



Ash Wednesday – 5th March

*A pure heart create for me, O God,
and give me again the joy of your help.
Psalm 51: 3-19*

***Action:** Ask God to guide and renew
you throughout this Lenten season.*

THE
GOD
WHO
SPEAKS



Thursday 6th March

*Be reconciled to God...
now is the favourable time.
2 Corinthians 5: 20 - 6:13*

*Action: Who do you need to be
reconciled with today - in person
or in prayer?*

THE
GOD
WHO
SPEAKS



Friday 7th March

Your Father, who sees all that is done in secret, will reward you.

Matthew 6:1-6; 16-18

***Action:** Support a homeless charity through a donation, by volunteering or through local advocacy.*

THE
GOD
WHO
SPEAKS



Saturday 8th March

*Harden not your hearts today,
but listen to the voice of the Lord.
Psalm 95:1-9*

***Action:** In silence reflect on who you
need to listen to this weekend.*

THE
GOD
WHO
SPEAKS



First Sunday of Lent – 9th March

Jesus was tempted by Satan, and the angels looked after him.

Mark 1:12-15

Action: Ask for strength when you are tempted and protection of God's angels.

THE
GOD
WHO
SPEAKS



Monday 10th March

*What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?
Micah 6:6-8*

Action: Where can you show justice, kindness or humility today?

THE
GOD
WHO
SPEAKS



Tuesday 11th March

*For you are all children of God,
through faith in Christ Jesus.
Galatians 3:23-29*

*Action: Can you help a child in
need this month?*

THE
GOD
WHO
SPEAKS



Wednesday – 12th March

*Your ways, Lord, are faithfulness
and love for those who keep your
covenant. Psalm 25:4-10*

***Action:** How can you be more
faithful or loving in your home or
neighbourhood?*

THE
GOD
WHO
SPEAKS



Thursday 13th March

God did not give us a spirit of timidity, but the Spirit of power and love and self control.

2 Timothy 1:6-14

Action: What do you need to do to be more confident in the Spirit?

THE
GOD
WHO
SPEAKS



10

Friday 14th March

*But they who wait for the Lord
shall renew their strength.*

Isaiah 40:28-31

*Action: Who needs your
encouragement and support?*

THE
GOD
WHO
SPEAKS



11

Saturday 15th March

Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love.

Joel 2: 12-13

Action: Where in your heart do you need to return to God? Begin the journey.

THE
GOD
WHO
SPEAKS



Second Sunday of Lent – 16th March

A voice from the cloud said, “This is my beloved Son, with whom I am well pleased; listen to him.” Matthew 17:5-8

