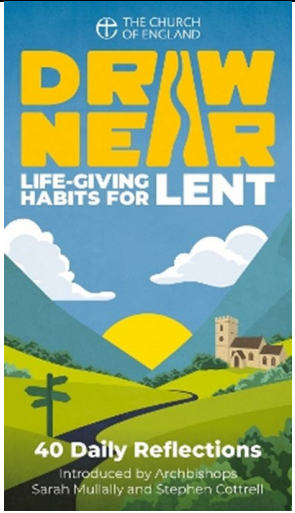

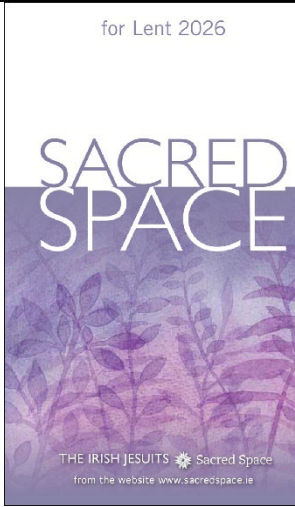
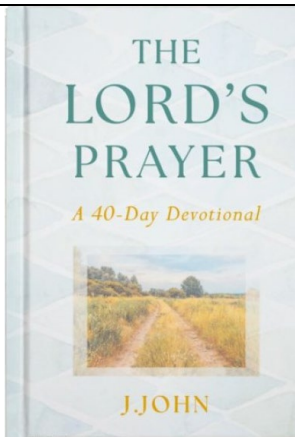


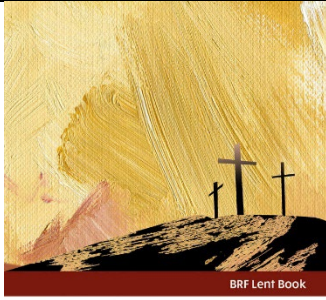
Resources for Lent: New for 2026

(Last updated 23rd January)

Physical Books

	<p><i>Wardrobes and Rings: Through Lenten Lands with the Inklings</i> Julia Golding, Malcolm Guite, Simon Horobin</p> <p>One place to purchase</p>	<p>Daily Readings. Weekly Themes (e.g. temptation, time, nature and creativity). Journey through Lent with the insight and imagination of the Oxford Inklings - a group of writers who reshaped Christian thought and storytelling in the 20th century. Drawing on the works of many including C.S. Lewis, J.R.R. Tolkien, Dorothy Sayers and T.S. Eliot, <i>Wardrobes and Rings</i> explores through their eyes a faith which is tinged with seriousness, creativity and joy. This devotional draws on their writings illuminating the path to the cross and resurrection.</p>
	<p><i>Dappled Beauty: Through Lent with Gerard Manley Hopkins</i> Carys Walsh</p> <p>One place to purchase</p>	<p>Daily Readings. A poetic and prayerful path through the season. Walsh invites readers on a journey of reflection and renewal, guided by Hopkins' vivid imagery, inventive language and deep theological insight. These meditations offer a fresh way to deepen reflection, devotion and spiritual discovery, whether you are new to Hopkins or a long-time admirer.</p>
	<p><i>A Season of Silence: Deep Listening in a Noisy World</i> Joshua Rey</p> <p>One place to purchase</p>	<p>Daily Readings & Practices. Offers daily steps that will gradually and gently guide you into a richer and deeper experience of contemplative silence. Each day offers a short reflection, a thought-provoking quotation from the Bible and other wisdom sources, and practical exercises to help you as you begin to cultivate a lifelong habit of contemplative silence. This is both about quieting external noise and fostering an inner stillness that continues to resonate throughout your day, bringing clarity, peace, and a profound sense of presence.</p>

