



2026 Lent Calendar

All resources referenced
can be found at
[ELCA.org/WHLent](https://elca.org/WHLent)



ELCA World Hunger

FEBRUARY

18

ASH
WEDNESDAY

Gracious God, out of your love and mercy, you breathed into dust the breath of life, creating us to serve you and our neighbors. Call forth our prayers and acts of kindness, and strengthen us to face our mortality with confidence in the mercy of your Son, Jesus Christ.

Hear us, O God.
Your mercy is great.

19

Thursday



Today would be a good day to set a goal for your Lenten giving to ELCA World Hunger. Write it down and refer back to it throughout the season.

20

Friday

"Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and not to hide yourself from your own kin?" (Isaiah 58:6-7).

21

Saturday

"When we are tested and wrestle alone, famished for bread when the world offers stone, nourish us, God, by your word and your way, food that sustains us by night and by day" ("When We Are Tested," ACS 922).

22

FIRST
SUNDAY
IN LENT

Read and
reflect on
Matthew 4:1-11.

23

Monday

"Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them. You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance" (Psalm 32:6-7).

24

Tuesday

God of provision and plenty, you bless us and call us your own. Help us share the abundance of your love with people who are oppressed, hungry and experiencing homelessness. Open our hearts and hands to the needs of others.

Hear us, O God.
Your mercy is great.

25

Wednesday

Around the world, up to 720 million people are hungry, and each of them has a story to tell. **You can make a significant impact on someone's life with a gift of \$2 a day.** Throughout the season, consider setting aside that amount to donate to ELCA World Hunger.

26

Thursday

Your gifts to ELCA World Hunger have helped Ibu Dewi unlock the full potential of her small plot of farmland on the Mentawai Islands of **Indonesia**. An organic farming training program, supported by donors such as you, taught her new techniques that have helped her produce healthier, more sustainable harvests. Inspired by that generosity, Ibu is sharing her gifts with others in her community by teaching organic farming techniques. "Seeing my farm transform with organic methods gave me hope," she says. "Now, teaching others and watching their farms flourish is the greatest reward." Read the full story at [ELCA.org/WHLent](https://elca.org/WHLent).



27

Friday

Listen to ELCA Advocacy's podcast "Here I Pod," season 1, episode 1: "Housing and Homelessness Trends and Policy Impacts." Learn about pressing issues of housing and homelessness in the United States, and how you can help find creative and affordable solutions through advocacy action. Download the episode at [ELCA.org/WHLent](https://elca.org/WHLent) or wherever you get your podcasts.

28

Saturday

"Light dawns on a weary world when eyes begin to see all people's dignity. Light dawns on a weary world: the promised day of justice comes. The trees shall clap their hands; the dry lands, gush with springs; the hills and mountains shall break forth with singing! We shall go out in joy, and be led forth in peace, as all the world in wonder echoes shalom" ("Light Dawns on a Weary World," ELW 726).

MARCH

1

SECOND
SUNDAY
IN LENT

Read and
reflect on
John 3:1-17.

2

Monday

"God loved the world so that he gave his only Son the lost to save, that all who would in him believe should everlasting life receive" ("God Loved the World," ELW 323).

3

Tuesday

The Sola Community Peace Center in **Los Angeles**, a partner of ELCA World Hunger, offers programs to help people — especially kids — cope with the stress of economic struggle. It also offers resources to alleviate food insecurity. A few years ago, with support from donors such as you, the center began giving out vegetable and herb plants and even a few fruit trees to community members, inviting them to grow their own food at home. "It's more than just food," says program director Susan Stouffer. "It is hope."



4

Wednesday

Compassionate God, by the bounty of your creation, you have sustained us with food to eat. Through the wisdom of your heart, you have provided us with time to rest. Help us to be careful stewards of your generosity.

Hear us, O God.
Your mercy is great.

