

LENT 2026

SPIRITUAL RESET

Welcome to this spiritual reset.

We did not come here because we have everything clear, but because we feel that something in us asks us to return to the essential.

Lent is not an extra burden, it is an opportunity to stop, look inside and reconnect with what truly gives life.

During these weeks we want to dig deep, without masks, without haste and without fear of showing ourselves vulnerable.

Here no one is superfluous, no one is left out and no one has to pretend. We are family on the road, attentive to what is happening inside and outside, open to the signs of this time.

This space is to let go of what is heavy, make room for God and let others matter too.

We will fast from what steals us of freedom, we will pray from real life and we will learn to love in a concrete way. We are not looking for perfection, we are looking for coherence.

We do not come to comply, we come to get involved.

If you dare to take this path, get ready to regain meaning, depth and hope. Because Lent does not take away our lives... He gives it back to us.

5 keys to the road

1. BACK TO BASICS to rediscover who I am and what I live for.
2. LETTING GO TO MAKE SPACE: FASTING IS ALSO FREEING THE HEART.
3. PRAYING FROM THE REAL, without set phrases or automatic mode.
4. CARING AND SHARING: faith grows when the other matters.
5. LOVE SERVING, even when it costs, until the end.

An embrace. Have a good journey!

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LENT 2026

Line of force: Charismatic Identity

Key: **RETURNING TO THE ROOTS**

Question: What in my life needs to return to its essential?

Attitude: Honesty

Gesture: Recognizing what I need to reset

Message: We do not start being perfect,
we start being true

SPIRITUAL RESET



FASTING BEYOND THE PLATE

Line of force: Incarnated Spirituality

Key: **EMPTYING TO LET GOD IN**

Question: What do I need to fast from today?

Attitude: Silence and Simplicity

Gesture: Non-food fasting + prayer

Message: What I let go of gives me back freedom

Line of Force: Inner Formation and Discernment

Key: **RELATIONSHIP, NOT REPETITION**

Question: What do I want to say to God today?

Attitude: Authenticity

Gesture: Short and genuine prayer each day

Message: God doesn't expect pretty words;
he expects an open heart

PRAYING WITHOUT ROBOT MODE



ABSTINENCE THAT DOES HURT

Line of Force: Fraternity · Shared Mission · Care

Key: **SHARING WHAT I AM AND HAVE**

Question: What do I have in abundance?

Attitude: Solidarity

Gesture: Concrete action as a group

Message: Faith that is shared multiplies

Line of Force: Evangelical Leadership and Easter

Key: **SURRENDER**

Question: What do I find difficult to love today?

Attitude: Fidelity

Gesture: Offering it on the cross

Message: Loving until the end is a path of life

LOVING UNTIL THE END



GOAL OF THE JOURNEY

EASTER

Renewed hearts
More fraternal Communities
Faith incarnated in life
Mission lived with others



“LENT DOES NOT TAKE MY LIFE, IT GIVES IT BACK TO ME.”

WEEK 1

“SPIRITUAL RESET”

LINE OF FORCE:

Charismatic Identity.

KEY IDEA:

LENT IS ABOUT GOING BACK TO THE ROOTS TO DISCOVER WHO I AM AND WHAT I LIVE FOR.

CHARISMATIC ILLUMINATION:

The Spirit invites us to “dig deep”, to recognize that we are part of a family where no one is excluded, open to the signs of the times and to vulnerability that needs care

DYNAMICS/ ACTIVITY:

Give a post-it to each participant.

QUESTION:

‡ “What of my life needs to go back to the essential?”
(faith, relationships, identity, rhythm of life, meaning, commitment...).

Place the paper at the foot of a cross or community symbol.

MESSAGE:

We do not start Lent being perfect, we start by being honest with who we are.

WEEKLY ACTION:

Choose an attitude that helps to live one’s own identity (personal and Charismatic) with greater coherence.



WEEK 2

“FASTING IS NOT JUST ABOUT STOPPING EATING”

LINE OF FORCE:

Incarnated Spirituality.

KEY IDEA:

FASTING FREES UP INNER SPACE FOR GOD AND OTHERS.

CHARISMATIC ILLUMINATION:

Interior life is sacred ground: prayer, silence and connection with the Word make us discover God in our everyday life and in the small things.

DYNAMICS/ ACTIVITY:

In teams, hand out cards with possible fasts: “Fast from complaints”, “Fast from Social media”, “Fast from hurtful words”, “Fast from hurries”.

Each group answers:

- ‡ Why is it difficult?
- ‡ What new space can you open?

MESSAGE:

Sometimes what weighs us down the most is not what we eat, but what we don't let go.

