

ALL SAINTS' CATHEDRAL, NAIROBI
TRANSFORMATION THROUGH PRAYER
Lent Season Reflections & Prayer Guide 2026

Lent, the forty days in the Christian year that lead up to Easter, is a valuable time for Christians. Lent is a period of prayer and spiritual rejuvenation anticipating a time when hope and fresh spiritual life are beginning to emerge. The Lenten season is an opportunity to grow in our spiritual lives through spiritual disciplines

In the early church new believers were baptized into its fellowship once a year on Easter. Prior to their baptism, they were given time to grow in their convictions. They would be baptized to symbolize their death to the power of evil and their call to be resurrected into new life in Christ, who defeated the power of death on the first Easter. Over time, the entire devoted community began to regard this season as a time for growth in faithful discipleship. Lent emerged as a season when both new converts and the body of believers would become more closely associated with Jesus' living, dying, and rising. Thus, in today's Church, as in the early Church, Lent is intended to be experienced as a season for disciple-making. Lent is a season of rediscovery, a wonderful opportunity for us to engage ourselves more fully in the beauty and power of Jesus dying and rising to new life. It is a moment to reflect on the realities of death and resurrection and allow it to permeate our deepest selves.

Lent is a time of prayer when we are urged to take a break from the activity of our everyday busy lives and reconnect with the Spirit of God within. Prayer is essentially focused attention to God; it sets us in listening position. Lent enables us to experience a new depth of prayer, a true devotion to God in the midst of all the commotion and turbulence of our everyday lives, through which we learn to be strong in the Lord and in the power of the Holy Spirit.

Fasting is a second practice linked with this season. Fasting represents a readiness to free ourselves from self-centered goals, aspirations, and pursuits. It denotes a readiness to be freed from the self-centeredness that drives so much of our lives in order to truly experience Christ's liberating power. Fasting teaches us that the most profound hunger in our life must be for God.

Almsgiving is the third practice linked with this season. It expresses an interior conversion with regard to our neighbor while fasting expresses interior conversion with regard to us, and prayer expresses interior conversion with regard to God. Jesus holds up before us the image of the Good Samaritan, who stops to come to the aid of his neighbor, beaten and bloodied on the road. He not only pays for a room, but he personally takes care of the details. This required looking a distressing image of humanity square in the face and acting in total selflessness.

This Year's Lent Season begins on **18th February** (Ash Wednesday) and ends on **2nd April 2026** (Maundy Thursday). We encourage you take part in the 40 days of prayer and fasting between **6:00am to 6:00pm** each day. We invite you to join an online prayer session every day from 5:30am to 5:30am by scanning the QR Code or link below.
<https://us06web.zoom.us/j/87080877358?pwd=t5voRKAAbJ8EB5RI7Bjr4rskRqOMRvV.1>



On Wednesdays, The Church will remain open throughout the day and clergy will be available at the altar to pray for those who come during the day. In the evening at 5:30pm, we invite all congregants for a time of prayer during the Prayer and Healing Service.

PRAYER GUIDE FOR THE LENT PERIOD 2026 (18TH FEBRUARY – 2ND APRIL 2026)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pray For Personal Needs and Revival	Pray For our Country Kenya and the Government	Pray For the Needs of the Families	Pray For the Environment	Pray For the Vulnerable in society	Pray For Cathedral Ministry and the Body of Christ
FEBRUARY		<p>18th - Family Unit</p> <p>Psalm 103:17, Joshua 24:15)</p> <ul style="list-style-type: none"> • Basic unit of society • God’s mercy & favour • Intimate relationship with God • God’s provision 	<p>19th - Celebrate God for the creation</p> <p>(Psalm 148)</p> <ul style="list-style-type: none"> • For Hills & Valleys • Forests • Seas & streams • Wildlife • Domestic animals 	<p>20th – The poor in Society</p> <p>Isaiah 1:17; Deut. 15:11</p> <ul style="list-style-type: none"> • Adequate provision • Employment • Shelter • Healthcare • Those working to alleviate poverty 	<p>21st - Worship & Hospital Chaplaincy Dept Ministries</p> <p>Nehemiah 12:27-30</p> <ul style="list-style-type: none"> • Music – choirs & Praise teams • Ushers, Readers, Guild • Hospital Chaplaincy
<p>23rd - Prayer for Strength in Temptation</p> <p>Deut 26:1–11 1 Peter 3:18–22</p>	<p>24th - National Repentance and Healing</p> <p>2nd Chronicles 7:14</p> <ul style="list-style-type: none"> • Pray for revival of righteousness • Repent for national sins • Seek God’s mercy and healing over Kenya 	<p>25th - Parents & guardians</p> <p>(Ephesians. 6:1 -3)</p> <ul style="list-style-type: none"> • Parents to play their rightful roles • Fear of God in the role • Pray against conflicts • Pray for single parents 	<p>26th - Environmental preservation</p> <p>Psalm 104:16</p> <ul style="list-style-type: none"> • Forest cover • Rivers & catchment areas • Lakes and Ocean • Natural Habitats 	<p>27th – The Sick</p> <p>James 5:14-15</p> <ul style="list-style-type: none"> • Terminally ill • In Hospitals& homes • Care givers • Improved healthcare systems • Medical/ health workers 	<p>28th - Children & Teens Dept</p> <p>Deuteronomy 6:4 - 8</p> <ul style="list-style-type: none"> • Sunday School • Special Needs • Teens’ activities • CTC Programmes • The ASC School