	<p>Draw Near Reflections: Life-Giving Habits for Lent Kate Bruce, Michael Leyden, Jessica Martin</p> <p>One place to purchase</p>	<p>Daily Readings. Weekly Themes. Associated Group materials. The official Church of England booklet for Lent 2026. It invites you to develop a rhythm of life that will help you grow as a disciple of Christ day by day. Each week a different contributor explores an activity central to Christian discipleship: worship, prayer, Scripture, communion, service to others and sharing the good news. For each day of Lent it offers daily Bible readings, images, short reflections, prayers and practical responses to help you draw near to God. Example pages here. Outline here. Group materials here. Website here.</p>
	<p>Draw Near 40 Acts: A Lent Challenge for families & children Stewardship</p> <p>One place to purchase</p>	<p>Daily Readings & Challenges. This booklet encourages children, families, schools and church groups to build a habit of generosity with the help of 40acts. Many people choose to “give something up” for Lent. Draw Near with 40acts invites you to turn that on its head: give things away, give time, give encouragement, and discover the joy of walking in generosity. As well as an act of generosity, each day also offers a simple Bible verse, reflection and prayer ideal for families, children, school and church groups to do together. 40acts webpage. Example pages here. Additional resources here. Challenge wallchart here.</p>
	<p>Sacred Space for Lent 2026 The Irish Jesuits</p> <p>One place to purchase</p>	<p>Daily Readings. Weekly Topics. Sacred Space for Lent invites readers to develop a closer relationship with God during this season of prayer, fasting, and almsgiving. This daily guided prayer experience is a simple but profound way to journey through the season. In this easy-to-use format, you'll find weekly topics for meditation and prayer, as well as daily Scripture readings and brief reflections to ponder. Sacred Space for Lent is a beautiful way to both grow in relationship with God and embrace the season of preparation. Associated website here.</p>
	<p>The Lord's Prayer: A 40-Day Devotional J. John</p> <p>One place to purchase</p>	<p>Daily Readings. Ten Themes. This 40-day devotional explores ten rich themes drawn from the Lord's Prayer. Over four days per theme, you'll reflect on God's Personal love, Praise his name, align with his Purpose, adopt his Priority, and rely on his Provision. You'll also walk in his Pardon, extend Peace, lean on the Spirit's Presence, trust his Protection, and lift your eyes with Perspective.</p>

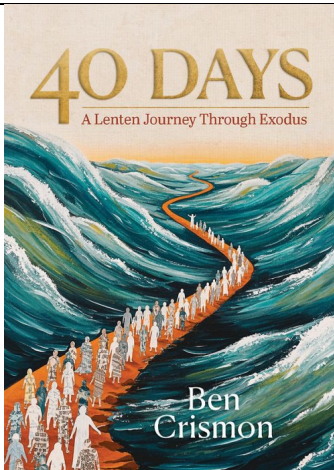


Giving It Up
Maggi Dawn
Daily Bible readings from
Ash Wednesday to Easter Day

Giving It Up: BRF Lent Book 2026
Maggi Dawn

[One place to purchase](#)

Daily Readings. The idea of 'giving something up for Lent' is widely known and discussed today - yet how many know that the ancient discipline of the Lenten fast had several purposes? How many of us simply abstain from some treat or other for a few weeks and fail to engage with this deeper meaning of Lent? This book shows how Lent can be a time for exploring a different kind of 'giving up', one that can transform our lives. If we are to draw closer to God, we have to be willing to give up some of our entrenched ideas about him, in order to see him more clearly.



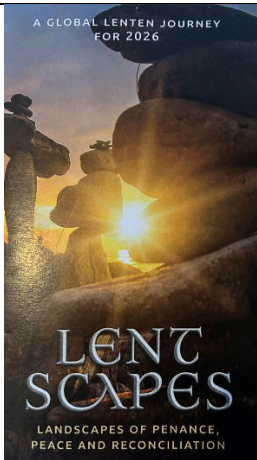
40 DAYS
A Lenten Journey Through Exodus

Ben Crismon

40 Days: A Lenten Journey Through Exodus
Ben Crismon

[One place to purchase](#)

Daily Readings. Walk alongside the Israelites through each chapter of Exodus—discovering their moments of faithfulness and failure, liberation and wandering—and see how their story speaks to yours. Each day offers historical context, meaningful spiritual insights, and practical questions to help hear God's promises, follow God's leadership, and prepare for Easter. Grow closer to God and deepen your discipleship, all while experiencing the central narrative of Exodus in a fresh, relatable way.



