



Episcopal Relief & Development invites you to develop Holy Habits this Lent.

For 15 years, Episcopal Relief & Development has been blessed by the opportunity to join readers on their spiritual journeys with thought-provoking meditations.

Written by Sister Monica Clare, an Episcopal nun, author and unlikely TikTok star, our 2026 meditations offer an invitation to rediscover—or deepen—holy habits of prayer, worship and Scripture engagement. These holy habits provide a path to a life rooted in God, given shape, meaning and direction.

Visit our website to subscribe to daily emails, download a PDF, read the meditations and access a Group Study Guide to reflect on the meditations and Scripture with others.



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