***Action:** Choose a gospel story to read and reflect on this week.*

THE
GOD
WHO
SPEAKS

13



Monday 17th March

*Our soul waits for the Lord;
he is our help and our shield.
Psalm 33:1-22*

*Action: Pray for countries at war
and who need God's help and shield.*

THE
GOD
WHO
SPEAKS

14



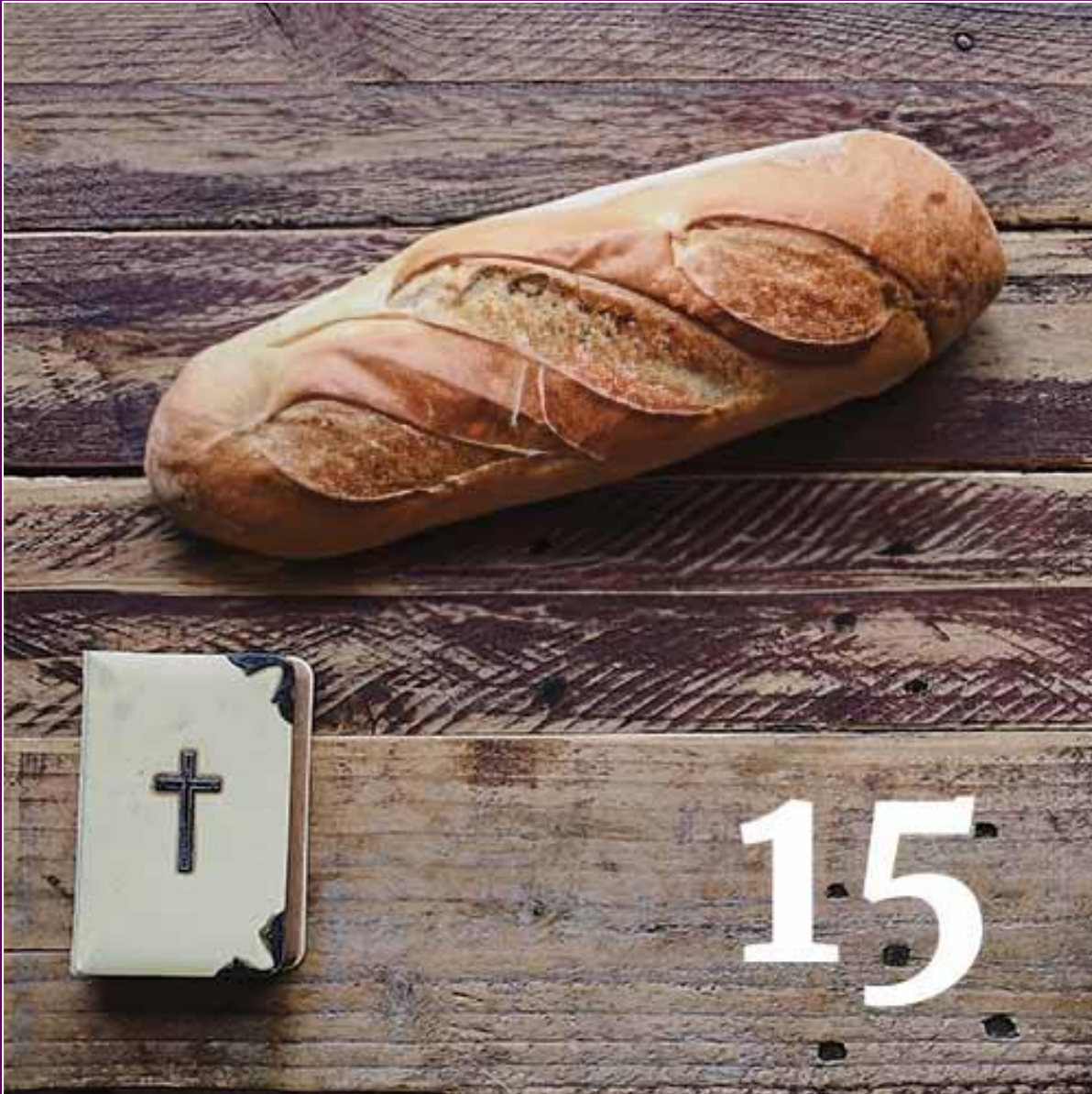
Tuesday 18th March

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.