A GLOBAL LENTEN JOURNEY FOR 2026

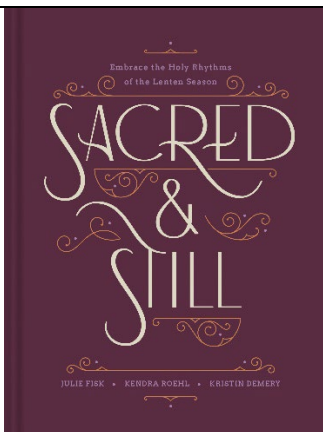
LENT SCAPES

LANDSCAPES OF PENANCE, PEACE AND RECONCILIATION

Lent•Scapes: Landscapes of penance, peace and reconciliation
Third Order, Society of Saint Francis

[One place to purchase](#)

Daily Readings. Through Scripture, global voices, and stories from diverse landscapes, this book offers Lent not as a season of heaviness, but as a path of honesty, healing, and renewed hope. Wherever we live – in cities or villages, along coasts or mountain paths – we share the same longing: to live truthfully, to mend what has been harmed, and to become people of peace. This is an invitation to return: to truth, compassion, community, and to the God who meets us in every landscape.



Embrace the Holy Rhythms of the Lenten Season

SACRED & STILL

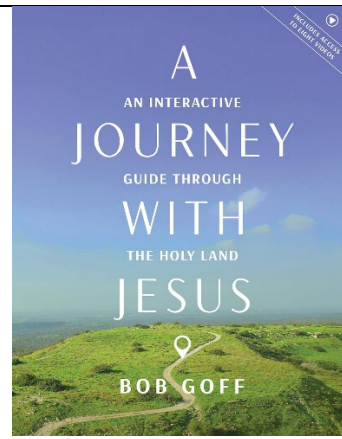
JULIE FISK • KENDRA ROEHL • KRISTIN DEMERY

Sacred and Still: Embrace the Holy Rhythms of the Lenten Season
Julie Fisk, Kendra Roehl, Kristin Demery

[One place to purchase](#)

Daily Readings. A gentle guide through Lent, exploring the deep significance of Jesus' crucifixion and delight in the celebration of His resurrection. Combining a rich church tradition with a fresh perspective, each day includes ways to incorporate fasting into life, prayers from Scripture, and reflection prompts. An invitation to carry the peace and love of Jesus into our everyday lives.

