

LENT 2026

Daily Mass Readings and Reflections for the Sacred Season

For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. — 1 PETER 3:18

Sunday

22

Resist

Jesus resisted temptation in the desert by relying on Scripture and putting his trust in God. Let us do the same.

Matthew 4:1-11

1

Go

God said, "Go," and Abraham went. So we, too, must go whenever God directs us.

Genesis 12:1-4a

MARCH

Monday

23

Commands

The Lord gave the Ten Commandments to Moses. We seek to follow his commands to honor him as Lord.

Leviticus 19:1-2, 11-18

2

Good Measure

Forgiveness and blessings from God will be measured accordingly to the way we measure our love for others.

Luke 6:36-38

Tuesday

24

Seeds

The seed of the Word of God is planted in us and sprouts forth to accomplish the purposes of the Lord through us.

Isaiah 55:10-11

3

Only One

Jesus declared that we have only one Father, in heaven and only one Teacher who is Christ. Be listening with care.

Matthew 23:1-12

Wednesday

18

Ash Wed.

God invites you to return to him with all your heart. No half-hearted approaches will do!

Joel 2:12-18

FEBRUARY

25

Sign of Jonah

Just like the prophet Jonah, the Son of Man proclaims the need for repentance. Just like the people of Nineveh, let us repent.

Luke 11:29-32

4

Serve

Our role as disciples of Christ is not to sit but to serve, not to be waited on, but to actively serve the needs of others.

Matthew 20:17-28

Thursday

19

Follow Daily

Following Jesus is not a part-time endeavor. It is something that Christ calls us to do on a daily basis.

Luke 9:22-25

26

Good Gifts

Out of love, God gives us what is good for us. May we ask, seek and knock in prayer, being expectant for his good gifts.

Matthew 7:7-12

5

Be Blessed

Stay connected to the Lord, like the tree planted near water. Blessed are we when our hope is in the Lord.

Jeremiah 17:5-10

Friday

20

Fasting

Fasting is a way of denying ourselves of those things that distract from our devotion to Jesus, the coming Bridegroom.

Matthew 9:14-15

27

Reconcile

Our first priority should always be to reconcile with one another, since we have been reconciled to God through Christ.

Matthew 5:20-26

6

The Heir

The chief priests recognized Jesus is heaven's heir, so they seek to kill him. Jesus seeks to save us by his death.

Matthew 21:33-43, 45-46

Saturday

21

Dinner Plans

Dinner companions say something about us. Jesus dined with sinners to invite them and all to repentance.

Luke 5:27-32

28

Treasured

You are the treasured people of God. So obey the Lord in response by treasuring him with all your heart and soul.

Deuteronomy 26:16-19

7

Arms of Mercy

The father does not shun but embraces his prodigal. So, too, our Heavenly Father extends his merciful arms to our return.

Luke 15:1-3, 11-32

Sunday

8

Our Hope

Jesus died for us, even though we are sinners. He is the hope that does not disappoint. He loves us and has proved it.

Romans 5:1-2, 5-8

10

Forgiveness

Forgiveness isn't easy. It means setting aside your anger and pain to show the love of Christ to one another.

Matthew 18:21-35

11

Don't Forget

Never let the miracles of God slip from your mind. Remember all that he has done for you, and don't let your family forget.

Deuteronomy 4:1, 5-9

12

No Stiff Necks

Don't stiffen up and pride yourself into thinking that you somehow know better than God. Only he knows what is best.

Jeremiah 7:23-28

13

Not Far

Those who love God and love one another are not far from the kingdom of God. It is love that draws us close.

Mark 12:28-34

14

Way to Pray

Let humility be your posture when you come to the Lord in the holy act of prayer. It is an honor to be in his presence.