MARCH					
2nd - Prayer of Surrender to God Psalm 22 Mark 8:31–38	3rd - Peace and Calmness During Campaigns and Rallies Philippians 4:6-7 <ul style="list-style-type: none"> • Pray for calm hearts across the nation. • Declare peaceful campaigns and rallies. 	4th - Widows, widowers & orphans (Deut. 10:18) <ul style="list-style-type: none"> • God to prosper them • Deliverance from anxiety, loneliness, pain • God’s protection • Godly wisdom 	5th - Climate Change effects Jeremiah 10:12 <ul style="list-style-type: none"> • Pollution • Flooding/Droughts • Water Scarcity • Food insecurity 	6th - The Homeless Matt. 25:40 Psalm 107:4-9 <ul style="list-style-type: none"> • Street families • Displaced persons - Health, insecurity, - Poor access to social amenities - Finding food & Shelter 	7th - Family Dept 1 Corinthians 13: 4 -7 <ul style="list-style-type: none"> • Men & Women Ministry • Marriage outreach • Special Abilities • Senior Citizens • Cell Groups / G2G
9th - A Pray for a Heart of True Worship Exodus 20:1–17 Psalm 19	10th - Prayer for the Executive Isaiah 1:23, Proverbs 29:2 <ul style="list-style-type: none"> • Presidency • CSs • National Assembly • Senate 	11th - Senior Citizens 2 Cor. 4:16 <ul style="list-style-type: none"> • Good physical health • Social support • Good healthcare 	12th - Productivity Colossians 3:23 Psalm 104:14 <ul style="list-style-type: none"> • Adequate rainfall • Food sufficiency • Agricultural Sector • Natural resources • Industries 	13th - Persons with disability Lev. 19:14-16 <ul style="list-style-type: none"> • Good government policies and initiatives • families & caregivers • Advocacy for inclusion 	14th - Youth & Young Adults Dept 1 Timothy 4:12 <ul style="list-style-type: none"> • Career growth • Discover purpose • Programmes • Spiritual growth
16th - Give Thanks to God Luke 17:14-16	17th – Judiciary Colossians 1:16–17 <ul style="list-style-type: none"> • Judges, Magistrates • Justice for all • Fair trials • Police & Prosecutors • Advocates/lawyers 	18th – Children Psalm 127 <ul style="list-style-type: none"> • Grow in Godly fear • Obedience to parents & teachers • Schools, teachers • Have good role models 	19th – Conservation Numbers 35:33 <ul style="list-style-type: none"> • Conservationists • polluters change their practices • Endangered species • Protection of indigenous forests 	20th - Immigrants and migrants Lev. 19:33-34 <ul style="list-style-type: none"> • Refugees • Internally displaced persons • Nations & communities involved in wars & conflicts 	21st - Leadership & Evangelism Dept Acts 20: 32 - 35 <ul style="list-style-type: none"> • PCC • Volunteers • International Community • Evangelists

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23rd - Pray for Mercy and New Life Numbers 2:4-9 Psalm 107	24th - Public & Private Sectors Jeremiah 29: 4 - 9 <ul style="list-style-type: none"> • Essential Service Providers • Good Service Delivery • Service Delivery • Accountability, integrity, etc • All Employees 	25th – Youth Ecclesiastes 12 <ul style="list-style-type: none"> • Growth in Career • Growth in faith • The young families& those planning weddings • Protection from evil • Ability to stand up for the rights of the society 	26th - Ministries overseeing Environment issues Psalm 104:24-25 <ul style="list-style-type: none"> • Environment, Climate Change and Forestry • Mining, Blue Economy and Maritime Affairs • Tourism and Wildlife • Water & Sanitation • Agriculture and Livestock 	27th - Organizations working with the vulnerable Deuteronomy 10:17-19 <ul style="list-style-type: none"> • Children’s homes • Homes for the elderly • UNHCR • WFP • NGOs, etc 	28th - ASC Cathedral 2 Thessalonians 1:11 Ephesians 4:11-12 <ul style="list-style-type: none"> • Provost • Clergy • Lay Readers • Staff • Congregational growth • Church Worldwide
30th - Pray for a New Heart Jeremiah 3:31-34 Psalm 51	31st - Economic Stability Psalm 33:12 <ul style="list-style-type: none"> • For employment opportunities for the youth. • For fair taxation and responsible economic policies. • For relief to struggling families. 				

APRIL		1st - Families going through troubled times Psalm 113 <ul style="list-style-type: none"> • Disagreements • Strive • Separation • Divorce • Sickness • Bereavement 	2nd - Maundy Thursday John 13 <ul style="list-style-type: none"> • Love for one another • Love for the environment • Love to keep environment clean • Love to plant trees 		
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