

47 Days of Lent 2026 with St. John Henry Newman

This is a Lent devotional daily document for St. Rose Bible Study drawn from three *Parochial and Plain* sermons: “Self-Denial the Test of Religious Earnestness,” “The Crucifixion,” and “Profession without Practice.” The purpose is for all of us to be guided this Lent by the beautiful insights of the Catholic Church’s newest Doctor and Co-Patron of education, St. John Henry Newman. Line numbers are found on the formatted sermons at newmanontap.com.

February 18, 2026 — Ash Wednesday

“Many men live and die in a dream.”

— *Self-Denial the Test of Religious Earnestness*, lines 1–2

Food for Thought:

Newman begins Lent not with particular sins, but with spiritual sleep.

Where might my faith have become habitual rather than deliberate?

What would it mean to live these days more awake before God?

Lord, wake me from spiritual drowsiness, and teach me to live these days in truth before You. Amen.

February 19 — Thursday after Ash Wednesday

“They are not wide awake.”

— *Self-Denial the Test of Religious Earnestness*, lines 7–8

Food for Thought:

To be half-awake spiritually is to mistake familiarity for faith.

Where do I assume I am alive to God without truly attending to Him?

What small act of attention might change that today?

Lord, sharpen my awareness of Your presence, and keep me from drifting through these holy days. Amen.

February 20 — Friday after Ash Wednesday

“Unless we have a true love of Christ, we are not His true disciples.”

— *The Crucifixion*, lines 8–9

Food for Thought:

Newman speaks not of admiration, but of love.

Where does my relationship with Christ remain safe or distant?

How might love ask more of me than approval?

Lord, deepen my love for You, that it may shape not only my thoughts but my life.

Amen.

February 21 — Saturday after Ash Wednesday

“Feeling is not enough; nor again is action enough.”

— *The Crucifixion*, lines 14–15

Food for Thought:

Newman holds together what we often separate: feeling and obedience.

Where do I rely on emotion without follow-through?

Where do I act without love?

Lord, unite my heart and my will, that I may follow You with sincerity. Amen.

February 22 — First Sunday of Lent

“How do I know that I am in earnest?”

— *Self-Denial the Test of Religious Earnestness*, lines 37–39

Food for Thought:

This is the question Newman places before us at the threshold of Lent.

What signs do I rely on to reassure myself too quickly?

Am I willing to let God answer this question through obedience?

Lord, search my heart with truth and mercy, and lead me in the way that is real.

Amen.

February 23 — Monday of the First Week of Lent

“It is very possible to profess the Gospel, yet not to practise it.”

— *Profession without Practice*, lines 6–7

Food for Thought:

Newman begins with a possibility we would rather deny.

Where do I assent to the truth without letting it govern my choices?

Is there a place where belief remains verbal rather than lived?

Lord, do not allow me to rest in words alone. Teach me to live what I profess before You. Amen.

February 24 — Tuesday of the First Week of Lent

“There is a religion which is content with itself.”

— *Profession without Practice*, lines 19–20

Food for Thought:

A faith that never troubles us may never test us.

Where have I grown comfortable with my spiritual condition?

What might God be gently disturbing in me this Lent?

Lord, unsettle what has grown too easy, and draw me toward a truer obedience. Amen.

February 25 — Wednesday of the First Week of Lent

“We may do many things for Christ, and yet do nothing with Him.”

— *Profession without Practice*, lines 27–28

Food for Thought:

Activity can hide distance.

Where do I serve without surrendering control?

How might Christ be asking for my presence, not just my effort?

Lord, keep me close to You in what I do, lest my service drift from love. Amen.

February 26 — Thursday of the First Week of Lent

“Conscience does not rest in mere intentions.”

— *Profession without Practice*, lines 41–42

Food for Thought:

Good intentions can delay real change.

What do I keep meaning to do, but never begin?

Where is obedience waiting for action rather than resolve?

Lord, strengthen my will to follow through, and make my intentions faithful in deed.
Amen.

February 27 — Friday of the First Week of Lent

“We may deceive ourselves without wishing to do so.”

— *Profession without Practice*, lines 52–53

Food for Thought:

Self-deception rarely feels like dishonesty.

Where might I be assuming I am well because I do not feel ill?

What truth might God be inviting me to face calmly and honestly?

