

# Spiritual Reflections for March 2026

**Please choose a reflection for review: Pope Leo's Lenten Message or Renewal in March**

## **Extracts from Pope Leo XIV's 2026 Lenten Message**

Lent emphasizes the communal aspect of listening to the word and fasting. The Bible itself underlines this dimension in multiple ways. For example, the Book of Nehemiah recounts how the people gathered to listen to the public reading of the Law, preparing to profess their faith and worship through fasting, so as to renew the covenant with God (cf. 9:1-3).

Likewise, our parishes, families, ecclesial groups and religious communities are called to undertake a shared journey during Lent, in which listening to the word of God, as well as to the cry of the poor and of the earth, becomes part of our community life, and fasting a foundation for sincere repentance. In this context, conversion refers not only to one's conscience but also to the quality of our relationships and dialogue. It means allowing ourselves to be challenged by reality and recognizing what truly guides our desires — both within our ecclesial communities and as regards humanity's thirst for justice and reconciliation.

Dear friends, let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us. Let us ask for the strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others. Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilization of love.

I impart my heartfelt blessing upon all of you and your Lenten journey.

*From the Vatican, 5 February 2026, Memorial of Saint Agatha, Virgin and Martyr*

### **Reflection:**

How do you understand or do you have experience of 'allowing ourselves to be challenged by reality'?

- *Submitted by Bro. Greg Horgan, Scarborough East Particular Council President*

## Renewal in March

March reflections focus on themes of transition, renewal, and deepening faith through prayer, fasting, and almsgiving, often aligning with the Lenten season. Key themes include trusting God's timing, seeking divine guidance, nurturing hope during challenges, and practicing intentional acts of love and gratitude to align one's life with God.

These are specific **spiritual themes** for March:

**Embracing Transition & Renewal:** As winter turns to spring, March invites reflection on personal growth, letting go of what distracts from love, and welcoming new opportunities for spiritual growth.

**The Lenten Journey (Prayer & Sacrifice):** This season calls for slowing down, reducing noise, and focusing on small, faithful acts of surrender and service to others, particularly in aiding the poor and marginalized.

**Trusting Divine Timing & Provision:** Reflections emphasize relying on God's, rather than the world's, timing. Key scriptures encourage trusting that God is in control, even when faced with uncertainty or difficulty.

**Cultivating Inner Joy and Gratitude:** Focus on finding joy in daily life, seeing beauty in all things, and replacing resentment with gratitude to strengthen emotional and spiritual bonds.

**Focus on Integrity:** A call to align one's heart with God's, fostering true, good fruits in life rather than just seeking worldly power.

### Actionable Reflections for Daily Life:

- **Practice Silence:** Take moments each day for quiet reflection, listening to God's voice.
- **Focus on Mercy:** Meditate on God's "hesed" (steadfast loving-kindness) and extend that kindness to others.
- **Let Go of Resentment:** Actively release bitterness to avoid being held back.
- **Seek Opportunities in Struggles:** Reframe current difficulties as opportunities for growth.

### Reflection:

Which Spiritual theme speaks to you, and what actionable reflection appeals to you most?

### A Prayer for the Month of March

*Dear Heavenly Father, as I step into this new month of March, I thank You for the gift of a new season. I ask for Your guidance, wisdom, and protection. Just as the world around us begins to bloom, I pray that You will renew my spirit, refresh my mind, and strengthen my body. Help me to make decisions that align with Your will, to cultivate a heart of gratitude, and to trust in Your goodness during both challenges and triumphs. Let this month be a time of spiritual growth and, for me, a blessing to others. In Jesus' name, I pray. Amen*