the livestock breeding training," shared Arminda, a resident of the Sassa community. "I'm very happy—it's a win."

With the money Arminda earns from the new animal breeding venture, she can purchase necessities like food, clothes and school supplies for her children with some remaining to reinvest in growing her entrepreneurial venture.

"The earnings will help me acquire seeds for the gardening that I also carry out," she explained. "In the future, I plan on being a supplier of animals to meat sellers."

In the neighboring Banza Quinguanga village, Laura and members of her community participated in the same climate resilience program. She reported similar success and optimism for the future.

"During the first breeding cycle," Laura said, "one of my pigs gave birth to 6 piglets."

[Visit our website to learn more.](#)





# Week 4

March 9-14

Monday, March 9

*Daily Reading: Psalm 77, [79] | Genesis 44:18-34 | 1 Corinthians 7:25-31 | Mark 5:21-43*

He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease... He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). — Mark 5:34, 41-42a

*Reflect: Have you ever known a person who was healed or transformed after it seemed too late for them? Think about God's timing in your own life. Have there been situations when, in retrospect, God's timing turned out to be just what you needed?*

## Going Deeper

- When you reflect on God's timing, how do you respond in the waiting? Do you grow restless, doubtful or more trusting of God's unfolding plan?
- Both the hemorrhaging woman and Jairus's daughter experienced healing after long suffering. What parts of your life feel as though healing or renewal are taking too long? How can you bring that honestly before God?
- Jesus treats both a prominent leader and an outcast woman with the same compassion. Does your faith community show that same impartial love?
- What practices or prayers help you cultivate patience and faith during seasons of uncertainty?



Tuesday, March 10

*Daily Reading: Psalm 78:40-72 | Genesis 45:1-15 | 1 Corinthians 7:32-40 | Mark 6:1-13*

Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief... "If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." — Mark 6:4-6, 11

*Reflect: How have you successfully or unsuccessfully modeled your faith to non-believers?*

#### Going Deeper

- Jesus was rejected in his own hometown. When have you experienced rejection or misunderstanding? How did you respond?
- The disciples were told to shake the dust off their feet when people would not receive them. How do you know when it's time to let go of a situation or person you cannot change?
- How can you model the love of Christ like Joseph modeled forgiveness toward his brothers? In what ways can compassion open doors that argument and anger cannot?
- Psalm 78 recalls God's faithfulness despite Israel's stubbornness. When have you seen God remain faithful to you even when your own faith was weak or others around you did not believe?



Wednesday, March 11

*Daily Reading: Psalm 81, 82 | Genesis 45:16-28 | 1 Corinthians 8:1-13 | Mark 6:13-29*

The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb. — Mark 6:26-29

*Reflect: Can you think of people who are carrying out John and Jesus' call to repentance in our modern age?*

### Going Deeper

- John the Baptist spoke truth to power, even when it cost him his life. What truths are you being called to speak? What fears or pressures hold you back?
- Herod admired John but lacked the courage to act on what he knew was right. When have you felt torn between doing what's right and pleasing others? How did you handle that tension?
- Repentance, or *metanoia*, means turning one's heart and mind toward God. Where in your life might God be inviting you to a change in thinking, direction, or attitude?
- Paul reminds the Corinthians that knowledge alone can make us proud, but love builds up. How can love guide your response to injustice?



Thursday, March 12

*Daily Reading: Psalm 85, 86 / Genesis 46:1-7, 28-34 / 1 Corinthians 9:1-15 / Mark 6:30-46*

Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all. And all ate and were filled; and they took up twelve baskets full of broken pieces and of the fish. Those who had eaten the loaves numbered five thousand men.

— Mark 6:41-44

*Reflect: Where have you seen examples of corrupt systems that cause poverty and hunger? How can you play a role in forming a more just system?*

Going Deeper

- What resources—spiritual or material—might you offer to help feed a hungry world?
- The miracle of the loaves and fishes begins not with abundance but with scarcity and trust. How has God multiplied something small in your life to bless others?
- In Genesis, God reassures Jacob not to be afraid to journey to Egypt, promising to provide for his family there. How can trust in God's provision give you courage to take steps of faith in uncertain times?