Lord, grant me the courage to see myself as You see me, and the humility to receive
Your correction. Amen.

February 28 — Saturday of the First Week of Lent

“Religion has its fashions as well as the world.”

— *Profession without Practice*, lines 63–64

Food for Thought:

Even seriousness can become a habit without substance.

Where do I follow religious patterns without renewed attention?

How might God be calling me to sincerity rather than appearance?

Lord, preserve me from hollow routine, and teach me to worship You in truth.
Amen.

March 1 — Second Sunday of Lent

“We think we are safe because we are not tempted.”

— *Self-Denial the Test of Religious Earnestness*, lines 109–111

Food for Thought:

Comfort can dull vigilance.

Where does ease make me less attentive to my spiritual condition?

What quiet form of self-denial might restore seriousness?

Lord, keep me watchful even in peace, and faithful in what is small and unseen.

Amen.

March 2 — Monday of the Second Week of Lent

“We are in danger when religion is easy.”

— *Self-Denial the Test of Religious Earnestness*, lines 109–110

Food for Thought:

Where has my faith settled into convenience?

What might God be asking of me that I have quietly avoided?

Lord, do not let ease dull my love for You. Teach me to seek faithfulness rather than comfort. Amen.

March 3 — Tuesday of the Second Week of Lent

“How do I know that I am in earnest?”

— *Self-Denial the Test of Religious Earnestness*, lines 37–39

Food for Thought:

On what signs do I rely to reassure myself too quickly?

Am I willing to let God answer this question through obedience?

Lord, test my heart gently but truthfully, and lead me in the way that is real. Amen.

March 4 — Wednesday of the Second Week of Lent

“We have no persecution to try us.”

— *Self-Denial the Test of Religious Earnestness*, lines 160–162

Food for Thought:

What has taken the place of persecution in my life?

How might self-denial now serve as that test?

Lord, help me not to mistake peace for proof, but to choose faithfulness freely.

Amen.

March 5 — Thursday of the Second Week of Lent

“Self-denial takes its place.”

— *Self-Denial the Test of Religious Earnestness*, lines 166–168

Food for Thought:

Where am I invited to relinquish something lawful but limiting?

What small renunciation might purify my love?

Lord, teach me to give up willingly what keeps me from loving You more fully.

Amen.

March 6 — Friday of the Second Week of Lent

“A rigorous self-denial is... the test whether we are in earnest.”

— *Self-Denial the Test of Religious Earnestness*, lines 169–171

Food for Thought:

Where does my faith remain theoretical rather than costly?

What obedience might make my profession credible?

Lord, make my faith honest in action, and sincere in sacrifice. Amen.

March 7 — Saturday of the Second Week of Lent

“It proves the sincerity of our faith.”

— *Self-Denial the Test of Religious Earnestness*, lines 172–175

Food for Thought:

What does sincerity look like in my ordinary day?

Where is love asking to be shown rather than spoken?

Lord, receive the small sacrifices I offer You, and make them pleasing through love.
Amen.

March 8 — Third Sunday of Lent

“This self-denial is daily.”

— *Self-Denial the Test of Religious Earnestness*, lines 186–187

Food for Thought:

Where do I wait for exceptional moments rather than daily faithfulness?

How might constancy itself be my offering?

Lord, teach me to be faithful today, and to trust You with tomorrow. Amen.

March 9 — Monday of the Third Week of Lent

“It is exercised in little things.”

— *Self-Denial the Test of Religious Earnestness*, lines 196–198

Food for Thought:

What do I dismiss as insignificant that may matter to God?

Where does patience or restraint ask to be practiced?

Lord, sanctify the ordinary moments of my life, and teach me to love You there.
Amen.

March 10 — Tuesday of the Third Week of Lent

“It consists in the continual practice of small duties.”

— *Self-Denial the Test of Religious Earnestness*, lines 198–200

Food for Thought:

Which duties do I perform grudgingly or neglect altogether?

How might love transform my faithfulness today?

Lord, help me to see You in the duties before me, and to serve You with a willing heart. Amen.

March 11 — Wednesday of the Third Week of Lent

“The hundredth duty may be decisive.”

— *Self-Denial the Test of Religious Earnestness*, lines 212–215

Food for Thought:

Where have I grown careless because nothing dramatic seems at stake?

What fidelity might God be quietly weighing?

