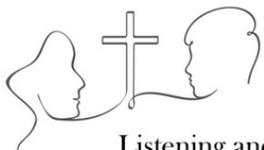


FIRST  
SUNDAY

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*Pastoral kit*  
LENT  
2026

*February 22nd*



Listening and Fasting  
LENT AS A TIME OF CONVERSION

Message of Pope Leo XIV • Lent 2026

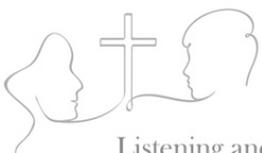
# POINTS FOR REFLECTION FOR THE CELEBRATION OF HOLY MASS

## Introduction

We have begun the journey of Lent as a time to return to the essentials. Let us allow ourselves to be led today into a desert of listening. In this silence, God reminds us who we are: his beloved children. Amidst countless distractions and senseless words, Lent opens up a space for us to let our hearts speak and to choose freedom.

## Suggested songs

- [Lord, Who Throughout These Forty Days](#)
- [Come Back to Me](#)
- [Attende Domine](#)
- [There's a Wideness in God's Mercy](#)
- [Will You Come and Follow Me](#)

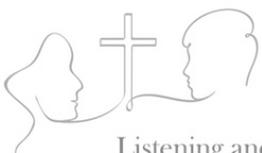


## Prayer of the Faithful

1. For the Church: That we may learn to listen to the voice of God and the cry of the world. Let us pray.
2. For peace and those who govern: That in the face of today's many wars, the Lord may stir consciences to build bridges where there are walls, rejecting fatalistic resignation. Let us pray.
3. For young people and adolescents: That they may not feel crushed by the expectations of adults or by a sense of desperation, but may find in our community authentic witnesses who help them discover the meaning of their lives. Let us pray.
4. For those who live in harsh “deserts”: For those who experience loneliness, failure, or isolation; that our love may lead us to a real closeness and accompaniment in their trials. Let us pray.
5. For our parish community: That this Lent may help us to remove the masks of hypocrisy and live our faith as an “encounter with a Person,” making us simple and true Christians. Let us pray.

### PRAYER ON THE THEME OF THE DAY

Lord, come and dwell in my home and guide my path. Be my guide, my compass, and the strong wind in my sails. Give me everything that brings me to You and take away everything that distances me from You, so that I may serve You with an authentic heart in every brother and sister I meet.



IDEAS FOR THE HOMILY

## Pastoral approach

Today's Gospel takes us into the desert. The desert is not a punishment: instead, it is a place without distractions. There, we can be divested of pretense. Jesus does not go into the desert to prove that he is strong, but to confirm who he is: the beloved Son of the Father. And this is precisely what the Tempter seeks to break: "If you are the Son of God..."

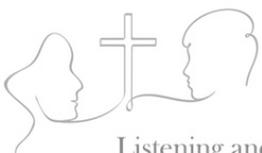
He does not question God, but identity. He does not attack faith, but trust.

We too live surrounded by voices: the voice of success, of consumption, of comparison, of fear. These are voices that promise much but cannot tell us who we are. Lent offers this gift: the opportunity to learn to listen to a different voice, one that does not accuse us, but calls us by name.

This is why true fasting does not begin with food, but with the tongue and the ears:

- Fewer words, more listening;
- Less judgment, more attention;
- Less noise, more truth.

This week, we are not asked to do anything heroic. Just one simple thing: to create a small desert, a moment of silence in which God can speak to our hearts. There we will discover that we do not live by bread alone, but by a Word that sets us free.



## Biblical approach

For Jesus, the desert is not only a place of trial, but a space for deep listening to the Word received in Baptism: “You are my beloved Son.” Satan's temptation is always the same: to divert us from our filial identity, offering possession, power, and appearance as alternatives.

Jesus does not respond by engaging in debate, but by returning to the Word. He rejects the ego as a false center of life and puts God back in the central place. Overcoming temptation does not mean being strong, but trusting. It is a leap of faith into the hands of God, who sustains us without offering alternative securities.

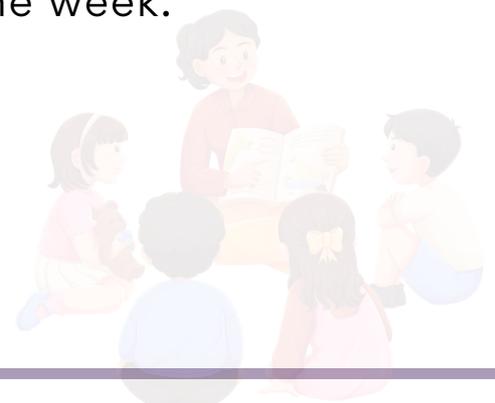
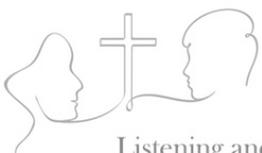


## MATERIAL FOR CHILDREN

**Reflection:** The desert is a quiet place where Jesus went to talk to His Father (God). We too are sometimes afraid of silence because we get bored and don't know what to do. But in order to talk to someone, to listen to them, we must be silent (otherwise... we talk over each other). Jesus went into the desert to listen to His Father, who had many things to say to Him.

## Activity:

- **The prayer corner** (which we will “decorate” with a new object each week): Place a small pot of soil. Explain that it is dry soil waiting for water (the love of Jesus).
- **The silence game:** Observe a minute of total silence to try to “hear” God in your heart, then write on a piece of paper a kind word to say to someone during the week.

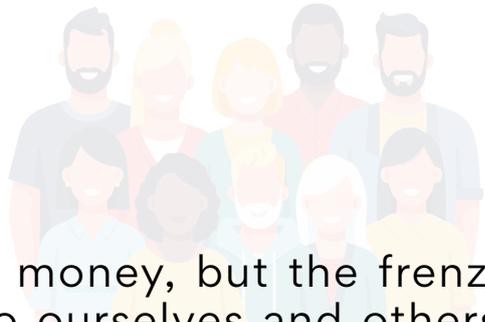


## MATERIAL FOR YOUTH GROUPS

**Reflection:** We are surrounded by superficial communication like TikTok or Instagram, that lasts only a few seconds, and we struggle to dwell on ideas and content, to reflect deeply. Lent offers us 40 days of listening and preparation for Easter. It is an invitation to go into the desert, into silence, so that our lives may have greater depth. Just as Jesus prepares for his mission, we too have a mission to discover and fulfill. Do we have moments of silence? What do they stir in us?

**Activity *Digital detox:*** Take a “social media fast” for half an hour a day, dedicating it to listening to a friend or reading a passage from the Gospel.

## MATERIAL FOR ADULTS



**Reflection:** Modern idolatry is not only money, but the frenzy that prevents us from being “present” to ourselves and others. We are invited to let ourselves be touched by the pain of others and to transform it into action. The true fasting that God wants is to “break unjust chains” and practice the “alms of listening” freely.

### Activity:

- **An informal encounter:** During the week, “connect” with a neighbor or colleague, sincerely asking “how are you?” and listening without rushing, without thinking about what to do next. This proposal is part of the silence we are called to have in order to welcome the other (and the Other).

