



OHIO EPISCOPAL AREA

East & West Ohio Conferences

THE UNITED METHODIST CHURCH



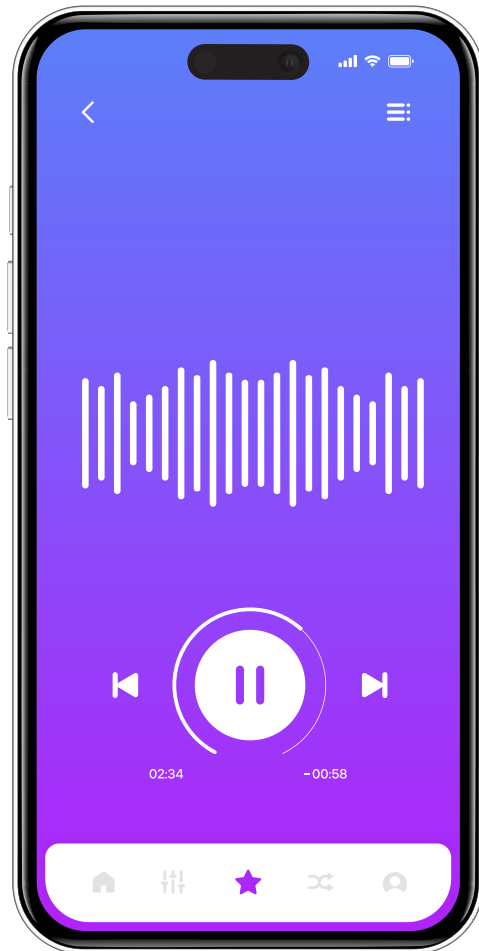
CONNECTIONAL MINISTRIES
INTERGENERATIONAL LENTEN JOURNAL 2026

About Lent: Lent is the 40 days prior to Easter, but counting is tricky because Sundays are not a part of those 40 days. Sunday are considered celebration days. A way to practice worshipping and celebrating all that God has done. The 40 days are to help us remember our humanness and need for Jesus in our lives. The journey begins on Ash Wednesday, February 18th and ends on Easter, April 5th.

About this Journal: This is an intergenerational journal appropriate for all ages and can be used by individuals, families or groups. There are 8 weeks worth of meditative prayer activities which can be engaged any time during the designated week.

Each week includes a passage of scripture to read and a song to listen to while prayerfully creating a collage utilizing the journal entry page.

The scriptures follow the lectionary and the songs can be found on Spotify within the Ohio Episcopal Area Emerging Generations Lenten Playlist 2026. Follow the QR Code for easy reference.