Lord, keep me faithful when no one notices, and honest when nothing seems urgent. Amen.

March 12 — Thursday of the Third Week of Lent

“One fault indulged may spoil the whole.”

— *Self-Denial the Test of Religious Earnestness*, lines 224–226

Food for Thought:

Is there a fault I excuse because it feels small or familiar?

What would it mean to surrender it calmly to God?

Lord, show me what needs healing, and give me courage to let it go. Amen.

March 13 — Friday of the Third Week of Lent

“God tries us in ordinary matters.”

— *Self-Denial the Test of Religious Earnestness*, lines 218–220

Food for Thought:

Where do I overlook God’s presence because nothing feels spiritual?

How might today’s tasks become places of obedience?

Lord, meet me in the ordinary work of this day, and teach me to be faithful there.

Amen.

March 14 — Saturday of the Third Week of Lent

“We must choose our sacrifices.”

— *Self-Denial the Test of Religious Earnestness*, lines 241–243

Food for Thought:

What sacrifice do I wait for instead of choosing?

Where might God be inviting a deliberate offering?

Lord, help me to choose freely what draws me closer to You. Amen.

March 15 — Fourth Sunday of Lent

“Try yourselves daily.”

— *Self-Denial the Test of Religious Earnestness*, lines 268–269

Food for Thought:

How does Newman’s call to self-examination deepen, rather than diminish, hope?

What fruit of obedience have I begun to notice?

Lord, grant me the quiet joy that comes from faithfulness, and strengthen me to persevere. Amen.

March 16 — Monday of the Fourth Week of Lent

“Little deeds are the test.”

— *Self-Denial the Test of Religious Earnestness*, lines 270–271

Food for Thought:

Where do I look past the small opportunities God gives me?

How might today’s choices shape tomorrow’s heart?

Lord, receive my small acts of love, and use them to form me in truth. Amen.

March 17 — Tuesday of the Fourth Week of Lent

“Earnest obedience is the mark.”

— *Self-Denial the Test of Religious Earnestness*, lines 274–276

Food for Thought:

What would earnest obedience look like in my present circumstances?

Where is God asking not for intensity, but fidelity?

Lord, mark my life with quiet obedience, and make me faithful in Your sight. Amen.

March 18 — Wednesday of the Fourth Week of Lent

“We must not wait till duty becomes easy.”

— *Self-Denial the Test of Religious Earnestness*, lines 204–206

Food for Thought:

Where do I postpone obedience until it feels lighter?

What might change if I acted now?

Lord, strengthen my will when duty feels heavy, and teach me to obey without delay. Amen.

March 19 — Thursday of the Fourth Week of Lent

“It is safer to obey than to reason.”

— *Self-Denial the Test of Religious Earnestness*, lines 207–208

Food for Thought:

Where do I explain rather than obey?

What simplicity of action might God be asking of me?

Lord, quiet my excuses, and lead me in the safety of obedience. Amen.

March 20 — Friday of the Fourth Week of Lent

“We are tried, not once, but continually.”

— *Self-Denial the Test of Religious Earnestness*, lines 210–211

Food for Thought:

Where do I grow weary of repeated demands?

How might perseverance itself be my offering today?

Lord, give me endurance of heart, and keep me faithful as the days repeat. Amen.

March 21 — Saturday of the Fourth Week of Lent

“We cannot tell which trial is the greatest.”

— *Self-Denial the Test of Religious Earnestness*, lines 216–217

Food for Thought:

What small struggle do I dismiss too quickly?

How might God be shaping me through what seems minor?

Lord, help me not to underestimate Your work, even in hidden trials. Amen.

March 22 — Fifth Sunday of Lent

“Our probation lies in little things.”

— *Self-Denial the Test of Religious Earnestness*, lines 219–221

Food for Thought:

Where does God test my love quietly rather than dramatically?

What fidelity might this coming week require?

Lord, prepare my heart for the mystery of the Cross, and make me faithful in what You place before me. Amen

March 23 — Monday of the Fifth Week of Lent

“He who is faithful in little things is faithful indeed.”

— *Self-Denial the Test of Religious Earnestness*, lines 222–223

Food for Thought:

Where do I give careful attention in some areas but not others?

How might today invite a more complete offering?

Lord, make me faithful without reservation, and sincere in all that I do. Amen.