1 Peter 5:6-11

***Action:** Look out for God's hand at work in someone you see or speak to today.*

THE
GOD
WHO
SPEAKS



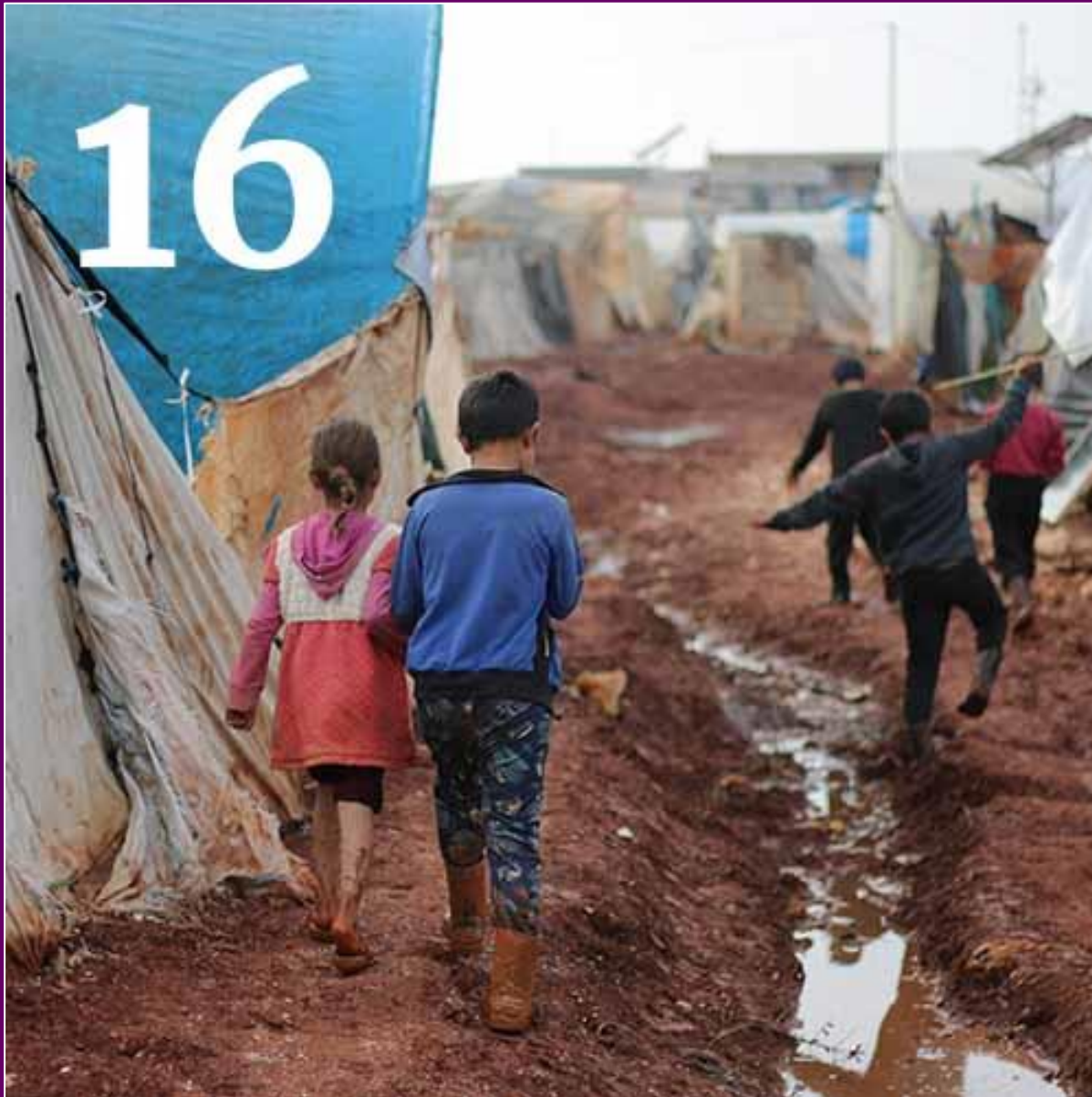
Wednesday – 19th March

Man does not live on bread alone but on every word that comes from the mouth of God.

Matthew 4:1-11

Action: Say the Our Father slowly - give thanks for food and the opportunity to forgive others.

THE
GOD
WHO
SPEAKS



Thursday 20th March

*Then you will call upon me and come
and pray to me, and I will hear you.*

Jeremiah 29:12-14

*Action: Pray for migrants still
seeking safety and a place to call home.*

THE
GOD
WHO
SPEAKS

A young woman with long, flowing red hair is captured in a close-up shot, smiling as she drinks water from a fountain. The water is captured mid-pour, creating a dynamic splash around her mouth. She is wearing a striped shirt. The background is a bright, clear blue sky, with a blurred Ferris wheel visible on the left side, suggesting a fair or festival setting. The number '17' is overlaid in a large, white, sans-serif font in the upper right corner of the image.

17

Friday 21st March

*My soul thirsts for God, for
the living God. When shall I
come and appear before God?
Psalm 42*

*Action: Donate to a water
charity for those who don't
have access to clean water.*

THE
GOD
WHO
SPEAKS



Saturday 22nd March

*Is not this the fast that I choose:
to loose the bonds of wickedness,
... to let the oppressed go free,
and to break every yoke?*

