

St. Mary's Church Lent Reflections 2026

23rd-28th February

A reflection for every day of Lent, chosen for you by members of our congregation.

Holy God, Our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen.

Monday

Chosen by

*Tony
Hancock*

Therefore I will look unto the Lord; I will wait for the God of my salvation; my God will hear me.

Mica 7:7

Tuesday

Chosen by

*Alyson
Heath*

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-34

Wednesday

*Chosen by
Frances
Hancock*

Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him.

Isaiah 30:18

You are my hiding place

You always fill my heart

With songs of deliverance

Thursday

*Chosen by Bren
Marks*

Whenever I am afraid (or alone)

I will trust in You

I will trust in You

Let the weak say I am strong

In the strength of the Lord

Michael Ledner

We will sit at His feet,

Or we'll walk by His side in the way;

What He says we will do,

Friday

*Chosen by Ann
Kaiser*

Where He sends we will go —

Never fear, only trust and obey.

Trust and obey, for there's no other way

To be happy in Jesus,

But to trust and obey.

John H Sammis

All my hope on God is founded;

He doth still my trust renew.

Saturday

*Chosen by
Susie Reilly*

Me through change and chance he guideth,

Only good and only true.

God unknown, He alone

Calls my heart to be His own.

Robert Bridges