Friday, March 13

*Daily Reading: Psalm 91, 92 | Genesis 47:1-26 | 1 Corinthians 9:16-27 | Mark 6:47-56*

And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed. — Mark 6:56

*Reflect: When was a time in your life when you were truly surprised by God's presence?*

#### Going Deeper

- The disciples were terrified when Jesus walked on water, not realizing it was him. Reflect on a time when fear or confusion kept you from recognizing God's presence in your life.
- The crowds in Gennesaret sought only to touch the fringe of Jesus' cloak. What would it look like for you to reach toward God with that same humility?
- Psalms 91 and 92 speak of God's protection and faithfulness. When have you experienced God's steady care during times of uncertainty or fear?
- Paul talks about running the race with purpose and discipline. What practices help you stay spiritually awake so that you can recognize God's presence, even when it comes in unexpected ways?



Saturday, March 14

*Daily Reading: Psalm 136 / Genesis 47:27–48:7 / 1 Corinthians 10:1-13 / Mark 7:1-23*

And he said, “It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”  
— Mark 7:20-23

*Reflect: What are some ways that you have learned to transform destructive reactions into charitable responses?*

#### Going Deeper

- When you feel wronged or misunderstood, how do you discern whether your response reflects love or defensiveness? What holy habits might help you in this discernment?
- Paul calls believers to avoid idolatry and to live for the glory of God. What “idols” in your life keep your heart from being fully centered on God?
- Jacob blesses his sons and grandsons, turning his experiences and even his hardships into blessings for others. How can your struggles or failures become sources of compassion and wisdom?



## Spotlight on the Work of Episcopal Relief & Development

“I didn’t even know that children need routine vaccination,” Phelix reflected. “I thought I only had to ensure there was plenty of food in the house.”

Phelix and his wife Abishag are raising two children, Kyan and Leah, in their village in Western Kenya. A hard worker, Phelix farms and makes charcoal to support his family, but because of this he has often deprioritized playing and engaging with his children. Much of the nurturing and household upkeep has fallen to Abishag.

In [Kenya, Moments That Matter®](#) (MTM), the [Early Childhood Development](#) (ECD) partnership between Episcopal Relief & Development and [ADS-Nyanza](#), supports parents and caregivers to learn, develop and practice new techniques for helping their children thrive.

Phelix and his family live in a low-literacy community, which is common in many of the places where Episcopal Relief & Development works. To address this learning challenge, MTM meets people where they are by including image-based participatory tools that support adult participants of all literacy levels to transform their lives and the lives of their families. The tools are developed and modified in partnership with local leaders for use in each community we work with.

Through MTM, Phelix participated in a parenting group led by a community-based ECD volunteer. In communities across Africa, volunteers are trained by our partners to make home visits and host events for parents and caregivers. This model offers families personalized attention as they develop healthy habits. Guided by the group’s assigned ECD volunteer, Phelix and other parents learned about gentle parenting, healthy family relationships and critical health information for children.

To ensure participants of different literacy levels can benefit from these parenting groups, ECD volunteers use a specially designed workbook, known as an “Actions to Practice Passport.” It includes simple language and common cultural phrases alongside illustrations that portray clothing patterns and skin tones that feel familiar to participants. In addition, the workbook includes activities and checklists to facilitate goal setting, encourage reflection and track progress.

“I started by practicing what I saw in the passport,” Phelix said. “I had to commit to it, and slowly, I enjoyed it. Now, it runs in my blood, and each day, I work to improve my parenting skills.”