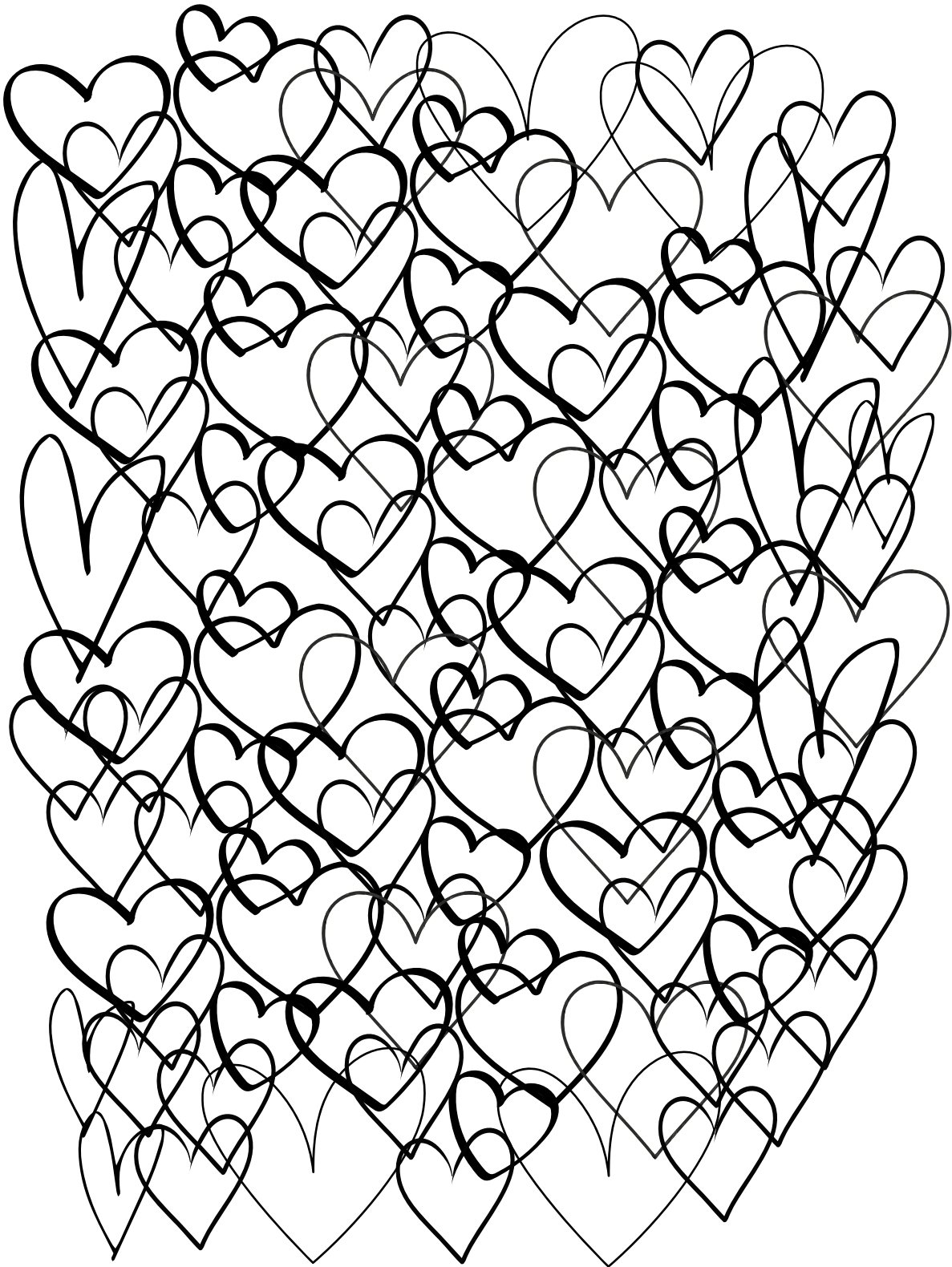


WEEK ONE-THE HEART OF IT ALL

February 18-February 25

Read Scripture: Matthew 6:1-6, 16-21.

Spend time in meditative prayer with the song "Take time to be Holy" by Rasmussen Family & create a collage using colored pencils, markers, crayons, or paint on this journal page.