Isaiah 58:6-12

***Action:** How can you challenge
an injustice today in your local
community?*

THE
GOD
WHO
SPEAKS



19

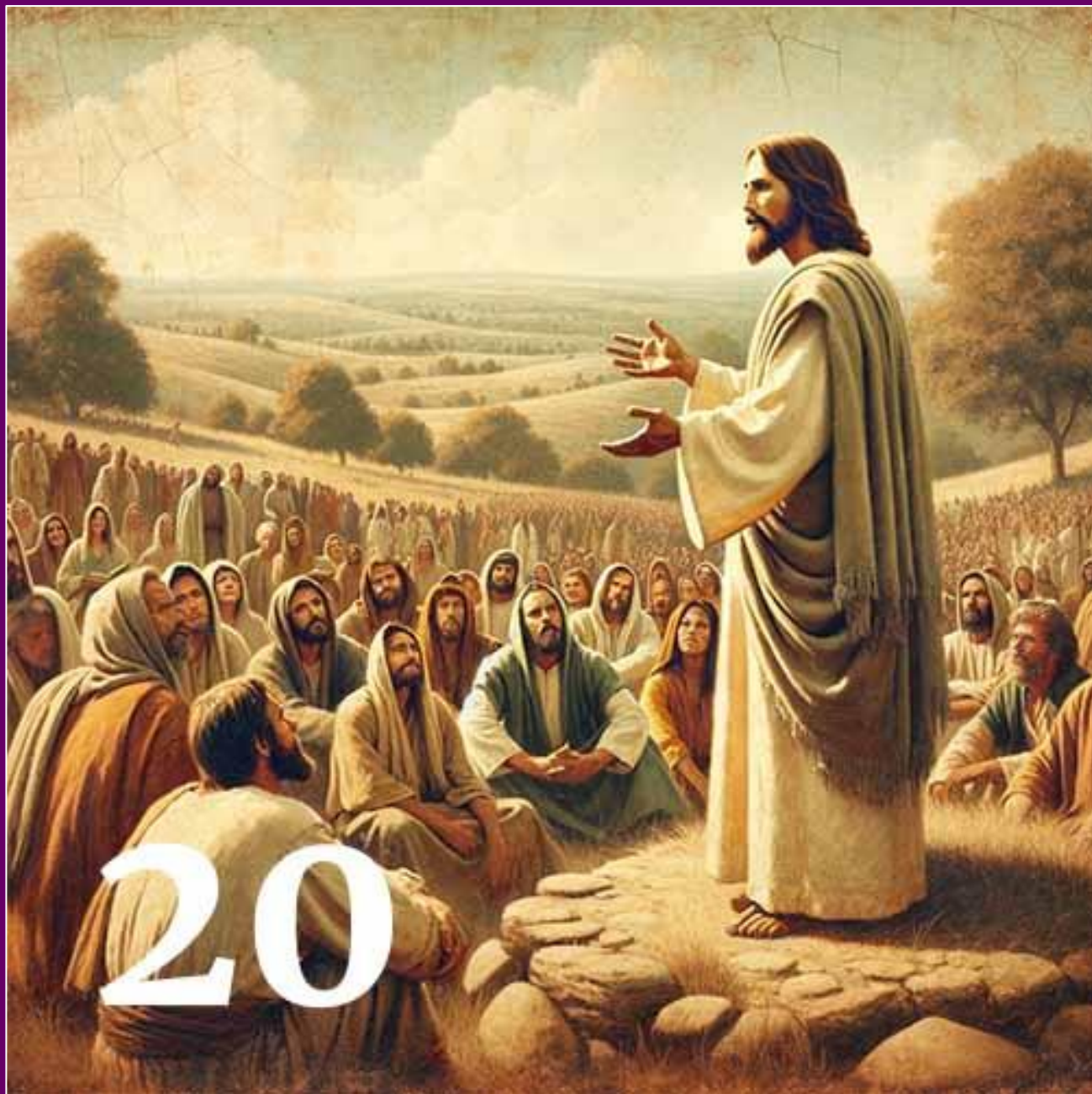
Third Sunday of Lent - 23rd March

I am the resurrection and the life, says the Lord, whoever believes in me will never die.

John 11: 17-27

Action: Pray for all those who do not believe in God. And for those who doubt in his love.

THE
GOD
WHO
SPEAKS



Monday 24th March

From that time Jesus began to preach, saying "Repent, for the kingdom of heaven is at hand."

Matthew 4:12-17

Action: What do you need to repent of and seek forgiveness for today?

THE
GOD
WHO
SPEAKS

21



Tuesday 25th March

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

John 16:4-33

***Action:** Pray for peace in war torn countries and closer to home wherever you see conflict.*

THE
GOD
WHO
SPEAKS



Wednesday 26th March

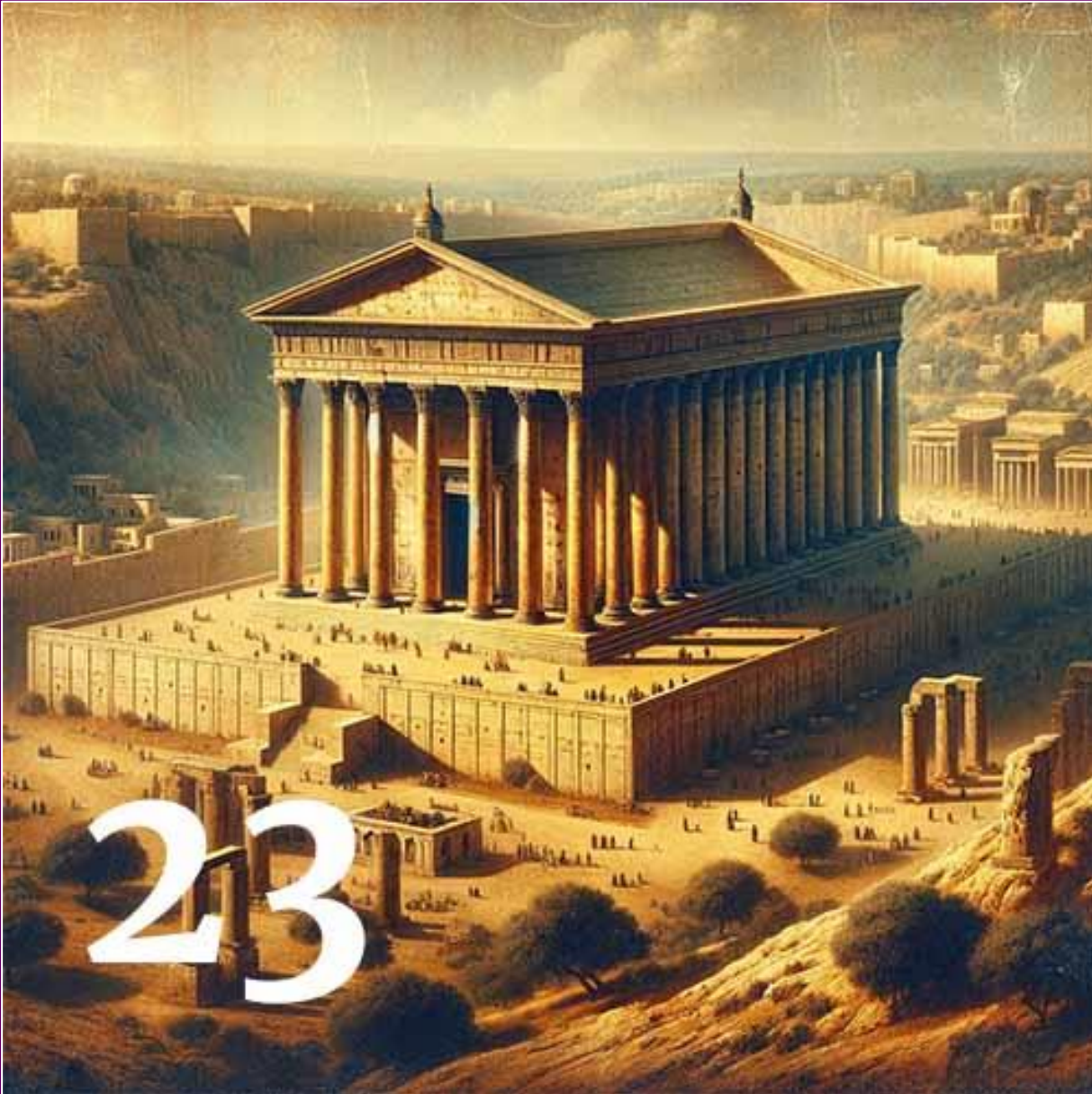
Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

