

# 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.**”*



Click here and read the full article