WEEKLY CHALLENGE:

Choose a non-food fast and combine it with a short moment of daily prayer.



WEEK 3

“PRAYING WITHOUT ROBOT MODE”

LINE OF FORCE:

Inner Formation and Discernment.

KEY IDEA:

TO PRAY IS TO RELATE, NOT TO REPEAT.



CHARISMATIC ILLUMINATION:

Formation is not only about knowing more, but about growing in experience of God, in self-knowledge and in healthier relationships.

DYNAMICS/ ACTIVITY:

Ask to write a "WhatsApp message to God": without filters, without religious words, from real life.

Volunteers (those who feel free) share.

Read a short psalm showing how the Bible prays from the human.

MESSAGE:

God does not wait for perfect phrases; He expects a true heart.

WEEKLY ACTION1:

Daily one minute of conscious prayer:

Breathe, name what has been experienced, listen.

WEEK 4

“WITHDRAWAL THAT DOES HURT”

LINE OF FORCE:

Fraternity, Shared Mission and Care.

KEY IDEA:

CONVERSION IS NOTICEABLE WHEN THE OTHER MATTERS.

CHARISMATIC ILLUMINATION:

Fraternity is a prophetic sign and the mission is lived with others, listening to the cries of the poor and caring for life and the common home

DYNAMICS/ ACTIVITY:

Triggering question:

‡ “What do we have in abundance?”

Brainstorming: time, listening, money, clothes, attention.

The group chooses a concrete action of solidarity.

MESSAGE:

The faith that is not shared withers; the faith that is given grows.

WEEKLY ACTION:

Perform as a group a real gesture of help or care (person, community, environment).



WEEK 5

“LOVE TO THE END”

LINE OF FORCE:

Evangelical Leadership and Easter.

KEY IDEA:

JESUS LOVES BY SERVING AND GIVING HIMSELF.

CHARISMATIC ILLUMINATION:

Christian leadership is service that accompanies, generates communion and is lived with humility and integrity, even when it is difficult.

DYNAMICS/ ACTIVITY:

Place a cross in the center.

Personal question:

‡ “What is it hard for me to love today?”

In silence, deposit the paper.

MESSAGE:

Loving to the end is not weakness, it is paschal strength.

FINAL CHALLENGE:

LIVING HOLY WEEK WITH AWARENESS, MOVING FROM “COMPLYING” TO GETTING INVOLVED.



EASTER 2026

FOCUSING

EASTER DYNAMICS

The idea is to completely change the mood: we go from the “I check myself” of Lent to “I am alive and something new is starting”.

FIRST MOMENT

– ‘HE’S NOT HERE’ –

THE RESURRECTION SURPRISE.

KEY IDEA: God is not always where we leave Him.

HOW TO DO IT:

- ‡ Prepare a box, symbolic tomb or closed backpack.
- ‡ Say: “Here we believe that God is, when we are bad”
- ‡ Open it... and that it is empty.

QUESTION:

- ‡ Where do we usually look for God?
- ‡ And where does it not occur to us to look for it?

MESSAGE:

God did not stay at the place of death. Nor does He stay in your worst moments.

PHRASE TO TAKE AWAY:

FAITH IS NOT LOOKING BACK, IT IS LEARNING TO LOOK FOR DIFFERENT.

SECOND MOMENT

– ‘BEFORE / AFTER’ –

THE RESURRECTION ALSO PASSES THROUGH ME.

KEY IDEA: Easter is not only Jesus’, it is also ours.

HOW TO DO IT:

Divide a sheet into two columns:

- ‡ BEFORE
- ‡ AFTER

‡ In “before”: How did I get from this Lent?

‡ In “after”: What do I want to be reborn/renewed in me?

Share in small groups.

MESSAGE:

IF EVERYTHING REMAINS THE SAME, WE HAVE NOT UNDERSTOOD EASTER.

FINAL GESTURE:

Tear the paper of the “before” and keep the “after”.

THIRD MOMENT

– ‘IGNITED’ –

THE MISSION STARTS NOW.

KEY IDEA: The Resurrection is not kept, it is contagious.

HOW TO DO IT:

Give a candle, bracelet, or paper with a flame on it.

QUESTION:

‡ “Where do I have to lead life today?” (family, school, networks, friends, group)

‡ Each one says aloud a key word to live this Easter: “Life”, “Hope”, “Forgiveness”, “Joy” ...

MESSAGE:

EASTER DOES NOT END ON SUNDAY: IT BEGINS THERE.

EASTER COMMITMENT:

A Concrete Action to Live as resurrected: _____

CLOSING FOR EASTER 2026

You can end with this sentence:

“IF JESUS CONQUERED DEATH, I WILL NOT LIVE AS IF ALL IS LOST.”