5

Thursday

Listen to "Here I Pod," season 1, episode 4: "Foreign Assistance Funding Freeze Effects and Actions." Your gifts to ELCA World Hunger support our church's advocacy efforts, which help to ensure that lifesaving programs around the world receive the funding they desperately need. Tune in to understand the challenges and learn how you can make a difference. [ELCA.org/WHLent](https://elca.org/WHLent)

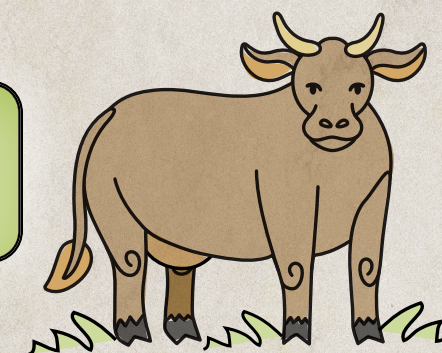
6

Friday

"I lift up my eyes to the hills — from where will my help come? My help comes from the Lord, who made heaven and earth" (Psalm 121:1-2).

7

Saturday



A cow can produce a few gallons of milk every day. With the **gift of a cow (\$500)**, a family can start a small business, selling extra milk, cheese, yogurt, butter and more. With food, funds and fertilizer, the gift of a cow has got it all.

Visit goodgifts.elca.org for this gift and many more.

8

THIRD
SUNDAY
IN LENT

Read and
reflect on
John 4:5-42.

9

Monday

"En este mundo por doquier habrá gente que llora y sin consolar. Sea que ayudemos o que alimentemos, somos del Señor." / "Across this wide world, we shall always find those who are crying with no peace of mind; and when we help them, or when we feed them, we belong to God." ("Pues Si Vivimos" / "When We Are Living," ELW 639)

10

Tuesday

"If while we were enemies we were reconciled to God through the death of [God's] Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation" (Romans 5:10-11).

11

Wednesday

A woman might have the dream and skills to start her own small business, but with little savings or access to credit, getting started can be a challenge. **A gift of \$125 can fund a microloan**, which can be just what a woman needs to start her business, create a steady source of income and help her family overcome poverty.



12

Thursday

Listen to "Here I Pod," season 1, episode 10, "Faith Leadership in Complex Times," to hear from hunger advocacy fellow Joey Chin among other guests. Learn how advocacy fits in with the work of the ELCA and our faith-based partners, how advocacy has changed, different forms of activism and much more. [ELCA.org/WHLent](https://elca.org/WHLent)

13

Friday

Embodied God, at your table, we have tasted the goodness of Jesus. With our hearts open to your promise, empower us to hear the needs of our neighbors and touch the world with your love.

Hear us, O God.
Your mercy is great.

14

Saturday

Ritu Rishidev, an 18-year-old student in **Nepal**, is a member of the Dalit community, one of the most marginalized ethnic groups in the country. Your support is empowering her to stand up for her rights and fight for justice for her community. Gifts to ELCA World Hunger have enabled Ritu to attend trainings where she has learned about national and international rights laws, including those protecting the rights of women and children. "Wherever I go in the future," she says, "I am committed to working for my community." Your generosity has helped Ritu — and other emerging activists — find their voices. Read the full story at [ELCA.org/WHLent](https://elca.org/WHLent).



2026 Lent Calendar

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MARCH

15
FOURTH
SUNDAY
IN LENT

Read and
reflect on
John 9:1-41.

16
Monday

Listen to "Here I Pod," season 2, episode 2: "FEMA Changes and Lutheran Disaster Response." ELCA World Hunger and Lutheran Disaster Response work together to help our neighbors overseas rebuild their lives in the months and years after disaster strikes. From this episode, you'll learn about the evolving role of Lutheran Disaster Response in disaster management and community resilience efforts. [ELCA.org/WHLent](https://www.elca.org/WHLent)

17
Tuesday

"Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long" (Psalm 23:4-6).

18
Wednesday

God, from your generative word came water that sustains our daily life. From the depths of your heart, the living waters spring and sustain our faith. When we are thirsty for hope, we come to the well of your spirit.
Hear us, O God. Your mercy is great.

19
Thursday



"Shall we gather at the river, where bright angel feet have trod, with its crystal tide forever flowing by the throne of God? Yes, we'll gather at the river, the beautiful, the beautiful river; gather with the saints at the river that flows by the throne of God" ("Shall We Gather at the River," *ELW* 423).

20
Friday

Your generosity ensures that staff and students have clean, safe water at their school in **Zimbabwe**. The school is located in a community that relies on reservoirs of rainwater for drinking and farming. When cracks appeared in the reservoir the school uses, the community came together to repair it with support from ELCA World Hunger. The community also extended the reservoir and a dam wall to guarantee that the school has abundant water. Now the students have enough to drink, and they are using water to irrigate the school garden and learn about growing vegetables.



