

# *Thoughts and Prayers for Reflection*

*March 2026*



*What you are is God's  
gift to you,  
what you become is your  
gift to God.*

*Hans Urs von Balthasar*

<b>1</b>	<b>Second Sunday in Lent:</b> For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. <i>John 3:15-17</i>
<b>2</b>	<b>Chad, Bishop of Lichfield, missionary (d.672 ):</b> Hear my prayer, O Lord; let my cry come to you. Do not hide your face from me in the day of my distress. Incline your ear to me; answer me speedily in the day when I call. <i>Psalms 102:1-2</i>
<b>3</b>	"Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow...". <i>Isaiah 1:18</i>
<b>4</b>	"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. <i>Joel 2:12-13</i>
<b>5</b>	Grant us, O Lord, the grace of welcoming others, the courage to take risks, the confidence to declare your love and the joy of giving you praise. <i>Amen.</i>
<b>6</b>	If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world. <i>C.S. Lewis</i>
<b>7</b>	<b>Perpetua and her companions, martyrs at Carthage) (d.203):</b> Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store. <i>N T Wright</i>
<b>8</b>	<b>Third Sunday in Lent:</b> Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our baptism. <i>Pope Benedict XVI</i>
<b>9</b>	<b>Sister Emma SSA, superior of the Society of the Sacred Advent, Queensland (d.1939):</b> The heavens are telling the glory of God; and the firmament proclaims his handiwork. Day to day pours forth speech, and night to night declares knowledge. There is no speech, nor are there words; their voice is not heard; yet their voice goes out through all the earth, and their words to the end of the world. <i>Psalms 19:1-4</i>
<b>10</b>	Lord, your gift to us of your very self still lies, unwrapped, in the forgotten corners of our world. Give us, today, the joy of rediscovering your presence in the presence of each other. <i>Amen. Lighted Windows: Margaret Silf.</i>
<b>11</b>	In this world you will have trouble. But take heart! I have overcome the world. <i>John 16:33</i>
<b>12</b>	Never be afraid to trust an unknown future to a known God. <i>Corrie ten Boom.</i>
<b>13</b>	Instead, they were longing for a better country – a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them. <i>Hebrews 11:16</i>
<b>14</b>	God of light and love, keep the spark of faith alive in me, so that even when things seem dark, the light of your love for me will keep me from being overwhelmed. <i>Amen</i>
<b>15</b>	<b>Fourth Sunday of Lent; Mothering Sunday:</b> 'God is our Mother as truly as he is our Father; and he showed this in everything, and especially, in the sweet words where he says, 'It is I,' that is to say, 'It is I: the power and goodness of fatherhood. It is I: the wisdom of motherhood. It is I: the light and grace which is all blessed love.' <i>Julian of Norwich</i>
<b>16</b>	I sought to hear the voice of God and climbed the topmost steeple, but God declared: "Go down again - I dwell among the people. <i>John Henry Newman.</i>

<b>17</b>	<b>Patrick, bishop, missionary to Ireland (d.461):</b> He asked him, "Which commandment is the first of all?" Jesus answered, "The first is, 'Hear, O Israel, the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbour as yourself.' There is no other commandment greater than these." <i>Mark 12:32</i>
<b>18</b>	<b>Cyril of Jerusalem, bishop and teacher (d.386):</b> Be strong and, and let your heart take courage, all you who wait for the Lord. <i>Psalms 31:24</i>
<b>19</b>	<b>Joseph, Husband of the Blessed Virgin Mary:</b> A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love. <i>St Basil</i>
<b>20</b>	<b>Cuthbert of Lindisfarne, bishop and missionary (d.687):</b> Have faith and wholeheartedly trust God who will never abandon those who Love Him. <i>Cuthbert of Lindisfarne</i>
<b>21</b>	<b>Thomas Cranmer, archbishop of Canterbury, martyr and liturgist (d.1556):</b> As a civilised society, we have a duty to support those among us who are vulnerable and in need. When times are hard, that duty should be felt more than ever, not disappear or diminish. <i>Justin Welby</i>
<b>22</b>	<b>Fifth Sunday in Lent:</b> Renew my eagerness to work with you in building a better world, so that my friends may hear your gospel of peace and justice.
<b>23</b>	Almighty God, you have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavour to follow the blessed steps of his most holy life; through Jesus Christ our Lord. <i>Amen.</i>
<b>24</b>	<b>Paul Couturier, ecumenist (d.1953); Oscar Romero, archbishop of San Salvador, martyr (d.1980):</b> There are many things that can only be seen through eyes that have cried. <i>Oscar Romero</i>
<b>25</b>	<b>The Annunciation to the Blessed Virgin Mary:</b> But Mary treasured up all these things and pondered them in her heart. <i>Luke 2:19</i>
<b>26</b>	Lord, you show to those in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ. <i>Amen.</i>
<b>27</b>	In my end, is my beginning. <i>Mary, Queen of Scots</i>
<b>28</b>	Father, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find in it none other than the way of life and peace. <i>Amen.</i>
<b>29</b>	<b>Sixth Sunday in Lent/Sunday of the Passion (Palm Sunday):</b> Jesus answered them, "Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain, but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour". <i>John 12:23-26</i>
<b>30</b>	<b>Monday in Holy Week:</b> Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the god of my salvation; for you I wait all day long. <i>Psalms 25:4-5</i>
<b>31</b>	<b>Tuesday in Holy Week:</b> Let us test and examine our ways, and return to the Lord. Let us lift up our hearts as well as our hands to God in heaven. <i>Lamentations 3:40-42</i>

# Weekly Prayers and Thoughts

- Sunday** Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save. *Amen.*
- Monday** The function of prayer is not to influence God, but rather to change the nature of the one who prays. *Soren Kierkegaard.*
- Tuesday** God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal. *Amen.*
- Wednesday** When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me. *Emma Bombeck*
- Thursday** Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you: give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and for ever. *Amen.*
- Friday** We may never know the true impact of our actions, but God does. God uses simple acts to accomplish great things. *Steve Wakefield*
- Saturday** Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*



**Thoughts for Prayer & Reflection**  
for our city on a hill.... and beyond.