[Visit our website to learn more.](#)





# Week 4

*March 16-21*

Monday, March 16

*Daily Reading: Psalm 89:19-52 | Genesis 49:1-28 | 1 Corinthians 10:14–11:1  
Mark 7:24-37*

They were astounded beyond measure, saying, “He has done everything well; he even makes the deaf to hear and the mute to speak.” — Mark 7:37

*Reflect: How can you find common ground with those who are different from you or who may be considered “outsiders” in a social setting?*

## Going Deeper

- The Syrophenician woman’s persistence changed the course of her daughter’s life. What can her story teach you about perseverance in prayer when you feel unheard or unworthy?
- The man’s healing began when Jesus touched him and said, “Be opened.” In what areas of your life do you long for your heart, ears or eyes to be opened more fully to God’s truth?
- Jacob blesses his sons, who each have their own flaws and gifts. How does this story help you recognize the value and potential in those who don’t fit your expectations?



Tuesday, March 17

*Daily Reading: Psalm 94, [95] | Genesis 49:29–50:14 | 1 Corinthians 11:17-34  
Mark 8:1-10*

Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled. — Mark 8:6-8a

*Reflect: What does food symbolize to you? How do the two feeding stories in Mark shape your understanding of the spiritual food of God?*

#### Going Deeper

- When has sharing a meal become a moment of connection or grace for you?
- Jesus blesses and breaks the loaves before feeding the crowd. What does this act of breaking and giving teach you about generosity, humility and trust in God's abundance?
- Paul reminds the Corinthians that sharing the Lord's Supper is an act of unity and care for others. How does your participation in worship become an opportunity to feed others with love and grace?



Wednesday, March 18

*Daily Reading: Psalm 119:121-144 / Genesis 50:15-26 / 1 Corinthians 12:1-11  
Mark 8:11-26*

Now the disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. And he cautioned them, saying, "Watch out — beware of the yeast of the Pharisees and the yeast of Herod."  
— Mark 8:14-15

*Reflect: What are some of the teachings and actions of Jesus that you have trouble understanding? Can you bring those questions into your prayer life and ask God to give you eyes to see?*

#### Going Deeper

- When have you felt like the disciples, like you were missing the point of what Jesus was trying to teach? What helped you grow in understanding?
- The blind man in Bethsaida begins to see gradually, not all at once. When have you experienced spiritual growth as a process rather than a single moment of clarity?
- Psalm 119 speaks of longing to understand God's commandments. How can you make space in prayer to ask God to open your eyes to truths you may not yet understand?



Thursday, March 19

*Daily Reading: Psalm 73 | Exodus 1:6-22 | 1 Corinthians 12:12-26 | Mark 8:27–9:1*

He asked them, “But who do you say that I am?” — Mark 8:29a

*Reflect: Are there any situations in your life story where God’s solution was better than what you wanted to happen?*

#### Going Deeper

- Imagine Jesus asking you, “Who do you say that I am?” How would you answer his question?
- Peter struggles to accept that the Messiah must suffer. When have you found it difficult to trust God’s plan because it didn’t match your hopes or expectations?
- In Exodus, the midwives defy Pharaoh’s command and protect life, trusting in God rather than earthly power. What might it look like for you to act faithfully and courageously when obedience to God conflicts with worldly logic?



Friday, March 20

*Daily Reading: Psalm 107:1-32 | Exodus 2:1-22 | 1 Corinthians 12:27–13:3  
Mark 9:2-13*

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them. — Mark 9:2

*Reflect: Who was Jesus to you as you grew in faith? How has your concept of Jesus changed since you first began to believe?*

#### Going Deeper

- When have you had a “mountaintop moment?” What made it so special?
- Psalm 107 celebrates God’s power to rescue and redeem in times of distress. Reflect on a time when you saw God’s saving light break through your own times of darkness or confusion.
- Paul reminds the Corinthians that love is greater than all spiritual gifts. How can growing in love deepen your faith and help you access other spiritual gifts?



Saturday, March 21

*Daily Reading: Psalm 33 / Exodus 2:23–3:15 / 1 Corinthians 13:1-13 / Mark 9:14-29*

Someone from the crowd answered him, “Teacher, I brought you my son; he has a spirit that makes him unable to speak; and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.” He answered them, “You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.”

