

Listening and Fasting Lent as a Time of Conversion

Message of Pope Leo XIV for Lent 2026

LISTENING



Lent is a time that invites us to make room for the Word:

- So that it truly becomes a process of listening
- So that God teaches us how to listen as He does
- So that we may recognise the cry of the poor and the suffering

"The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone"



FASTING



By involving our bodies, fasting supports our discernment:

- It keeps our hunger and thirst for justice alive
- It governs our desires towards God and towards goodness
- It disarms our language and helps us refrain from words that hurt others

"Instead, let us strive to measure our words and cultivate kindness."



TOGETHER



Lent calls us to walk as a community:

- On a "shared journey" with our parishes, families and ecclesial groups
- Where space is created for the voice of others
- So that our conversion may lead to better relationships and more authentic dialogue

"Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation."



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