



Family Lent Calendar 2026

 = a day of fasting and abstinence from meat  = a day of abstinence from meat.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February "Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert fasting and praying" (Catechism of the Catholic Church).						
			18 Ash Wednesday Attend Mass together. Wear the cross of ashes all day. 	19 Help children choose Lenten promises of prayer, penance, and almsgiving.	20 Share a meatless meal together. Pray for those who can't afford to have meat. 	21 Choose a family Lenten sacrifice — ex. giving up desserts, praying together, giving to charity.
22 Stay after church and pray for a holy Lent. 	23 Display an image of Jesus to keep focused on Him. 	24 Practice patience — patiently!	25 Have everyone pick a person or situation in the news to pray for at dinner.	26 Commit to charitable speech: if it's not kind, don't say it. 	27 Family Movie Night Order a cheese pizza and spend time together. 	28 Have everyone do a chore they've been putting off. 
1 March Stop to pray for the Holy Souls in Purgatory after Mass.	2 Pick a Beatitude to work on together this month (Matthew 5:3-11). 	3 Set up a good deed jar: For every good deed performed, add a jellybean. Enjoy on Easter. 	4 Send a card to someone who needs cheering up. 	5 Pray one decade of the Rosary together each evening for the rest of Lent.	6 First Friday Make a brief chapel visit together to console Jesus' Sacred Heart. 	7 First Saturdays are dedicated to the Blessed Mother. In Mary's honor, pray a family Rosary.
8 After Mass, light a candle for the Pope's intentions. 	9 Encourage everyone to refrain from bickering today. 	10 Before bed, gather before a Crucifix and pray an Our Father, a Hail Mary, and a Glory Be.	11 Enjoy pretzels — twisted bread that recalled monks' arms folded in prayer. 	12 Fill a jar with loose change, then donate it to the poor box at church.	13 Check how everyone's Lent is progressing. Refresh commitments as needed. 	14 Pray a Chaplet of Divine Mercy for the dying. Find it here: www.usccb.org 
15 Laetare Sunday The priest wears rose to mark the midpoint of Lent. Celebrate with a small treat.	16 Fill a box with gently used items you no longer need and donate it to charity. 	17 St. Patrick's Day Pray for Catholic school teachers, catechists, and missionaries — all who teach the Faith.	18 Help everyone examine their consciences with the Ten Commandments (Exodus 20:1-17).	19 St. Joseph's Day Say a special prayer for fathers everywhere. Remember to pray for priests!	20 Family Fun Night Turn off the phones and take out the boardgames. Winner picks dessert! 	21 Attend Confession together and celebrate God's mercy. 
22 After Mass, go over the homily in terms children can understand.	23 Write prayer intentions on slips of paper and place them in a bowl to pray for nightly.	24 Encourage children to look for a sign of God's love for them. Share at dinner. 	25 The Annunciation We celebrate Mary's faithful "Yes!" to God. Pray the Hail, Holy Queen together.	26 Put together an Easter basket and bring it to a lonely neighbor. 	27 Fast from recreational screen use from 12-3, the final hours Jesus hung on the Cross. 	28 Have everyone write a letter to Jesus, thanking Him for His sacrifice. 
29 Palm Sunday Place palms around the crosses in your home, symbolizing Christ's victory.	30 Offer extra prayers tonight for everyone becoming Catholic this year.	31 Talk about what Lenten practices you want to continue after Easter.	1 April Ask forgiveness of those you may have hurt. Forgive those who have hurt you.	2 Holy Thursday Make a chapel visit together, fulfilling Jesus' request for our company (Matthew 26:40).	3 Good Friday Pray the Stations of the Cross together and meditate on each one. 	4 Holy Saturday Renew your baptismal vows as a family to be faithful to God.