— Mark 9:17-19

*Reflect: How can you be an active participant in healing? What holy habits might help in this journey?*

#### Going Deeper

- When have you found yourself praying like the boy’s father? How can prayer help you navigate struggles of faith and doubt?
- Psalm 33 celebrates the steadfast love of God who delivers the psalmist’s soul from death. How might gratitude deepen your faith and trust in that love?
- Paul reminds us that love never fails. How can practicing love be a way of bringing wholeness to others—and to yourself?



## Spotlight on the Work of Episcopal Relief & Development

Often, when a disaster strikes, churches and faith-based organizations provide goods and services like shelter, hot meals and supplies. It's needed when there's no power or water and local grocery stores are out of supplies or too damaged to open. However, cash-and-voucher assistance (CVA), a model that delivers direct financial support to cover costs like rent, food, transportation, medical expenses and/or temporary housing, is helping disaster survivors efficiently take control of their recovery.

In Louisiana, Episcopal Relief & Development partners with the [Episcopal Diocese of Louisiana \(EDOLA\)](#) to help families recover after hurricanes and floods. Through this program, the Diocese offers families cash assistance so that they can quickly cover unexpected costs and create a sense of stability.

In the global context, some major players are beginning to [cut CVA funding](#) because of perceived risks or pressure to cut their budgets. Industry-wide [research](#), however, has found that CVA is effective.

At Episcopal Relief & Development, our own research has shown that CVA is worth further investment in order to advance lasting change in communities impacted by injustice, poverty, disaster and climate change. Recently, Episcopal Relief & Development program officers and monitoring, evaluation and learning (MEL) team members surveyed program participants to measure the effectiveness of our CVA program in partnership with EDOLA and found that this model is reshaping disaster response by meeting people where they are and working with them to lead their own recovery.

[Visit our website to learn more.](#)





# Week 5

*March 23-28*

Monday, March 23

*Daily Reading: Psalm 35 / Exodus 4:10-20(21-26)27-31 / 1 Corinthians 14:1-19  
Mark 9:30-41*

He sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” Then he took a little child and put it among them; and taking it in his arms, he said to them, “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.” — Mark 9:35-37

*Reflect: Can you imagine a world in which all humankind is of service to each other? What would that look like?*

## Going Deeper

- Jesus welcomes a child—someone considered small and powerless—as a symbol of God’s kingdom. What lessons can you learn from this passage?
- In Exodus, Moses protests that he is slow of speech, yet God assures him that divine strength works through human weakness. How can embracing your own limitations open you to serving others?
- Paul reminds the Corinthians to seek gifts that build up the community. What would your home, church or workplace look like if everyone focused on using their gifts to serve others rather than to be seen or praised?



Tuesday, March 24

*Daily Reading: Psalm 124, 125, 126, [127] | Exodus 5:1–6:1  
1 Corinthians 14:20-33a, 39-40 | Mark 9:42-50*

And if your eye causes you to stumble, tear it out; it is better for you to enter the kingdom of God with one eye than to have two eyes and to be thrown into hell, where their worm never dies, and the fire is never quenched.  
— Mark 9:47-48

*Reflect: What were you taught about hell? What is your belief about hell now?*

### Going Deeper

- Jesus speaks of cutting off or removing whatever causes us to stumble. What spiritual clutter or destructive habits is God inviting you to release?
- Psalm 126 celebrates restoration after hardship. How could letting go of harmful attitudes or fears make space for that kind of renewal in your own life?
- In Exodus, Moses faces Pharaoh's resistance and questions God's timing. When have you struggled to trust that God was still at work when you were experiencing difficulties?