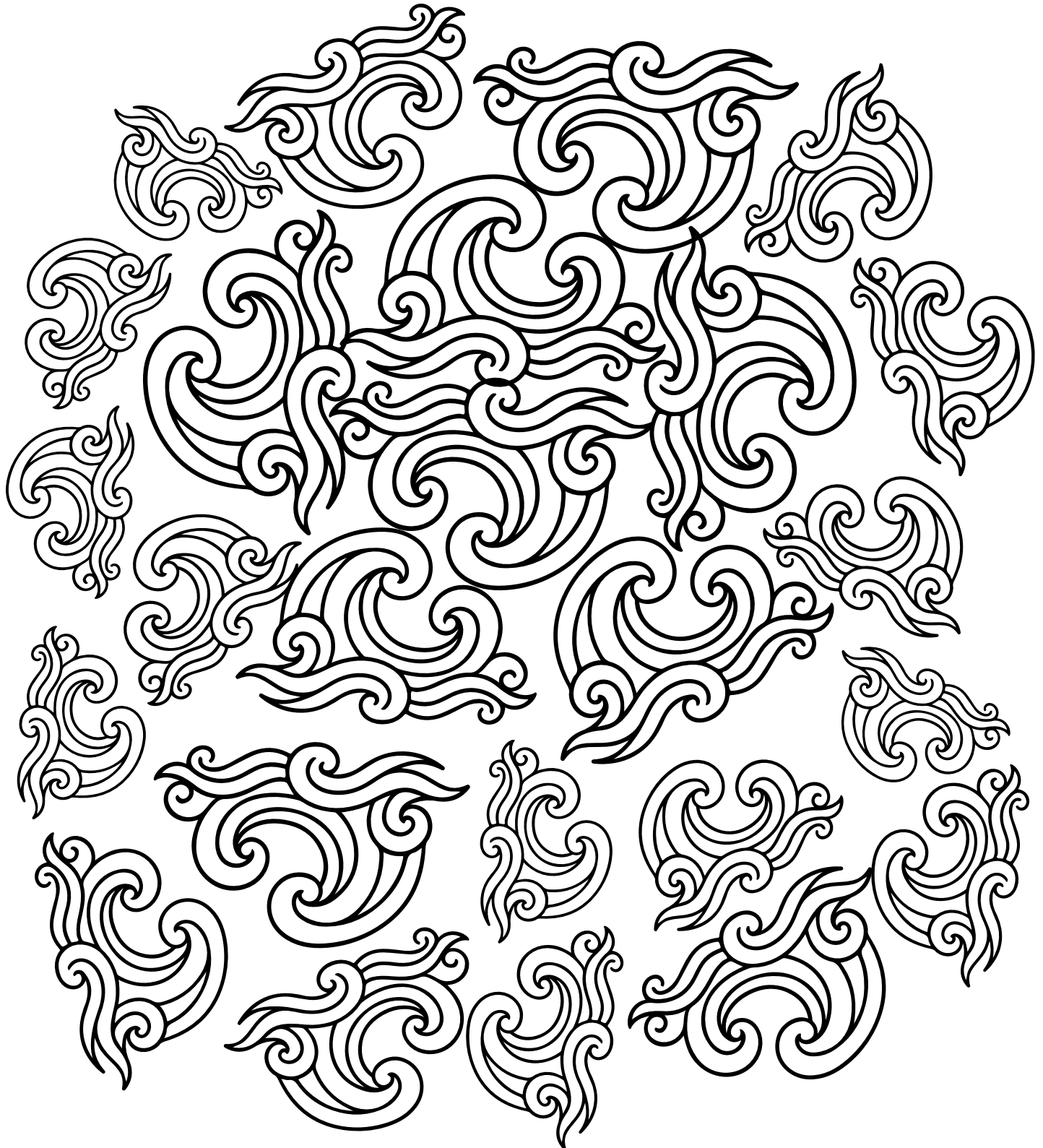


WEEK TWO—FINDING THE CENTER

February 25–March 4

Read Scripture: Matthew 4:1–11

Spend time in meditative prayer with the song “It is Well With My Soul” by Anthem Lights & create a collage using colored pencils, markers, crayons, or paint on this journal page.