21
Saturday

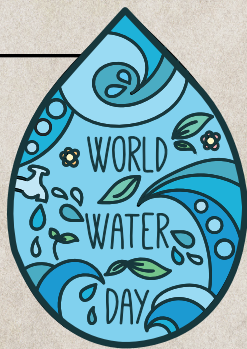
Lack of access to safe water is one of the biggest challenges to overcoming poverty. With the **gift of a share of a safe water project (\$250)**, you can give a community the power to create change. A simple water well, spring box or other water point can provide as many as 500 families with access to clean, safe water.



22

FIFTH
SUNDAY
IN LENT
Read and
reflect on
John 11:1-45.

This World Water Day, set aside time to pray for neighbors, near and far, who face water scarcity and water injustice, and give thanks for local leaders whose tireless efforts inspire hope.



23
Monday

God, you are the living power of grace. You call us to join the good fights for justice and peace. Give us the wisdom to choose our battles wisely and strengthen us with the witness of all the saints.
Hear us, O God. Your mercy is great.

24
Tuesday

A little over a year ago, Christine (name changed for privacy) was staying in a women's shelter in rural northern **Wisconsin**. Her life began to change when she got involved with the Welcome Home Program, supported by your gifts to ELCA World Hunger. Because housing and food insecurity are deeply intertwined, the program addresses both. With help from her Welcome Home caseworker, Christine found a place where she and her daughter could live, and a voucher for a food pantry and grocery store nearby helped her fill up her refrigerator and kitchen cupboards. Through your generosity, you are showing up for your neighbors who endure hunger and poverty around the world and right next door.



25
Wednesday

"The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; [the one] who vindicates me is near. Who will contend with me? Let us stand in court together" (Isaiah 50:7-8).

26
Thursday

Your gifts matter — in the United States, Indonesia, Zimbabwe and other countries all around the world. Learn more at [ELCA.org/Hunger](https://www.elca.org/Hunger). Thank you!



27
Friday

"Cuando el pobre nada tiene y aun reparte, cuando alguien pasa sed y agua nos da, cuando el débil a su hermano fortalece: Va Dios mismo en nuestro mismo caminar." / "When the poor ones, who have nothing, still are giving; when the thirsty pass the cup, water to share; when the wounded offer others strength and healing: We see God, here by our side, walking our way." ("Cuando el Pobre" / "When the Poor Ones," *ELW* 725)

28
Saturday

Stay engaged with ELCA Advocacy throughout the year by signing up for ELCA Advocacy Action Alerts at [ELCA.org/advocacy/signup](https://www.elca.org/advocacy/signup).



HOLY WEEK

29

PALM
SUNDAY
Read and
reflect on
Matthew
26:14 - 27:66.

30
Monday

On the night Jesus was betrayed, he gave us a new commandment: to love one another as he loves us. Holy God, source of all love, write this commandment in our hearts and give us the will to serve others just as he did. In the name of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

31
Tuesday

"Let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for [the one] who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching" (Hebrews 10:22-25).

APRIL

1
Wednesday

"You satisfy the hungry heart with gift of finest wheat. Come give to us, O saving Lord, the bread of life to eat. You give yourself to us, O Lord; then selfless let us be, to serve each other in your name in truth and charity" ("You Satisfy the Hungry Heart," *ELW* 484).

2
Thursday



Gather all you've collected throughout your Lenten journey and add up your total gift to ELCA World Hunger. Make your donations online at [ELCA.org/WHLent](https://www.elca.org/WHLent) or bring your gifts to your congregation. Thank you for working creatively and courageously toward a just world where all are fed.

3
Friday

O God, you are the creator of the world, the liberator of our people, and the wisdom of the earth. By the resurrection of your Son, free us from our fears, restore us in your image and ignite us with your light through Jesus Christ, our Savior and Lord.
Hear us, O God. Your mercy is great.

4
Saturday

"Jesus, keep me near the cross, there's a precious fountain; free to all, a healing stream flows from Calvary's mountain. In the cross, in the cross be my glory ever; till my ransomed soul shall find rest beyond the river" ("Jesus, Keep Me Near the Cross," *ELW* 335).

5
Easter
Sunday

Christ
is risen!
Alleluia!

Read, reflect on
and rejoice in
Matthew 28:1-10.



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