



Morning Prayers - Spring Week 7

Theme: Lent



Dates of Interest this week – 23rd - 27th February

22nd February – 1st Sunday of Lent ([info](#))

23rd February – St Polycarp ([info](#))

23rd February to 1st March –

Eating Disorders Awareness Week ([info](#))

25th February – St Ethelbert ([info](#))

27th February – St Gregory of Narek ([info](#))

28th February – Rare Disease Day ([info](#))

1st March – 2nd Sunday of Lent ([info](#))

1st to 30th March –

Ovarian Cancer Awareness Month ([info](#))

1st to 30th March – Women's History Month ([info](#))

1st March – St David's Day ([info](#))

1st March – Zero Discrimination Day ([info](#))



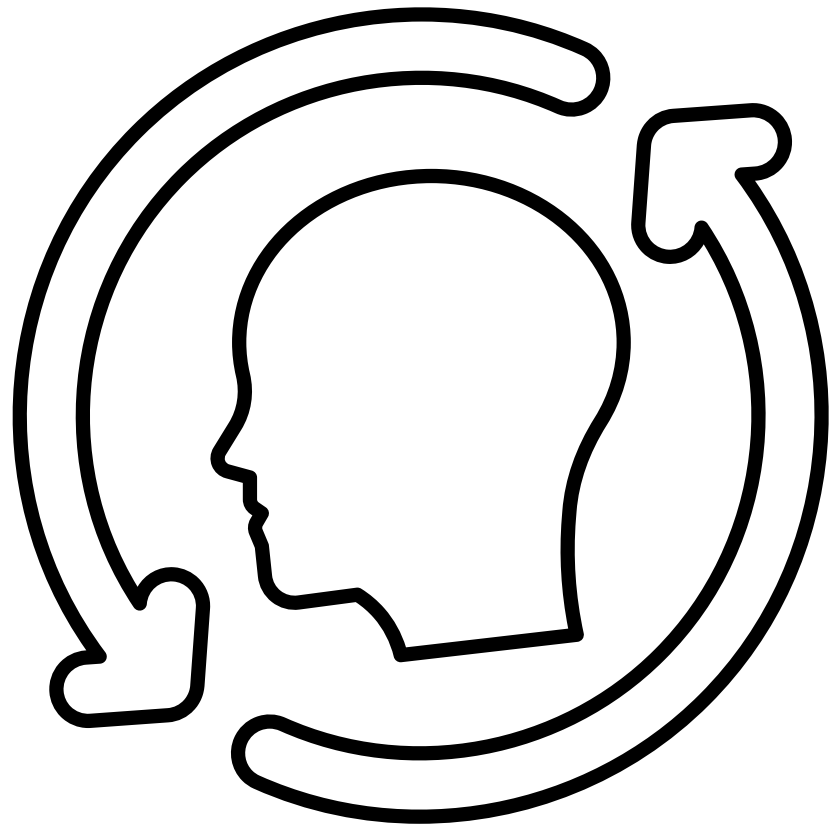
Spring 2026 -Week 7



MONDAY

Question for the Day

What is one habit I want to change this Lent?



Bible Quote

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.” **Matthew 6:16**

Prayer

Lord, we are not much good at giving things up. It seems like a great idea, then a few days, hours or minutes later, we've started again.

But this time we really want to make it count. We want to give something up and learn from the process of not giving into temptation. We want to wake up on day forty of Lent and look in the mirror and feel like we've actually achieved something, even though it may seem so small.

But by achieving something small perhaps it will lead to bigger and better things? If we can do this then what else can we do?

What else are we capable of?

Help us to discover our own potential, Lord. Amen
(Dave Gatward)



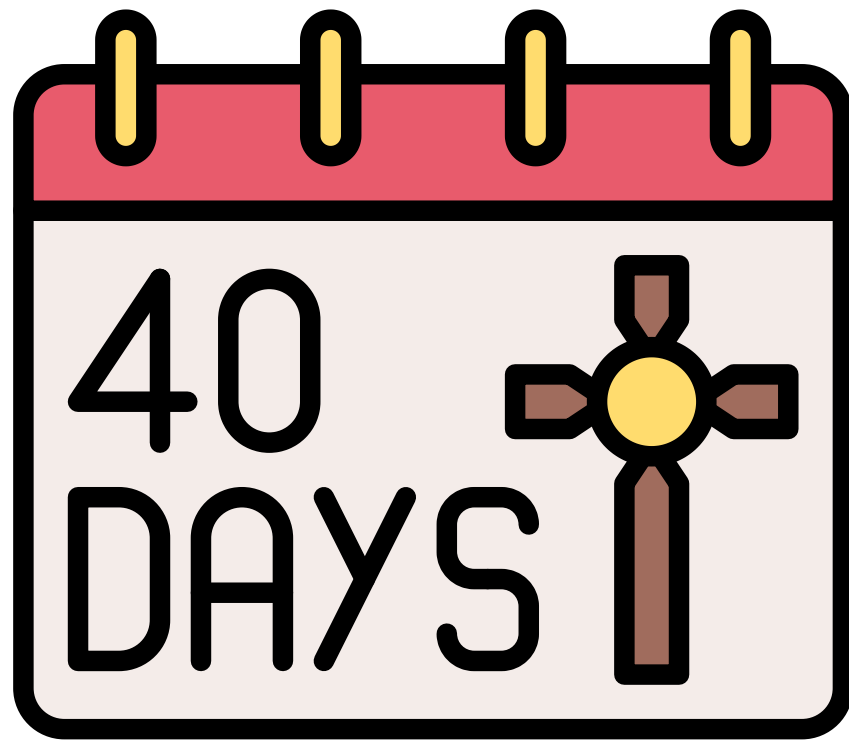
Spring 2026 - Week 7



TUESDAY

Question for the Day

What sacrifice can I make each day this Lent?



Prayer

Lord, take our small offerings of self-denial this Lent as a sign of our love for you.

Let us use this time

to start afresh in our work for you:

let us work for justice for those who are wrong or oppressed.

Let us pray for peace across the world in these troubled times.

Let us do your will in all of our actions.

Amen

Bible Quote

“Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?” **Isaiah 58:7**



Spring 2026 - Week 7



WEDNESDAY

Question for the Day

What helps me avoid temptations in my thoughts and actions?



Prayer

God of the desert,
as we follow Jesus into the unknown,
may we recognise temptation when it comes.
Let it be your bread that we eat,
your world that we serve
and you alone that we worship.
Amen

(A New Zealand Prayer Book)

Bible Quote

“And lead us not into temptation, but deliver us from evil.” **Matthew 6:13**



Spring 2026 - Week 6

THURSDAY



Question for the Day

When can I make time to read the Bible?



Bible Quote

“Your word is a lamp to my feet and a light to my path.” **Psalm 119:105**

Prayer

Lord, we are so grateful for Your Word in the Holy Bible.

Please grow our understanding of who You are as we read the Scriptures.

Show us new perspectives

as we take a closer look at Your truth.

Help us to be open to new ideas as read, knowing that we are united as Your body.

In Jesus' name,

Amen.



Spring 2026 - Week 6



FRIDAY

Question for the Day

Who can I share my Lenten journey with to help me keep my Lenten promises?



Prayer

Have mercy on our efforts Lord.

May we follow you at this time with self denial, steadfastness and courage.

Give us a pure heart that we may see you,
a humble heart that we may hear you,
a heart of love that we may serve you,
a heart of faith that we may love you.

(Dag Hammarskjold)

Bible Quote

“Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.” **Proverbs 13:20**