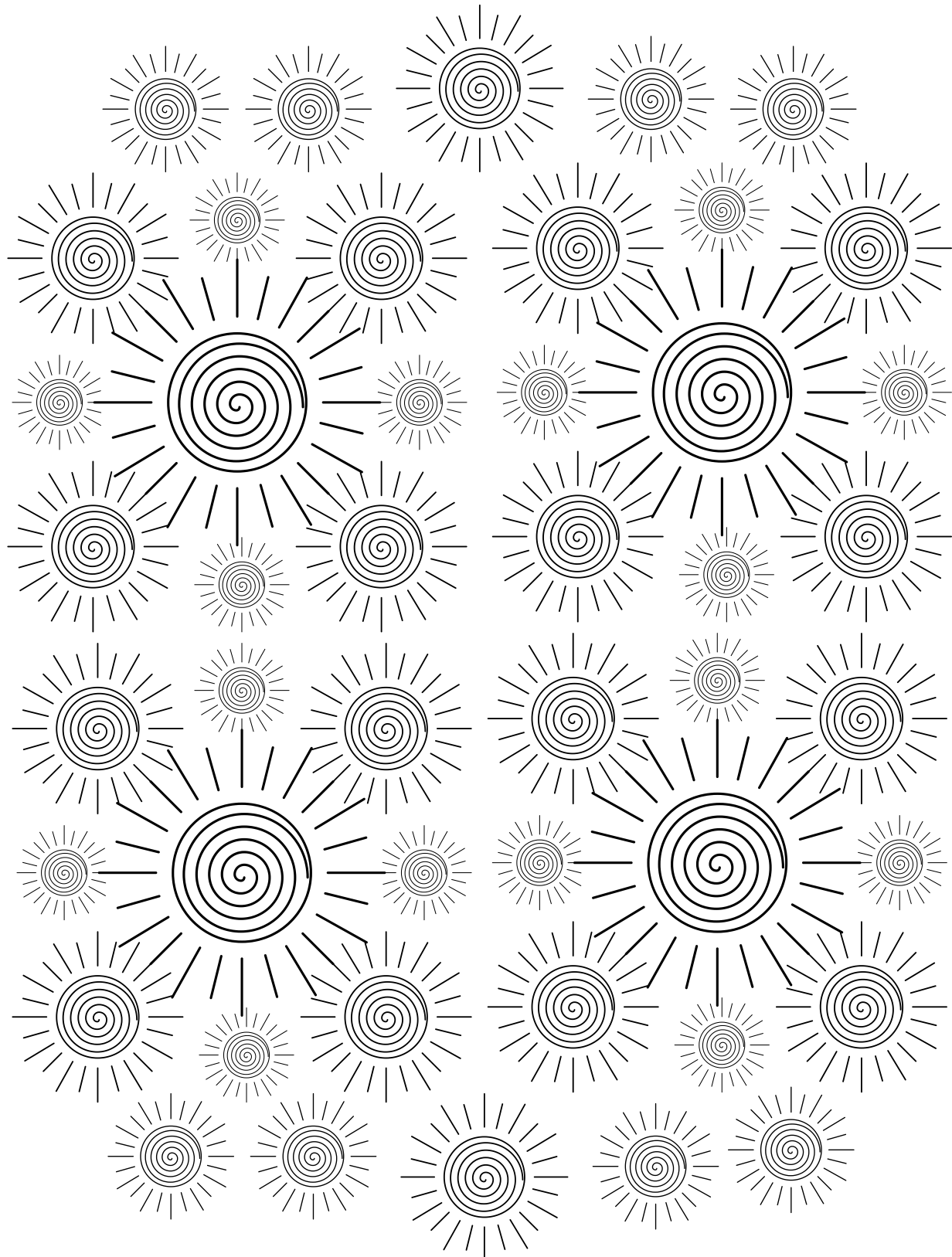


WEEK THREE-THE REASON REVEALED

March 4-March 11

Read Scripture: John 3:1-17.

Spend time in meditative prayer with the song "How Great Thou Art" by Shane & Shane & create a collage using colored pencils, markers, crayons, or paint on this journal page.



WEEK FOUR—THE MESSAGE IN YOUR MESS

March 11–March 18

Read Scripture: John 4:5–42

Spend time in meditative prayer with the song “Fill My Cup, Lord” by Simply Worship & create a collage using colored pencils, markers, crayons, or paint on this journal page.