Wednesday, March 25

*Daily Reading: Psalm 128, 129, 130 | Exodus 7:8-24 | 2 Corinthians 2:14–3:6  
Mark 10:1-16*

But from the beginning of creation, “God made them male and female.” For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.”  
— Mark 10:6-9

*Reflect: How do you deal with challenging passages in scripture? Do you have a prayerful response that helps you with this encounter?*

#### Going Deeper

- Psalm 130 speaks of waiting for the Lord more than watchmen for the morning. How can a posture of waiting and trust help you approach Scripture, particularly if it stirs discomfort or confusion?
- In Exodus, Moses and Aaron confront Pharaoh with signs of God’s power. What would it look like for you to approach God’s Word with the same courage?
- Paul reminds the Corinthians that the new covenant is written not on tablets of stone but on human hearts. How can you let God’s Spirit soften your heart, so that even challenging teachings become opportunities for transformation?



Thursday, March 26

*Daily Reading: Psalm 140, 142 | Exodus 7:25–8:19 | 2 Corinthians 3:7-18  
Mark 10:17-31*

Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” — Mark 10:21

*Reflect: What do you think of this passage? Monastics take it literally, but it can also be interpreted differently for modern minds.*

### Going Deeper

- When you hear Jesus say to sell what you own and give the money to the poor, how does it make you feel?
- Jesus looked at the man and loved him before giving this hard instruction. How does love change the way you hear challenging calls from God?
- Paul writes that when we turn to the Lord, the veil is lifted, and we see God’s glory more clearly. What might you need to let go of so that your heart is freer to see and reflect that glory?



Friday, March 27

*Daily Reading: Psalm 141, 143:1-11(12) | Exodus 9:13-35 | 2 Corinthians 4:1-12  
Mark 10:32-45*

James and John, the sons of Zebedee, came forward to him and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink or be baptized with the baptism that I am baptized with?" They replied, "We are able." — Mark 10:35-39a

*Reflect: When has God made you face your fears? How did you feel about God's plan as opposed to your own?*

#### Going Deeper

- When have you prayed for something specific, only to have God answer in a completely different way? How did that experience shape your trust in God?
- James and John wanted honor, but Jesus offered them a cross. When has following Christ required you to let go of comfort, ambition or control?
- Paul reminds the Corinthians that we have this treasure in clay jars. How can accepting your limitations become a source of courage and faith?



Saturday, March 28

*Daily Reading: Psalm 42, 43 | Exodus 10:21–11:8 | 2 Corinthians 4:13-18  
Mark 10:46-52*

Then Jesus said to him, “What do you want me to do for you?” The blind man said to him, “My teacher, let me see again.” Jesus said to him, “Go; your faith has made you well.” Immediately he regained his sight and followed him on the way. — Mark 10:51-52

*Reflect: When have your eyes been opened on your spiritual journey?*

#### Going Deeper

- The blind man recognized Jesus before he could physically see him. How does faith help you perceive God’s presence?
- Psalms 42 and 43 express a deep yearning for God. When have you felt spiritual hunger?
- Paul reminds us that what is seen is temporary, but what is unseen is eternal. How can this perspective help you trust that spiritual sight is deeper than what the eyes can perceive?



## Spotlight on the Work of Episcopal Relief & Development

In the rural community of Nkonya in the western North Region of [Ghana](#), men are supporting each other on a journey towards building healthier family relationships.

Samuel is a smallholder cocoa and rice [farmer](#). Together with his wife, Angelina, they are raising nine children, three of whom are under five. Their home once mirrored the traditional structure Samuel grew up in—where roles were strictly defined, fathers were distant and the weight of caregiving fell heavily on mothers.

“I grew up in a large family,” he recalls. “My father had four wives and 30 children. My mother was the second wife and had 13 children. My father did not play any active role in our upbringing. Each woman cared for her own children. I started doing all kinds of menial work as a teenager to meet my needs.”

Without a model of involved fatherhood, Samuel’s early years as a parent followed a similar pattern. “I did not spend much time with my family nor support my wife with household chores. I thought those activities were solely for women and did not care much about it.”

Everything began to shift 18 months ago when his wife Angelina enrolled in Episcopal Relief & Development and [Anglican Diocesan Development and Relief Organization’s](#) (ADDRO) [Moments That Matter®](#) (MTM) program partnership. MTM is an [Early Childhood Development](#) (ECD) program that supports the healthy development of children ages 0 to 3 by engaging parents and caregivers with tools for more impactful nurturing through play, nutrition, reading and other activities.