 <p>The Archbishop of Canterbury's Lent Book 2026</p> <p>Dancing to the heartbeat of God</p> <p>by the Anglican Communion</p> <p>foreword by Sarah Mullally</p>	<p><i>Dancing to the Heartbeat of God</i> The Anglican Communion</p> <p>One place to purchase</p>	<p>Six weeks. 4-6 Readings per Week. The Archbishop of Canterbury's Lent Book 2026. Bringing together around thirty contributors from across the globe, this rich volume reflects the breadth, diversity, and vitality of the Anglican Communion. Through personal stories, testimonies, and reflections, the book explores what it really means to follow Christ faithfully: listening for God's rhythm, responding with courage, and sharing faith with others in authentic and creative ways. Rooted in real experience rather than abstract theory, these voices speak with honesty, energy, and hope.</p>
 <p>PAULA GOODER</p> <p>LENT WISE</p> <p>06:30 SPIRITUAL ESSENTIALS FOR REAL LIFE</p> <p><small>"User-friendly, undaunting and profound. The author is an experienced and trustworthy guide on our journey through Lent. With her help, Lent will be a journey of delighted discovery and not a miserable, dutiful trudge." Jane Williams</small></p>	<p><i>Lentwise: Spiritual Essentials for Real Life</i> Paula Gooder</p> <p>One place to purchase</p>	<p>Course: 5 sessions. Using fresh insights from John's gospel, it explores: direction, nourishment, wisdom, refreshment, and security. Each session contains enough material for 90 minutes and includes: guidelines and full background notes for leaders; a passage from John's gospel, translated by the author; prompts for discussion and understanding; inspiring quotations and personal stories; prayer exercises; multimedia ideas, and worship resources. Each group member will need a copy of the book.</p>
 <p>GRAVITY DEFIED</p> <p>A LENT COURSE BASED ON THE MOVIE WICKED</p> <p>RACHEL MANN</p>	<p><i>Gravity Defied: A Lent course based on the movie 'Wicked'</i> Rachel Mann</p> <p>One place to purchase</p>	<p>Course: 5 session. The course explores themes relevant to each of us in the contemporary world, including: recognising what is good and right, and standing up for it even when mocked; the temptations of success, popularity and respectability; and the importance of friendship and solidarity. All is discussed within the context of Jesus's ministry recorded in the Gospels, the temptations and threats that he faced, and persecution of those who followed him. Includes suggested film clips, discussion questions, exercises and reflections, opening and closing prayers, and activities to consider across the week.</p>
 <p>AN UNLIKELY LENT</p> <p>EXTRAORDINARY PEOPLE OF THE EASTER STORY</p> <p>RACHEL BILLUPS</p>	<p><i>An Unlikely Lent: Extraordinary people of the Easter Story</i> Rachel Billups</p> <p>One place to purchase</p>	<p>Course: 6 sessions. The crucifixion and resurrection of Jesus are at the heart of the story of Easter. But the resurrection was not witnessed in isolation; it unfolded before a crowd. What might the stories of those women and men teach us today? How will they help us step into the story of Easter? Here, we can see what has been overlooked, not just in the grand moments but in the in-between: the silence, the side characters, and the questions. In addition to the book, other study components include a Leader Guide and DVD. Preview session 1 video here.</p>

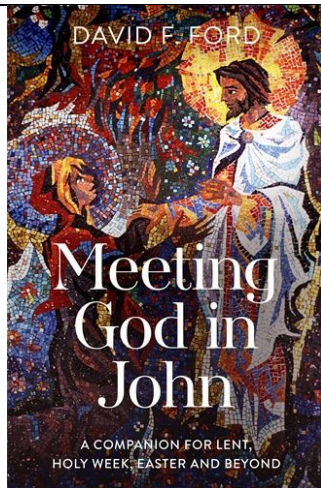


**A Journey with Jesus:
An Interactive Guide
Through the Holy
Land**

Bob Goff

[Accessible here](#)

Course: 8 sessions. Video access. Not strictly a 'Lent course' but published in Jan 26. Bob Goff uses immersive teaching filmed on location to take people on a journey across Israel—not as a tourist but as a follower of Jesus. From Capernaum, where community took root, to the Sea of Galilee, where joy met calling, each session includes stunning video, fascinating biblical and historical insights, reflection opportunities for personal or group study, and joyful storytelling.

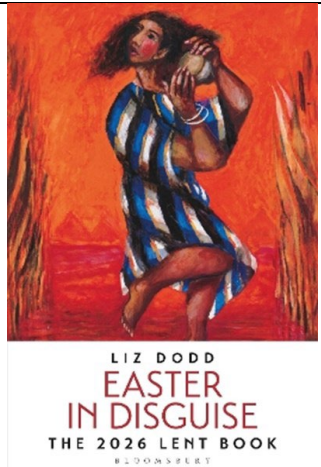


**Meeting God in John:
A companion for Lent,
Holy Week, Easter,
and Beyond**

David F. Ford

[One place to purchase](#)

Nine Chapters. Course materials. An accessible and absorbing introduction to the main message of John's Gospel, this book is perfect reading for Lent, and a brilliant spiritual resource for the rest of the year. It is packed with compelling observations into the personality and impact of Jesus, both then and now. Helpful for anyone seeking a richer grasp of the gospel message, its straightforward and illuminating approach makes it eminently helpful for new Christians. Each chapter includes questions for reflection or discussion. [Contents list here.](#) [Resources on 5 'Lent' chapters here.](#)