March 24 — Tuesday of the Fifth Week of Lent

“We must not choose our duties, but accept them.”

— *Self-Denial the Test of Religious Earnestness*, lines 229–231

Food for Thought:

Which duty do I resist because I did not choose it?

What freedom might lie in acceptance?

Lord, help me to receive my duties from You, and to trust Your wisdom in assigning them. Amen.

March 25 — Wednesday of the Fifth Week of Lent

“The discipline of the Cross is gradual.”

— *Self-Denial the Test of Religious Earnestness*, lines 233–235

Food for Thought:

Where do I grow impatient with slow change?

How might God be shaping me quietly over time?

Lord, teach me patience with Your work in me, and confidence in Your steady guidance. Amen.

March 26 — Thursday of the Fifth Week of Lent

“We are training for a future trial.”

— *Self-Denial the Test of Religious Earnestness*, lines 236–238

Food for Thought:

What present discipline might be forming me for what lies ahead?

How does Lent train the heart for faithfulness?

Lord, use these days to prepare me, and make me ready for what You will ask.

Amen.

March 27 — Friday of the Fifth Week of Lent

“Present obedience is the pledge of future grace.”

— *Self-Denial the Test of Religious Earnestness*, lines 239–240

Food for Thought:

Where might today’s obedience open the way for tomorrow’s help?

What promise is hidden in doing what God asks now?

Lord, help me to trust that no obedience is wasted, and that Your grace will follow.

Amen.

March 28 — Saturday of the Fifth Week of Lent

“God is training us for Himself.”

— *Self-Denial the Test of Religious Earnestness*, concluding synthesis

Food for Thought:

How has this Lent begun to reshape my desires?

What readiness for God has been quietly forming?

Lord, complete the work You have begun in me, and draw me closer to Yourself.

Amen.

March 29 — Palm Sunday

“They welcomed Him, yet knew Him not.”

— *The Crucifixion*, lines 94–95

Food for Thought:

Where do I honor Christ without yet following Him fully?

What does true recognition require of me this week?

Lord, purify my praise, and lead me into faithful discipleship. Amen.

March 30 — Monday of Holy Week

“The Son of God was content to be weak.”

— *The Crucifixion*, lines 101–103

Food for Thought:

Where do I resist appearing small or dependent?

What freedom might humility offer me today?

Lord, teach me the strength of humility, and the courage to trust You. Amen.

March 31 — Tuesday of Holy Week

“He endured what He could have escaped.”

— *The Crucifixion*, lines 110–112

Food for Thought:

Where do I flee discomfort too quickly?

What grace might come from remaining faithful?

Lord, give me courage to remain, and faith to endure with love. Amen.

April 1 — Wednesday of Holy Week

“He submitted Himself wholly to the Father’s will.”

— *The Crucifixion*, lines 121–123

Food for Thought:

Where do I still negotiate rather than surrender?

What peace might come from obedience?

Lord, align my will with Yours, and teach me to trust Your wisdom. Amen.

April 2 — Holy Thursday

“Love lingered to the end.”

— *The Crucifixion*, lines 134–135

Food for Thought:

Where am I called to stay present rather than withdraw?

How does service flow from sacrifice?

Lord, teach me to love to the end, and to serve without counting the cost. Amen.

April 3 — Good Friday

“Here is the great Sacrifice.”

— *The Crucifixion*, lines 147–148

Food for Thought:

Where am I tempted to move too quickly past the Cross?

Can I remain here in reverence and silence?

Lord, keep me at the foot of Your Cross, and let Your love speak without words.

Amen.

(Holy Saturday and Easter Sunday on the next page)...

April 4 — Holy Saturday

“The work was finished.”

— *The Crucifixion*, lines 168–169

Food for Thought:

Where does God ask me to trust without seeing?

What hope lies hidden beneath apparent stillness?

Lord, teach me to wait in faith, and to trust what You have accomplished. Amen

April 5 — Easter Sunday

“If we have followed Him in His humiliation, we shall follow Him in His exaltation.”

— *The Crucifixion*, lines 201–203

Food for Thought:

Where has obedience quietly prepared the way for hope?

How does the Resurrection now call me forward?

Risen Lord, You have led me through the Cross into life. Grant that I may walk in hope and fidelity, faithful in what You now ask of me. Amen.