

A JOURNEY

THROUGH
LENT 2026


18 FEBRUARY
TO
4 APRIL 2026

This Lent, we walk with Jesus
on his final journey

- **MEETING** the people he met
- **PAUSING** where He paused
- **DISCOVERING** the love that
carried Him to the cross

WALKING WITH JESUS TO JERUSALEM





This Lent, we are invited to walk slowly with Jesus as He sets His face towards Jerusalem. Each week, we will stop at a different place along the way, listening to His words, noticing the people He meets, and allowing His love to shape our hearts.

This journey is not about doing more, but about being present, making space to pray, reflect, and follow Jesus more deeply.

Your Daily Rhythm (10-15 minutes)

MORNING

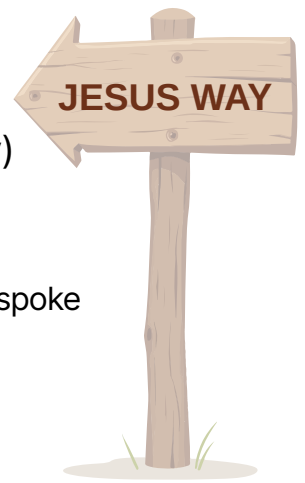
Read the week's Gospel passage
Reflect on one daily question
Pray the week's prayer

EVENING

Pray using that day's theme
Close with:
"Lord Jesus, I am Yours."



The Six Week Journey



Week 1: Caesarea Philippi (18-24 February)

Who do you say I am?" - Matthew 16: 13-28

Peter confessed Jesus as Christ, and Jesus first spoke of His death. He's asking you the same question.

Some questions to sit with:

Who is Jesus to me, really?

What cross is He calling me to take up?

What am I holding onto that I need to surrender?

Prayer: Lord Jesus, You are the Christ. Help me follow You, even when the path is hard.



Week 2: The Transfiguration (25 February – 3 March)

"This is my Son. Listen to him!" - Mark 9: 2-13

Three disciples glimpsed glory, then Jesus led them back down toward Jerusalem. Faith is lived in the valley.

Some questions to sit with:

When have I experienced God powerfully?

What is God saying that I need to hear?

How can I take God's presence into everyday life?

Prayer: Father, open my ears to hear Your Son. Give me faith to follow from glory to the cross.



The Six Week Journey

Week 3: Jericho (4 – 10 March)

"What do you want me to do for you?" - Mark 10: 46-52

Blind Bartimaeus cried out for mercy. On His way to die, Jesus stopped for him. He has time for you too.

"Some questions to sit with:

What do I truly want Jesus to do for me?

What blindness needs Jesus' healing?

Who in this part of Dundee is crying out for help?

"Prayer: Jesus, Son of David, have mercy on me. Open my eyes and give me the courage to follow.



Week 4: Bethany (11 - 17 March)

"She has done a beautiful thing" - Mark 14: 3-9

Mary poured out perfume worth a year's wages. What will we pour out for Him?

Some questions to sit with:

What is my most precious thing I could offer Jesus?

Do I love recklessly or calculate the cost?

What would extravagant worship look like now?

Prayer: Lord Jesus, You are worthy of everything. Break open my heart. May my life be a beautiful offering.



The Six Week Journey

Week 5: Gethsemane (18-24 March)

"Not my will, but yours" - Luke 22: 39-46

Sweating drops of blood, Jesus surrendered to the Father's will. Resurrection always goes through Gethsemane.

Some questions to sit with:

What is my cup that I am asking God to take away?

Can I truly pray "not my will but Yours"?

How do I respond when God's will is different from my hopes?

Prayer: Father, I bring You my fears and doubts. Not my will, but Yours. Give me strength to surrender.



Week 6: The Cross (25 - 31 March)

"Father, forgive them" - Luke 23: 34

Seven words from the cross. Seven windows into God's heart. This is love – not a feeling, but a sacrifice. He did this for you.

Some questions to sit with:

Which of Jesus' seven last words speaks to me today?

Who do I need to forgive?

How does the cross change how I view suffering?

Prayer: Lord Jesus, have mercy on me, a sinner. Thank You for the cross. Thank You for loving me unto death.



Holy Week: The Tomb (1-4 April)

"He is not here; he has risen!" - Matthew 28: 6

Wednesday-Friday

Sit with the cross. Do not rush to resurrection.

Saturday

Wait in silence (20 mins)

Sunday

HE IS RISEN!



Weekly Prayer Themes

Sunday - for Craigowl Church and the communities we serve

Monday - for our leadership and for vision

Tuesday - for the world (what's in the news today?)

Wednesday - for Scotland and the UK

Thursday - for world mission

Friday - for persecuted Christians (see Open Doors Watch List)

Saturday - for Christian charities

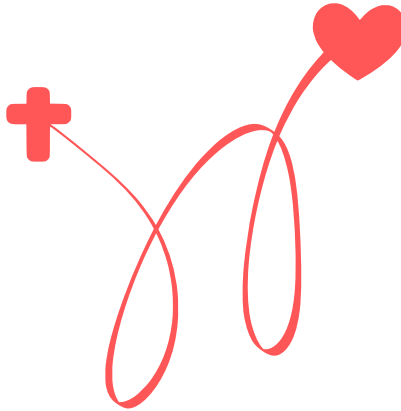
Resources

If using this booklet electronically, clicking on the links will take you directly to the organisations highlighted.

[Open Doors World Watch List: opendoorsuk.org](http://opendoorsuk.org)

[Bible Society Lent resources: biblesociety.org.uk](http://biblesociety.org.uk)

[Lectio 365 prayer app: 24-7prayer.com/lectio365](http://24-7prayer.com/lectio365)



God has always been faithful to His promises.

May this Lent be a time when you experience His presence in new ways as you walk with Jesus to Jerusalem.



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