Psalm 27:1-14

Action: Who is an example of wisdom and patience for you?

What can you learn from them?

THE
GOD
WHO
SPEAKS



Thursday 27th March

Jesus answered them, "Destroy this temple, and in three days I will raise it up."

John 2:13-25

Action: Where in your home can you create a small sacred place to be with God?

THE
GOD
WHO
SPEAKS



Friday 28th March

*Therefore, the Lord waits to be gracious to you, and therefore he exalts himself to show mercy to you.
Isaiah 30:18-26.*

Action: Who needs your mercy and God's grace today?

THE
GOD
WHO
SPEAKS

25

Saturday 29th March

*For where your treasure is, there
your heart will be also.*

Matthew 6:19-24

*Action: What type of treasures
are you drawn to? What
treasures can you give away?*

THE
GOD
WHO
SPEAKS



Fourth Sunday of Lent - 30th March

God loved the world so much that he gave his only Son; everyone who believes in him has eternal life.

John 3:16-21

Action: Imagine Jesus looking at you with love. What would you like to say to him?

THE
GOD
WHO
SPEAKS

27



Monday 31st March

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.

John 3:1-15

Action: What in your baptism can be renewed in Spirit today?

THE
GOD
WHO
SPEAKS

28



Tuesday 1st April

"I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life."

John 8:12-20

Action: How can you show someone Christ's light today?

