

Lent 2026

Walking Forward Together

Diocese of Coventry
Prayer Resource



Where are we heading?



**DIOCESE^{OF}
COVENTRY**

coventry.anglican.org/walking

INTRODUCTION

From Bishop Sophie



Dear Friends,

This year we are seeking God's refreshed vision and direction for the Diocese of Coventry. I invite you to join me as we journey through Lent in prayerful expectation that God will lead us as we walk forward together towards Easter. Starting on Ash Wednesday with a day of prayer and fasting, these weeks are an opportunity to reflect together in our homes, parishes and schools.

Might God be calling us towards a refreshed vision of '***Growing a Diocese: Reconciled to God, With each other, For the world***'...?

Let us discern with humble hearts, praying that God will help us as we walk forward together.

+ Sophie Carrington

A PRAYER FOR THIS SEASON

Eternal light, shine into our hearts,
Eternal goodness, deliver us from evil,
Eternal power, be our support,
Eternal wisdom, scatter the darkness of
our ignorance.

Eternal pity, have mercy upon us;
That with all our heart and mind and
soul and strength,
We may seek your face and be brought
by your infinite mercy to your holy
presence,
Through Jesus Christ our lord.
Amen

by Alcuin of York

**SCAN FOR THIS
RESOURCE ONLINE**



Or visit the website
coventry.anglican.org/walking



Ash Wednesday: Walking into Lent

BIBLE PASSAGE Matthew 6.1–6, 16–21

“Whenever you pray, go into your room and shut the door and pray to your Father”

REFLECTION

In today’s reading, Jesus calls the disciples away from public displays and towards hidden faithfulness.

Prayer, fasting and generosity are not about being seen by others, but about being reshaped. They draw us back to the heart of our faith - to where our treasure lies, and to who we are becoming *with each other*.

THE SIGN OF THE CROSS

Go to an Ash Wednesday service, or mark your forehead with a cross:



“Turn away from sin and be faithful to Christ,”

RESPONSE

How might you pray and fast during lent this year?

LENT: ASH WEDNESDAY

WEDNESDAY 18 FEBRUARY 2026

Week 1: Walking in Creation

BIBLE PASSAGE Genesis 3:8-13

"They heard the sound of the Lord God walking in the garden"

REFLECTION

This is the first bible story of God and humans walking together, and it is at this moment when sin breaks relationship, bringing mistrust, hiding and division. Yet God still comes walking in the garden, seeking friendship. Our human instinct is to hide and blame others, yet it is in confession where we acknowledge what has been lost, and turn to being *reconciled to God*.

MAKE AND DO

Draw round your feet and write a prayer for your lent journey inside the footprints.



RESPONSE

What makes you want to hide?
What do you want to
bring to God now?

LENT: WEEK ONE

SUNDAY 22 FEBRUARY 2026

Week 2: Walking to Freedom

BIBLE PASSAGE Exodus 13:17-22

"The Lord went in front of them in a pillar of cloud by day... and in a pillar of fire by night"

REFLECTION

God hears the cry of all those trapped in oppression. Freedom from the bondage of sin and captivity in the story of God's people is communal as well as individual.

In Exodus, God forms his people by calling them out *with each other*, even when the route is long and uncomfortable. God's presence guided the people day and night.

MAKE AND DO

Light a candle and think about where God's light is leading you, perhaps to new places.



RESPONSE

Where does God long to bring freedom in the places you live and work?

LENT: WEEK TWO

SUNDAY 1 MARCH 2026

Week 3: Walking in Pressure

BIBLE PASSAGE Daniel 3:13-28

“But I see four men unbound, walking in the middle of the fire, and they are not hurt”

REFLECTION

Shadrach, Meshach and Abednego walk together into the fire rather than into compromise. Their faithfulness is risky, but they discover that God is present in their place of greatest threat. Their faithfulness is rewarded in their allegiance to God, their courage sustained in being *with each other*, and their witness affirmed in the court of King Nebuchadnezzar.

MAKE AND DO

Make a nice hot drink, and sip it slowly, remembering God is with you in everything you do.



RESPONSE

What helps you to know God's presence under pressure?

LENT: WEEK THREE

SUNDAY 8 MARCH 2026

Week 4: Walking to Rebuild

BIBLE PASSAGE Nehemiah 2:11-18

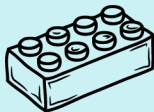
‘Come, let us rebuild the wall of Jerusalem, so that we may no longer suffer disgrace’

REFLECTION

Nehemiah begins the task of rebuilding the precious walls of Jerusalem not with strategy but with days of confession and prayer. Renewal starts when leaders weep over what is broken and invite the people to rebuild together. Being *reconciled to God* is slow, shared work, requiring honesty, courage, and collaboration.

MAKE AND DO

Use some blocks to build a wall. Who can build the strongest wall in 5 minutes?



RESPONSE

What walls need rebuilding among us, and how do we root this in prayer?

LENT: WEEK FOUR

SUNDAY 15 MARCH 2026

Week 5: Walking in Mercy

BIBLE PASSAGE Jonah 3 & 4

'I knew that you were a gracious God and merciful, slow to anger, abounding in love.'

REFLECTION

Repentance is not only for others, but for God's people. Jonah struggles to accept God's mercy for the people of Nineveh, and he tries to run away from the calling to invite others to be *reconciled to God*.

God shows his mercy before people change, and God's care *for the world* reaches far beyond our own comfort or worries.

MAKE AND DO

Play "What's the time Mr Wolf". Talk about how you know when it's time to move or turn around.



RESPONSE

Who do we find it hard to walk with?
How could we pray
for them?

LENT: WEEK FIVE

SUNDAY 22 MARCH 2026

Week 6: Walking to the Cross

BIBLE PASSAGE Matthew 21:1-11

“Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!”

REFLECTION

Jesus arrives in Jerusalem as the crowds cheer him on. Their praise comes from hope; but Jesus is showing a new kind of power and victory.

During Holy Week, he invites his followers to go deeper *with each other* - choosing faithful obedience as part of God's salvation *for the world*.

MAKE AND DO

Act out the palm procession using Lego, toys or friends or make and decorate a palm cross.



RESPONSE

How could we welcome and follow Jesus as our King this week?

LENT: HOLY WEEK

SUNDAY 29 MARCH 2026

Week 7: Walking in New Life

BIBLE PASSAGE Luke 24:13–35

“Then their eyes were opened and they recognised him”

REFLECTION

The disciples came to recognise Jesus amongst them. They were changed by the encounter with the Risen Lord and moved from being downcast to having joy-filled hope. As we journey with Jesus we will be changed by him, and like them be sent as God’s chosen people, *for the world*.

MAKE AND DO

Go on an outdoor walk with others. Stop to eat some bread and talk about what you have learnt together this Lent.



RESPONSE

How might we share our hopes of being
*reconciled to God,
with each other,
for the world?*

EASTER WEEK

SUNDAY 5 APRIL 2026



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COVENTRY

If you would like to contribute any words or pictures to the ongoing discernment of Walking Forward Together, please email communications@coventry.anglican.org by 30th April 2026.

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