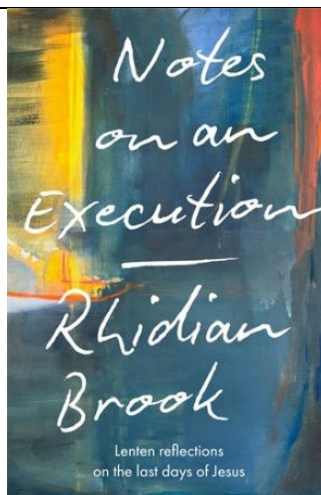


**Easter in Disguise:
The 2026 Bloomsbury
Lent Book**

Liz Dodd

[One place to purchase](#)

Seven chapters/themes. Sr Liz Dodd, an activist and journalist, outlines a new spirituality for social justice. This Lent she challenges Christians to do more than give up chocolate: Lent is God's invitation to shake up your life, rattle your parish, and change the world. Learn from Jesus spiritualities including solidarity, poverty, hospitality, peace-making and protest. Explore ways to practise them against racism, inequality, homelessness and the climate crisis alongside guides such as Dorothy Day, Martin Luther King, Jr, and Pope Francis.

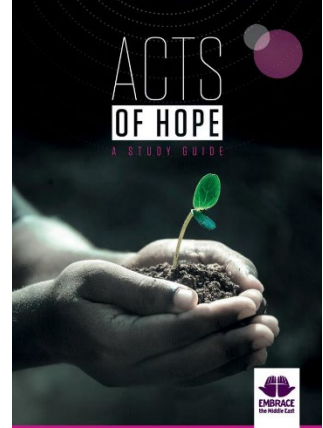


**Notes on an
Execution: Lenten
Reflections on the
Last Days of Jesus**

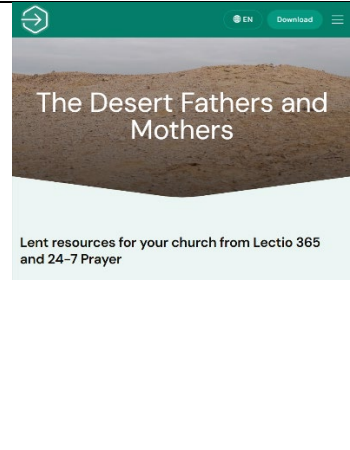

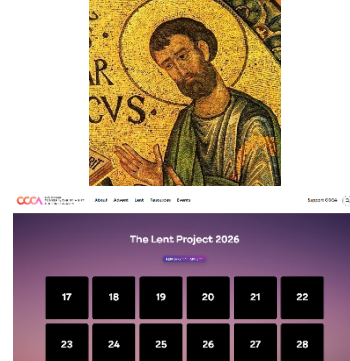
Rhidian Brook

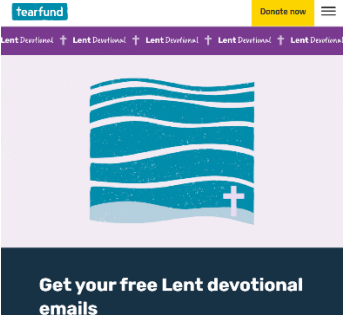




[One place to purchase](#)






Nine Chapters covering each day of Holy Week. Experience Holy Week as if for the first time... first hand. Novelist and broadcaster Rhidian Brook invites you into the story of Holy Week telling it as a series of vivid, real-time eyewitness reports, from Jesus' arrival in Jerusalem to his execution and beyond, without the cushion of hindsight. You stand among the crowds and disciples, experiencing each moment with all its original tension, shock and surprise – full of the confusion and hope with thoughtful questions for personal meditation or group discussion.