THE
GOD
WHO
SPEAKS

29



Wednesday 2nd April

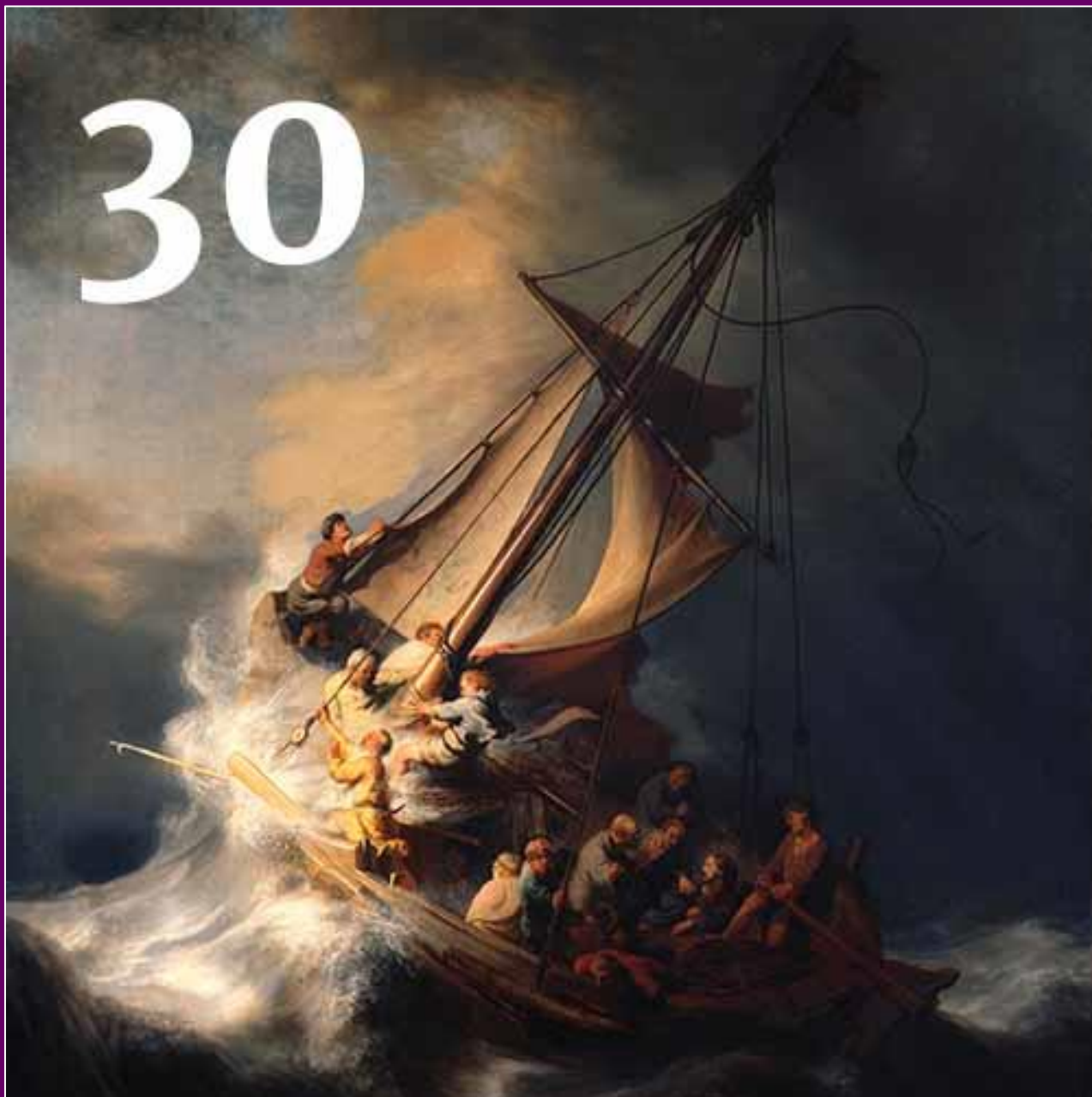
Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted.

John 6:1-15

Action: Donate to a food charity and gives thanks for our supermarket staff.

THE
GOD
WHO
SPEAKS

30



Thursday 3rd April

When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were frightened.

John 6:16-21

***Action:** What storm in your life or the life of someone you know needs the calm presence of Jesus?*

THE
GOD
WHO
SPEAKS



Friday 4th April

I am the good shepherd. I know my own and my own know me, ... and I lay down my life for the sheep.

John 10:1-18

Action: Pray for all farmers today – that they may be given fair wages for their produce.

THE
GOD
WHO
SPEAKS

32



Saturday 5th April

*When he had said these things, he
cried out with a loud voice,
“Lazarus, come out.”*

John 11:1-44

*Action: Give thanks for someone
you love who has died. May their
spirit be alive in your memory.*

THE
GOD
WHO
SPEAKS



Fifth Sunday of Lent – 6th April

Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

John 12:20-33

Action: How can your lifestyle help to combat climate change?

THE
GOD
WHO
SPEAKS



Monday 7th April

Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 12:9-21

Action: Pray for someone in distress and those who support them.