Samuel and his wife Angelina are part of an MTM approach that focuses on creating harmonious relationships within families and fostering economic stability.

Angelina has felt the change deeply. “I feel loved now. My husband is more caring, supportive, and he helps with household work. Before, he didn’t value our daughters’ education. Now, he supports all our children equally.”

The impact is spreading. Samuel says that more men in the community are starting to show affection and participate in household chores. Samuel has even become an advocate among his peers, helping them to build strong families.

“I sing, read stories and do interactive activities with my family now,” he said. “We even have a family meeting every Saturday night after supper to talk about our challenges and the responsibilities on our farm.”

[Visit our website to learn more.](#)



# Week 6

*March 30-April 5*

## Monday of Holy Week, March 30

*Daily Reading: Psalm 69:1-23 / Lamentations 1:1-2, 6-12 / 2 Corinthians 1:1-7  
Mark 11:12-25*

On the following day, when they came from Bethany, he was hungry. Seeing in the distance a fig tree in leaf, he went to see whether perhaps he would find anything on it. When he came to it, he found nothing but leaves, for it was not the season for figs. He said to it, "May no one ever eat fruit from you again." And his disciples heard it. — Mark 11:12-14

*Reflect: As we move into Holy Week, what are some issues that your faith calls you to engage? How can you bear the fruits of compassion in those situations?*

### Going Deeper

- When has your faith stirred in you righteous anger about injustice? How did you respond?
- Jesus' cleansing of the temple reveals his deep care for the poor and for the integrity of worship. What practices in your life help you stay focused on God rather than the "moneychangers" of distraction or self-interest?
- Psalm 69 and Lamentations 1 both cry out from places of suffering and injustice. How do these passages speak to the pain you see in the world today?





## Tuesday of Holy Week, March 31

*Daily Reading: Psalm 94 | Lamentations 1:17-22 | 2 Corinthians 1:8-22 | Mark 11:27-33*

Jesus said to them, "I will ask you one question; answer me, and I will tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin? Answer me." They argued with one another, "What should we say? If we say, 'From heaven,' he will say, 'Why then did you not believe him?' But shall we say, 'Of human origin?'"—they were afraid of the crowd, for all regarded John as truly a prophet.

— Mark 11:29-32

*Reflect: What were you taught about death when you were growing up? How have your beliefs around death changed?*

### Going Deeper

- Jesus stands before the religious leaders without fear, knowing that obedience to God will lead him toward death and resurrection. When have you chosen courage over self-preservation?
- In Lamentations, Jerusalem grieves her desolation. How can honest lament and mourning open the door to deeper hope in God's promise of new life?
- Paul writes that God raises the dead and delivers us from despair. How might remembering God's power over death bring you peace?



## Wednesday of Holy Week, April 1

*Daily Reading: Psalm 74 / Lamentations 2:1-9 / 2 Corinthians 1:23–2:11 / Mark 12:1-11*

What then will the owner of the vineyard do? He will come and destroy the tenants and give the vineyard to others. Have you not read this scripture: “The stone that the builders rejected has become the cornerstone; this was the Lord’s doing, and it is amazing in our eyes?” — Mark 12:9-11

*Reflect: Can you think of other difficult questions that this parable raises?*

### Going Deeper

- The tenants refuse to acknowledge the owner’s authority and seek to seize the vineyard for themselves. When have you been like the tenant, struggling with control and pride and wanting to own what belongs to God?
- What does it mean for you to have Christ as the “cornerstone” of your life?
- Paul urges forgiveness and reconciliation. How does that message impact your reading of this parable?