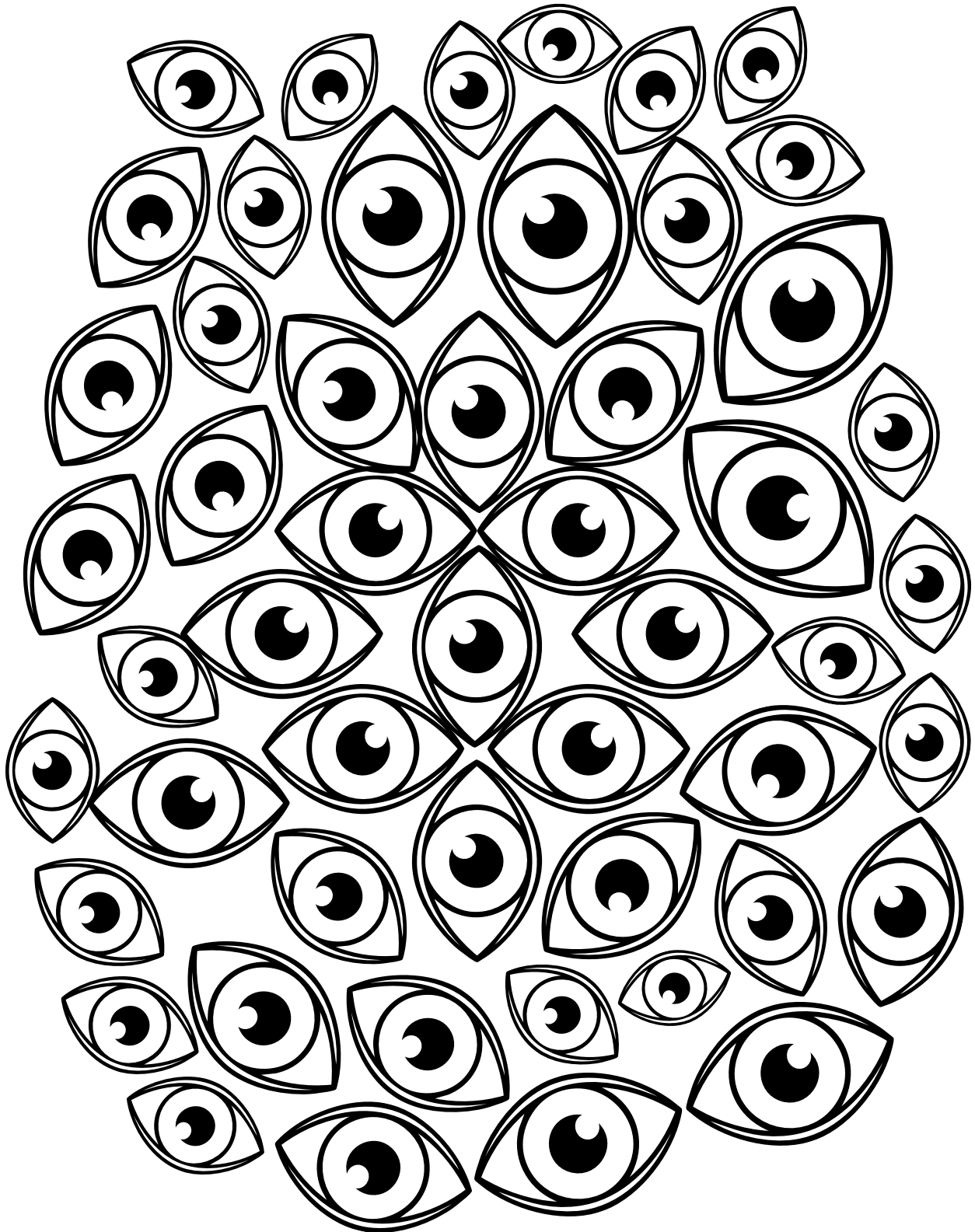


WEEK FIVE-KEEPING THE MAIN THING, THE MAIN THING

March 18-March 25

Read Scripture: John 9:1-41

Spend time in meditative prayer with the song "Look Up Child" by Lauren Daigle & create a collage using colored pencils, markers, crayons, or paint on this journal page.