THE
GOD
WHO
SPEAKS



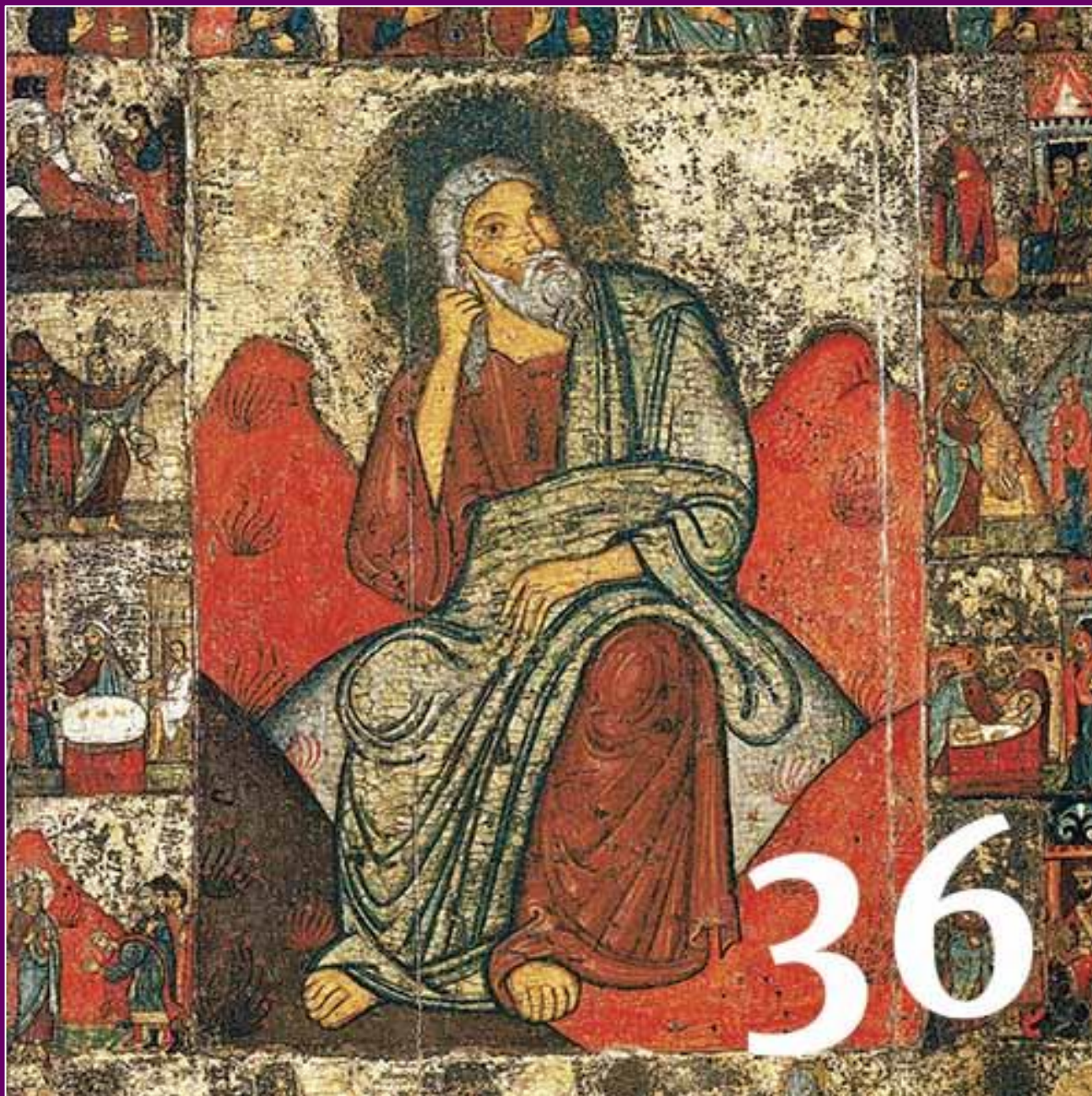
Tuesday 8th April

*Seek good, and not evil, that you may live;
and so the Lord, the God of hosts, will be
with you, as you have said.*

Amos 5: 5-15

*Action: Pray for our legal system – that it
may provide justice for victims.*

THE
GOD
WHO
SPEAKS



Wednesday 9th April

Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:1-40

Action: What do you need to do to deepen your faith today?

THE
GOD
WHO
SPEAKS



Thursday 10th April

So we, though many, are one body in Christ, and individually members one of another.

Romans 12:3-8

Action: Pray for our schools and education systems and for all the children that are in their care.

THE
GOD
WHO
SPEAKS

38



Friday 11th April

*Oh, taste and see that the Lord is good!
Psalm 34: 1-18*

*Action: Reflect on this verse at one of
your mealtimes today and before you
go to sleep.*

THE
GOD
WHO
SPEAKS



39

Saturday 12th April

*Only let your manner of life be
worthy of the gospel of Christ.
Philippians 1:12-30*

*Action: Read the Letter to the
Philippians and see how God speaks
to you in this Letter.*

THE
GOD
WHO
SPEAKS



Palm Sunday - 13th April

Blessed is he who comes in the name of the Lord!

Mark 11:1-11

Action: Decide how you will prepare to meet Jesus as we begin Holy Week.

THE
GOD
WHO
SPEAKS



Monday 14th April

My God, my God, why have you forsaken me?

Psalm 22: 1-31

Action: Comfort someone in person, on the phone, online or in prayer who feels forsaken.

THE
GOD
WHO
SPEAKS

42



Tuesday 15th April

At the name of Jesus every knee should bow, in heaven and on earth and under the earth.

Philippians 2:1-11

Action: Spend 10 minutes either kneeling or sitting quietly in praise and thanksgiving of Jesus.