## Maundy Thursday, April 2

*Daily Reading: Psalm 142, 143 | Lamentations 2:10-18 | 1 Corinthians 10:14-17; 11:27-32  
Mark 14:12-25*

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God." — Mark 14:22-25

*Reflect: What parts of Holy Week are the most moving for you? What emotions do you experience?*

### Going Deeper

- Imagine being present with Jesus and the disciples at the Last Supper. What do you see, hear and feel?
- Maundy Thursday begins with a feast and ends with betrayal. How do you handle situations that have both joy and sorrow?
- The sisters' tradition of joyful Eucharist followed by silence and desolation mirrors the rhythm of human life. What rituals or patterns in your spiritual life help you hold those opposites in balance?



## Good Friday, April 3

*Daily Reading: Psalm 40:1-14(15-19), 54 | Lamentations 3:1-9, 19-33 | 1 Peter 1:10-20  
John 19:38-42*

They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

— John 19:40-42

*Reflect: Which parts of the Holy Week observances deepen your experience? Are there any you would rather avoid?*

### Going Deeper

- How could entering into silence help you draw nearer to the mystery of the cross? What do you discover about God, and about yourself, when words fall away?
- The sisters' practice of fasting and praying together reminds us that grief can be communal. When have you experienced solidarity or healing through shared sorrow with others?
- John's Gospel ends this day in stillness. How do you live in that "in-between" space between loss and resurrection, despair and hope?



## Holy Saturday, April 4

*Daily Reading: Psalm 27 / Lamentations 3:37-58 / Romans 8:1-11*

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. — Romans 8:1-4

*Reflect: What is your usual observance of Holy Saturday? Is silence a part of it?*

### Going Deeper

- What does “keeping vigil at the tomb” look like for you?
- What does it mean to you that Christ’s descent into death broke the power of “condemnation?”
- Jesus’ body lay still, but his Spirit was at work. How can rest, quiet or sabbath observance become a form of faith for you, a way of trusting God’s unseen work?



## Easter Day, April 5

*Daily Reading: Psalm 113, 114, or 118 / Isaiah 51:9-11 / Luke 24:13-35 or John 20:19-23*

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."  
— John 20:19

*Reflect: Where do you encounter the risen Lord in your life? What moments give you hope?*

### Going Deeper

- The disciples were still afraid when Jesus appeared among them. What fears keep your spiritual "doors" locked?
- What practices and holy habits help you rediscover moments of resurrection?
- The disciples go from hiding to proclaiming the good news. How will you share the hope of resurrection with others?



## Spotlight on the Work of Episcopal Relief & Development

Because of the war in Ukraine, Europe is facing its largest refugee crisis since World War II. As of October 2025, [more than 5 million Ukrainians](#) are living as refugees, and millions more are internally displaced. In response, the European Union issued its first-ever [temporary protection directive](#), granting access to healthcare, education, legal residency and employment for [Ukrainian refugees](#).

Even with protections, refugees often face significant challenges like learning unfamiliar languages, navigating a new legal system and finding job opportunities and reliable childcare. While getting settled in a new place, they are also managing the complex emotions resulting from the horrors of war and a deep longing for peace in their homeland. Vulnerability deepens for women, older adults and people living with disabilities, who often fall through the cracks of traditional aid systems.

Recognizing these realities, [Episcopal Relief & Development](#) partnered with [the Convocation of Episcopal Churches in Europe \(CECE\)](#) to launch a refugee support program in 2022. Together in 2024, we supported over 40,000 refugees in 11 countries with health care, legal aid, language classes, employment assistance and basic essential items.

Each project site is refugee-led and supported by church volunteers, varying from art therapy for children in Germany to a fashion collective in Italy. In Cyprus, one group teaches bicycle safety, helping families feel secure while traveling around their new communities. In Belgium, families enjoy hot meals provided by a collective of local organizations.

Around the world, [record levels of displacement](#) are being driven by conflict, climate change and systemic inequality. An increasing number of people are risking their lives and the lives of people they love for safety and stability. It's easy to feel overwhelmed or powerless in the face of such need. However, our program with CECE shows what's possible when we prioritize dignity and local leadership as we work towards [a more just world](#).

[Visit our website to learn more.](#)