	<p>Acts of Hope Embrace the Middle East</p> <p>One place to purchase</p>	<p>Course. Separate Leaders' Guide. Journey through the Book of Acts and reflect on the attitudes and acts of the disciples that can encourage us to be bringers of hope through Holy Spirit-led attitudes and actions in our own age. Guide includes: weekly Scripture readings; reflections; stories for Middle East partners; questions and discussion topics; prayers and action points. Also available to purchase digitally here.</p>
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Online

	<p>Wisdom in the Desert: 40 Days in the Wilds of Faith with the Desert Fathers and Mothers Lectio 365 and 24-7 Prayer</p> <p>Accessible here</p>	<p>Daily Prayer. App. Church Resources: 7 Weeks. Based on the morning prayers series, these resources seek to help everyone go deeper into the themes of discipleship, spiritual rhythms and practices together. Alongside the Bible, it shares the ancient wisdom of the Desert Fathers and Mothers: a radically counter-cultural movement that chose to live, work and pray away from civilised society, in the foreboding desert landscape through the 3rd & 4th centuries. Includes videos. Sermon guide. Small Group Guide.</p>
<p>Online Prayer <small>Ignatian Spirituality from the Jesuits in Scotland</small></p> 	<p>Through Lent with St Matthew Ignatian Spirituality Centre Glasgow</p> <p>Accessible here</p>	<p>Daily Prayer. Website. Downloadable PDF. According to the Gospel, Jesus called Matthew while he was working at his tax booth in Capernaum, simply saying, "Follow me." Matthew immediately became one of Christ's disciples. Alongside Matthew, intentionally spend time with Jesus to see what he sees, to love as he loves, and to act out of this love. Each day includes: scripture; music; picture; reflection; prayer.</p>
	<p>The Gospel of Mark: The Servant King We Long to Know Biola University</p> <p>Accessible here</p>	<p>Daily Prayer. Website. Email. Using language and details that heighten Christ's mighty deeds and words, Mark is on a mission to convince his readers that Jesus is indeed the victorious Servant Messiah. Mark graphically details a series of miraculous transformational episodes inviting all of us into the throes of the gospel as participants. Explore the whole of Mark's Gospel via these reflections.</p>

 <p>Get your free Lent devotional emails</p>	<p>Living Water: Lent devotional emails Tearfund</p> <p>Accessible here</p>	<p>7 Weekly Emails. The Bible is filled with images of water – water that refreshes us, cleanses us, and brings justice, forgiveness, and the promise of new life in Jesus. Each week receive: a Biblical reflection on theme of water; stories from Tearfund’s work around the world; prayer points for self and world. Starts 22 February, continuing every Sunday through Lent, plus downloadable PDF version.</p>
 <p>Praying through Lent Using the Lord's Prayer</p> <p>Go Team Created for the Year of Prayer 2026 www.bathandwells.org.uk/children-young-people</p> <p>DIOCESE OF Bath & Wells Living and telling the story of Jesus</p>	<p>Praying through Lent Using the Lord's Prayer Diocese of Bath & Wells</p> <p>Accessible here</p>	<p>Daily Reflections/Activities. Six Themes. All Ages. A collection of simple daily ideas to help you pray through Lent. Each week focuses on one of the six petitions of the Lord’s Prayer. There’s a Bible passage and prayer activity or challenge to inspire people of all ages to join in and pray together. Also includes ideas for an introductory session.</p>
<p>Living Well Through Lent 2026</p>  <p>Cultivating Healing and Wholeness in Heart, Soul, Strength, and Mind</p>	<p>Living Well Through Lent 2026: cultivating healing & wholeness in heart, soul, strength, & mind Scott Stoner & guests</p> <p>Accessible here</p>	<p>Daily Reflections. Downloadable PDF. Emails & App. Leader's Guide for Small Groups. The offerings are based on the Revised Common Lectionary. The Leader’s Guide gives detailed and helpful guidance on uses the materials to lead a small group through the reflections or to offer half-day or full-day retreats.</p>
 <p>Treasures of Darkness Discipleship in Times of Mystery and Unknowing ONLINE OFFERING FOR CHURCHES AND INDIVIDUALS</p>	<p>Treasures of Darkness Diocese of London</p> <p>Information and registration here</p>	<p>Course: 5 sessions. Live online. Recordings available. Downloadable PDFs. Everyone is welcome to join the Bishops of London to explore the journey of discipleship amid uncertainty, mystery, and unknowing. Drawing on lived experience and the wisdom of disability and suffering theologies, reflect on what it means to follow Christ as we encounter God’s grace and guidance within life’s struggles.</p>
 <p>The Advent and Lent Courses 2026 SET OUR HEARTS ON FIRE</p>	<p>Set Our Hearts on Fire Diocese of Lincoln</p> <p>Accessible here</p>	<p>Course: 8 sessions. Downloadable PDF. This course was designed for 3 weeks in Advent and 5 in Lent, which gives flexibility in approach for Lent. It is designed for individual and group study, exploring how faith deepens as hearts are set on fire with love for God, both in our lives and in our communities. Each session includes: first and final thoughts; lectio; some background info; practical ideas; a Christian’s testimony.</p>