THE
GOD
WHO
SPEAKS



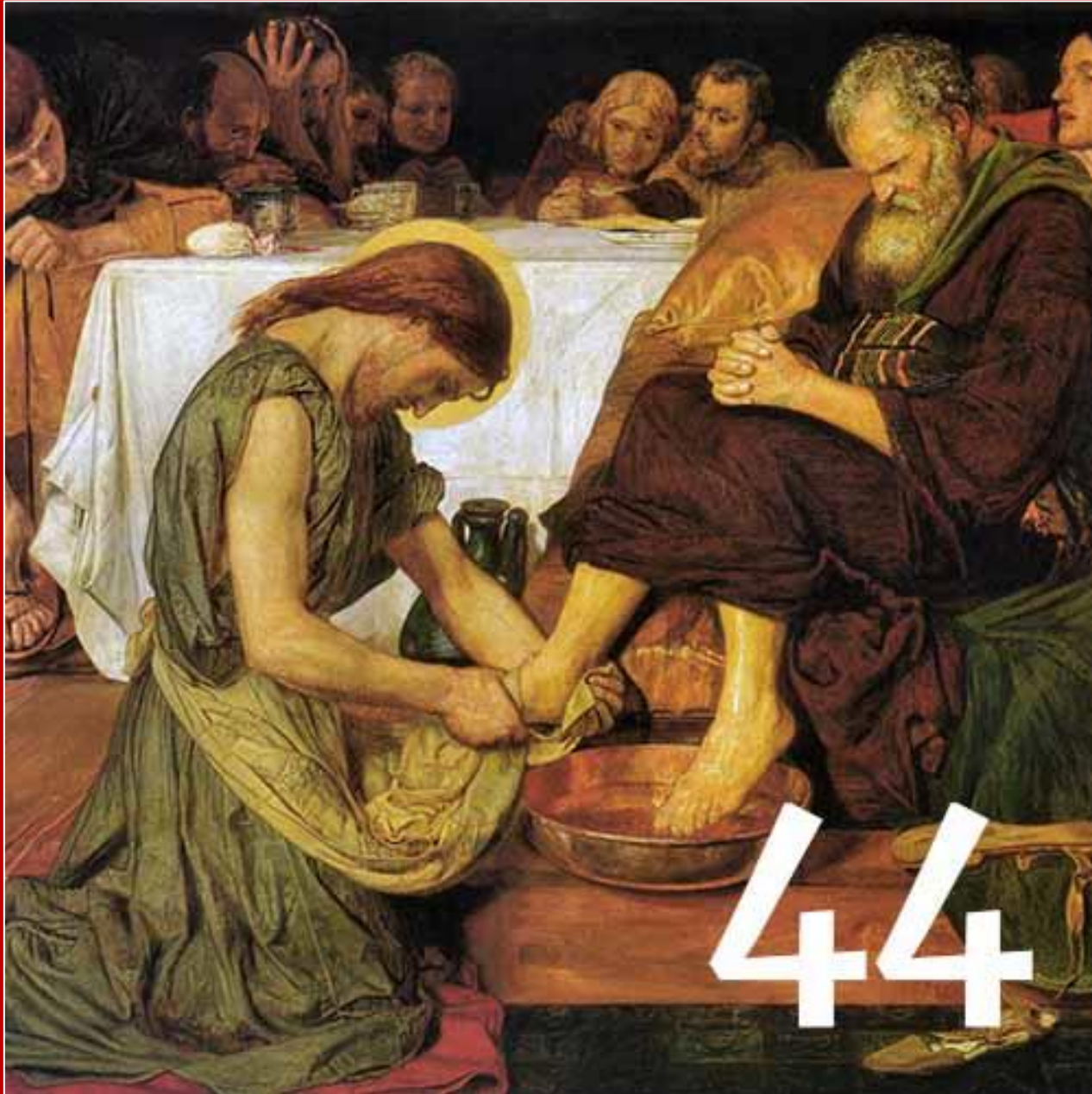
Wednesday 16th April

Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them.

Mark 14:1-11

Action: Let us ask for forgiveness for any betrayal of God or of others in our lives.

THE
GOD
WHO
SPEAKS



44

Maundy Thursday – 17th April

Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him.

John 13:1-30

Action: Who can you serve and how can you show them service?

THE
GOD
WHO
SPEAKS



Good Friday - 18th April

"It is finished," and he bowed his head and gave up his spirit.

John 19:16-30

Action: Imagine you are Mary seeing your son crucified as a common criminal. Jesus, Lamb of God, who takes away the sin of the world, grant us your peace.

THE
GOD
WHO
SPEAKS

46



Holy Saturday – 19th April

“Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here.”

Mark 16:1-7

Action: In this in-between time let us wait and trust in the resurrection to come.

THE
GOD
WHO
SPEAKS

47



Easter Sunday – 20th April

*Mary Magdalene went and announced to the disciples, “I have seen the Lord.”
John 20:11-18*

***Action:** Christ is risen Alleluia!
Let us share the good news and witness new beginnings.*

THE
GOD
WHO
SPEAKS