Luke 18:9-14



- Ash Wednesday, February 18, Masses at 9 a.m., 12:05 p.m. and 5:15 p.m.
- Daily Mass Schedule: Tues., 5:15 p.m.; Wed. 8:00 a.m.; Thurs. 9:00 a.m. (school mass); Fri. 8:00 a.m.
- Weekend Mass Schedule: Sat., 4 p.m.; Sun., 8 a.m. and 10 a.m.
- Rosary broadcast on KZCQ 102.3 Monday-Saturdays at 6:00 p.m. and Sundays at 8:30 a.m.
- Exposition of the Blessed Sacrament: Available before each Mass
- Reconciliation: Available before every Mass or anytime by appointment
- Rosary Making on March 1 from 9-11 a.m. in the parish hall
- World Day of Prayer on March 6 at Notre Dame Parish at 1:30 p.m.
- Reverse Collection for Food Pantry March 28-29
- Confirmation March 21, 4:00 p.m.
- Wee Families February 15, 4:30 p.m.; March 15, 4:30 p.m.
- Into the Deep February 15, 9:00 a.m.; March 15, 9:00 a.m.
- Men's Conference on March 28, from 9-3 at St. Pius X in Cedar Rapids.
- Holy Thursday, April 2, Passion Play at 2 p.m.
- Holy Thursday Mass, April 2, at 7:30 p.m.
- Good Friday, April 3, Service at 3 p.m.
- Easter Vigil (Holy Saturday), April 4, Mass at 8 p.m.
- Easter Sunday, April 5, Masses at 8:00 a.m. and 10:00 a.m.
- Communal Anointing April 7 after 5:15 Mass
- Divine Mercy Sunday, April 12, 2:30 p.m. activities and 3 p.m. recitation of chaplet

Sunday

15 Light

Come into the light of Christ Jesus, who calls you forth from being dead in sin to live a new life.

Ephesians 5:8-14

Monday

16 Believe

Don't question. Don't wonder. Simply believe in your heart what Jesus says to be true.

John 4:43-54

Tuesday

17 He Did It

When something miraculous happens to you because of Christ, focus on him, not the when or how.

John 5:1-16

Wednesday

18 No More Hiding

Come out of your hiding places of sin and into the glory of the Lord, who is desperately seeking you.

Isaiah 49:8-15

Thursday

19 Faith

Faith carries you through the future. Put one trusting foot in front of another.

Romans 4:13, 16-18, 22

Friday

20 Know Him

We know who Jesus is: the Son of God. And we know where he is from: heaven above.

John 7:1-2, 10, 25-30

Saturday

21 No Confusion

The chief priests and Pharisees were confused about Jesus. We are not confused: He is the Christ.

John 7:40-53

22 Jesus Wept

Raising Lazarus began the end of Jesus' ministry. He wept for his friend but knew the glory ahead.

John 11:1-45

23 No Stones

None of us is without sin, so we have no grounds upon which to cast stones at others.

John 8:1-11

24 Lifted Up

Christ's identity as the great I AM was revealed when he was lifted up on the Cross.

John 8:21-30

25 Incarnation

Our hope of salvation through Christ upon the Cross began with Mary's yes to the angel.

Luke 1:26-28

29 Save Us

Hosanna means "Save us" or "Praise God!" We echo the cry heard on that first Palm Sunday.

Matthew 21:1-11

30 Adore Him

Value your time with the Lord in prayer. Adore him with all you are, for he alone is worthy.

John 12:1-11

31 Predictions

Jesus predicts betrayers and deniers. May we learn anew from the Apostles' struggles.

John 13:21-38

1 Is It?

We have all betrayed Jesus in one way or another because of our sin.

Matthew 26:14-25

Traditional Lenten Disciplines

Fasting & Abstinence: Catholics aged 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

Prayer: Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Penance and Reconciliation in preparation for celebrating Easter.

Almsgiving: Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more on God's abundant grace.

The Paschal Triduum

from Holy Thursday evening through Easter Vigil Mass

HOLY THURSDAY
Do This

We eat the bread and wine of the Eucharist to remember that Christ died for us, giving his Body and Blood for our salvation.

1 Cor. 11:23-26

GOOD FRIDAY
Golgotha

Jesus dies at the Place of the Skull that we might have a place of honor, one day, at the marriage feast of the Lamb in heaven.

John 18:1-19:42

HOLY SATURDAY
Scattered

For a brief moment we are scattered in grief and loss. But we will be gathered together in joy by Christ in his resurrection.

Isaiah 54:5-14

EASTER SUNDAY
Come and See

Like the women at the empty tomb, we are called to come and see where Jesus was once laid. Now go and tell: He is risen!

Matthew 28:1-10