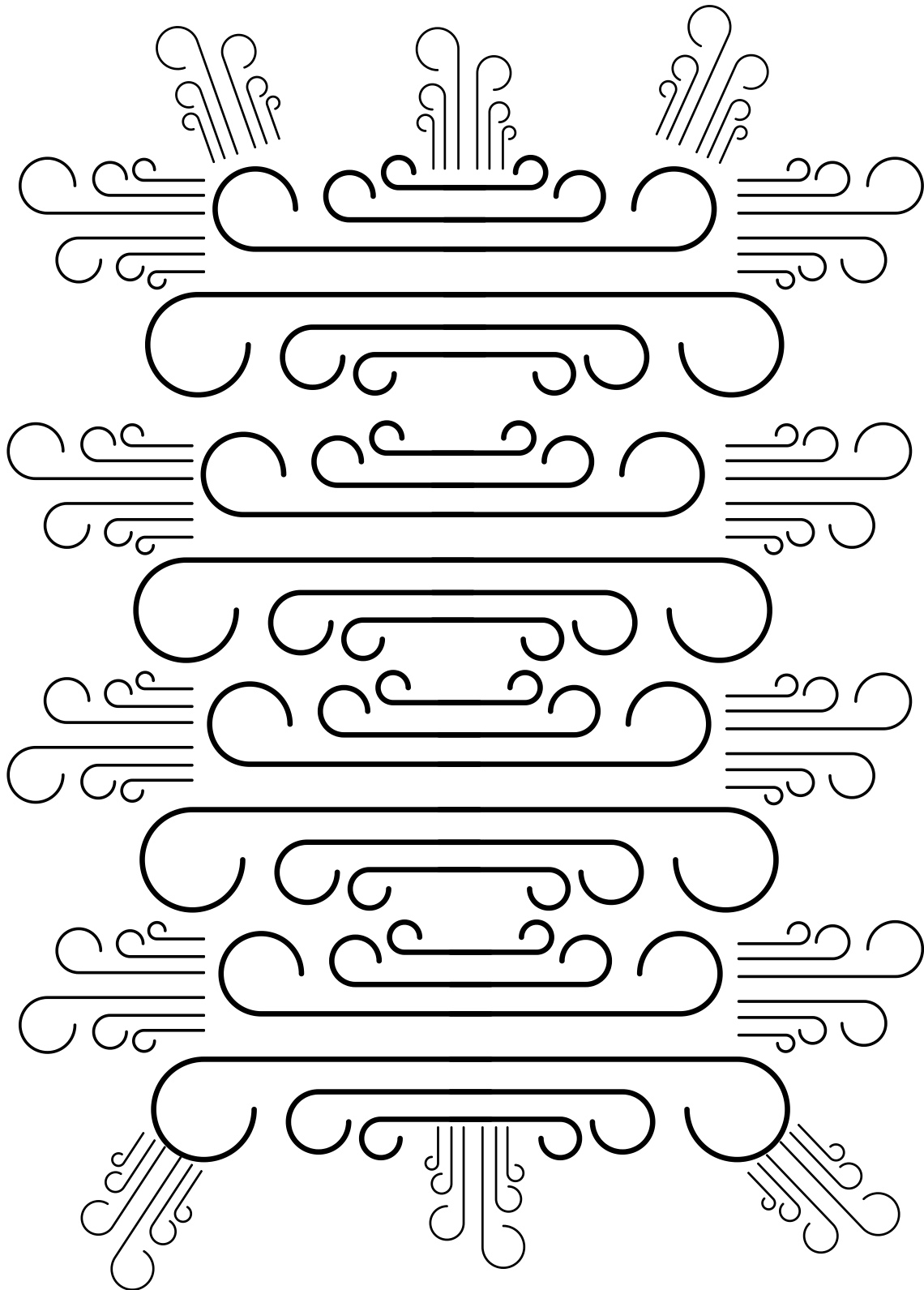


WEEK SIX-THE PROMISE

March 25-April 1

Read Scripture: John 11:1-45

Spend time in meditative prayer with the song "Rise Up (Lazarus)" by Cain & create a collage using colored pencils, markers, crayons, or paint on this journal page.

