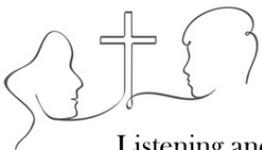


GENERAL  
INTRODUCTION

*Pastoral kit*  
LENT  
2026



## A LENTEN JOURNEY TO LEARN TO LISTEN

This pastoral kit is meant to accompany communities in the journey of Lent 2026 (Year A), proposing a simple but at the same time demanding itinerary: relearning **how to listen**.

We live immersed in noise, in a hurry, and amid empty words. Also in the Christian life, we run the risk of saying much and listening little: to God, others, and ourselves. For this reason, this Lenten journey invites us to **disarm our speech and educate our hearts**, so that conversion is not only a moral effort but an experience of encounter.

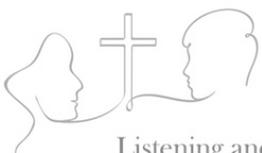
The path takes its inspiration from a progressive movement:

- from the desert to listening,
- from listening to the light,
- from the light to new life.

Every Sunday, we propose a human and spiritual experience illuminated by the Word of God, accompanied by gestures, questions, and concrete proposals for daily life.

### HOW TO USE THIS PASTORAL KIT

This material is not envisioned to be used in its entirety or literally, but as a flexible pastoral help. Celebrants, the liturgical team, and animators are all invited to discern, choose, and adapt the contents based on the context of each community.



In particular:

- The introductions and the liturgical suggestions can be abbreviated or reworked.
- The ideas for the homily offer possible suggestions and phrases, not texts to read as they are.
- The prayers of the faithful can be simplified, while always being careful to safeguard clarity and a prayerful rhythm.
- The proposals for children, young people, and adults share the same structure, but it is not necessary to use everything.

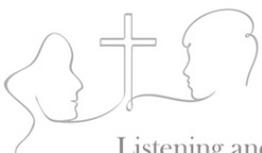
It is recommended to observe moderation in making signs, the accessibility of words, and a climate of silence and listening, avoiding excessive words.

## FOR THE HOMILIES

Lent is not a race towards Easter, but a **journey of listening**. It does not ask us to do more, but to take away what holds us back, so that the Word can once again resound in our hearts. The cycle of the Sundays of Lent 2026 (Year A) accompanies us through strong and progressive Gospel images: the desert, the mountain, the well, the light, the tomb, the cross. These are not moral stages, but interior places that we all arrive at, sooner or later.

Jesus does not go before us like a teacher who explains, but as a companion who lives with us in these places:

- He enters the **desert** of confusion,
- He climbs the **mountain** of trust,
- He sits at the **fountain** of our thirst,
- He restores **light** to tired eyes,
- He calls forth from the **tomb** what seemed lost,
- And finally, he is silent on the **cross**, giving himself totally to the Father.



The homilies on this journey are not meant to offer immediate responses, but to **open spaces**. Spaces of silence, of listening, of truth. Because Christian conversion is not born out of fear or straining, but out of an encounter with a Voice who does not accuse or force, but calls by name.

Every Sunday, we propose a keyword and a simple, possible, concrete call. Not heroics, but **real steps**: listening, trusting, recognizing thirst, changing one's point of view, returning to life, learning the silence of love.

This path leads slowly to the heart of the faith: discovering that freedom is not doing what we want, but allowing ourselves to love deeply.

The objective of this journey is not “to do more,” but to live more deeply. If, at the end of Lent, we have learned to listen better, to judge less, and to accompany more, this booklet will have accomplished its mission.