	<p><i>Living the Mystery of Faith: The Year of Matthew</i> Diocese of Chichester</p> <p>Accessible here</p>	<p>Course: 5 sessions. Downloadable PDF. This course explores the distinctive 'portrait' of Christ that the Gospel of Matthew provides. Each session starts with an introduction, music suggestions, prayers, and a Bible reading. You can then follow a particular track ('Reflective', 'Digging Deeper', 'Families & All Age') or mix-and-match to curate the best balance of input, discussion, prayer and reflection.</p>
	<p><i>Come and See: Discovering Jesus through the Eucharist</i> Diocese of Oxford</p> <p>Accessible here</p>	<p>Course: 6 sessions. Downloadable PDF. Supporting videos. Daily email. Explore the Eucharist from a Biblical and theological perspective as a means of building faith and growing a relationship with Jesus. Suitable for enquirers and established Christians, it offers a range of ideas for each session, including Scripture; reflections; prayers; next steps; contemplative practice, and discussion questions.</p>
<p>JOURNEYS AND RESTING PLACES</p> <p>"You mark out my journeys and my resting place and are acquainted with all my ways." Psalm 139:2</p> 	<p><i>Journeys and Resting Places</i> Diocese of Salisbury</p> <p>Accessible here</p>	<p>Course: 6 sessions. Downloadable PDF. Explore the metaphor of journeys using journeys throughout Scripture. Each session includes scripture, prayer, and 3 questions for reflection and discussion.</p>
	<p><i>Being Lights for Christ</i> Diocese of Sheffield</p> <p>Accessible here</p>	<p>Course: 4 sessions. Downloadable PDF. Links to other resources. An introductory resource, most suitable for those new to faith and/or the idea of Christian discipleship. Sessions are titled: Jesus is THE Light; We are lights too; It's a team effort; Finding a rhythm. The sessions follow a '4Ws' pattern: welcome, worship, word, and wonder.</p>
	<p><i>Calling a Wounded Earth Home</i> Green Christian</p> <p>Accessible here</p>	<p>Course: 5 sessions. Downloadable PDF. Explores the question: What kind of people might we need to be to face the challenges of climate change? A space to go deeper together, and a space of contemplation that can resource meaningful action. Topics: Love, Truth, Wisdom, Justice and Hope. Includes: music, prayer and Bible texts to inform reflection and discussion on creation care and the climate crisis, with the potential for positive and grounded outcomes for both community and church.</p>

	<p>Hidden to Whole Salvation Army</p> <p>Accessible here</p>	<p>Course: 6 sessions. Downloadable PDFs. Whole church resources. Exploring unploughed ground within our hearts: the hardened places and hidden fears that resist the transforming love of God. To confront these areas requires courageous discipleship, a willingness to face what is uncomfortable and allow the Spirit to do the deep work of renewal. Search, too, for the hidden things within our hearts that God has already planted and wants to breathe new life into.</p>
	<p>Pause. Breathe. Make space for God The Methodist Church</p> <p>Accessible here</p>	<p>Course: 7 sessions. Downloadable PDFs. Whole church resources. As the days lengthen and the earth begins to stir, we're invited to loosen our grip on what holds us back – habits, assumptions, fears – and open ourselves to the renewing presence of God. This journey isn't always easy, but it's rich with possibility. And it's better shared with travelling companions.</p>