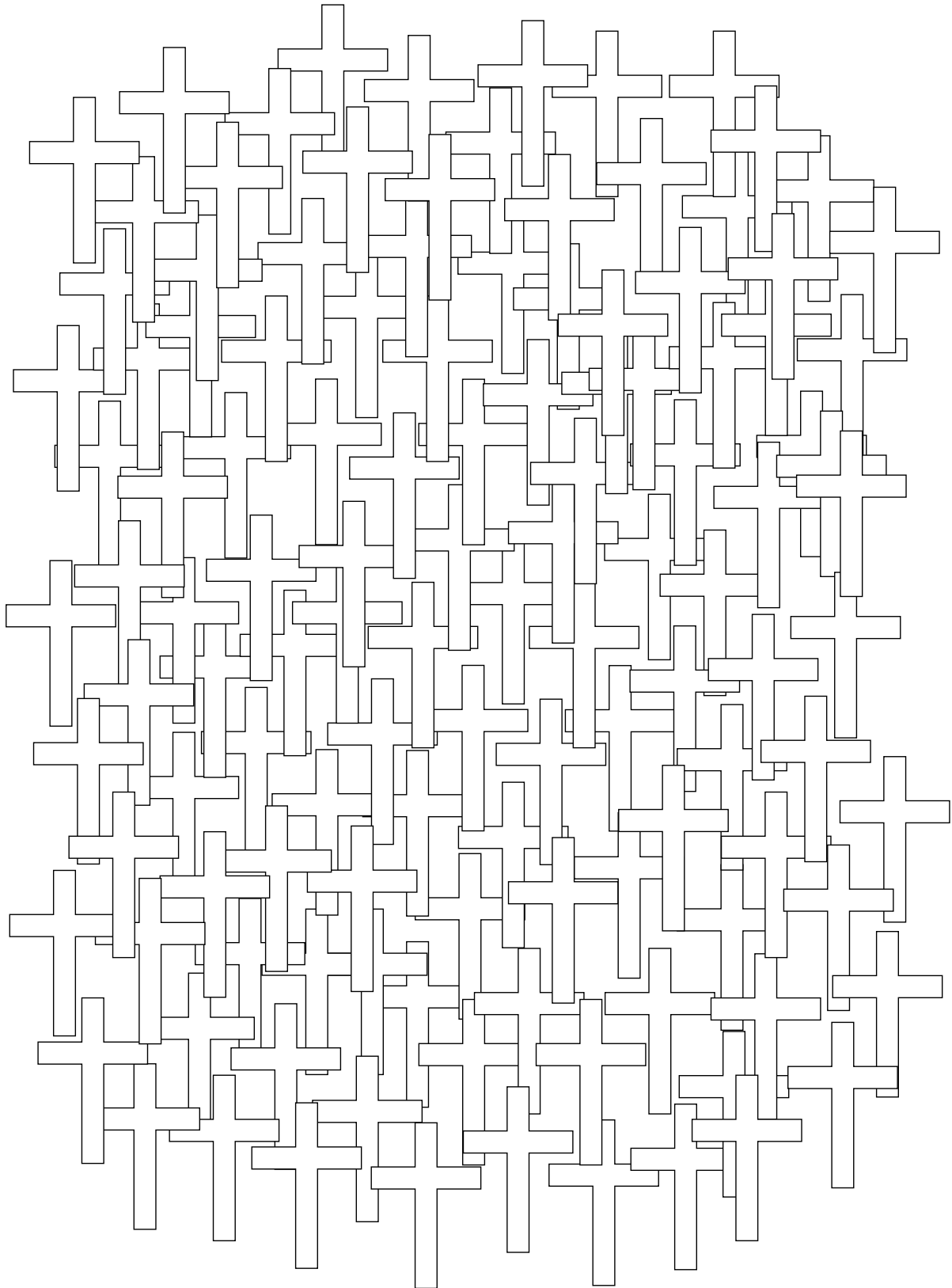


WEEK SEVEN—SETTING THE STAGE

April 1–April 8

Read Scripture: John 13:1–17, 31b–35

Spend time in meditative prayer with the song “Love Like Jesus” by Lloyd Nicks & create a collage using colored pencils, markers, crayons, or paint on the back of this journal page.



WEEK EIGHT-LIVING FORWARD

April 8

Read Scripture: Matthew 28:1-10

Spend time in meditative prayer with the song "Isn't He (This Jesus)" by The Belonging Co, Natalie Grant & create a collage using colored pencils, markers, crayons, or paint on this journal page.



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