

Praying through Lent

Using the Lord's Prayer

Go Team
Created for the Year of Prayer 2026

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 DIOCESE OF
Bath & Wells
Living and telling the story of Jesus

Praying Through Lent 2026 | The Lord's Prayer

What is this all about?

The Go Team have put together a collection of simple daily ideas to help you pray through Lent. Each week focuses on one of six petitions of the Lord's Prayer (Luke 11:1-4 and Matthew 6:9-13). There's a Bible passage and prayer activity or challenge to inspire people of all ages to join in and pray with us throughout Lent 2026, in your churches, households and schools as part of our Diocesan Year of Prayer.

Lent begins on Ash Wednesday, 18th March 2026. This resource runs from 22nd February to the 4th April. Sundays are feast days and days of rest so there's no activity or reflection for Sunday.

For more information and resources, contact the Go Team goteam@bathwells.anglican.org or follow @goteamadvisers on Instagram and Facebook. Please share your stories, experiences and photos by tagging us.

Ideas for a Praying through Lent introductory session

Read the passage in Matthew 6:5-15 (or Luke 11:1-13) and ask the group what stands out to them from the reading. What did you learn about prayer from this story? Use [The Lord's Prayer Bible Chat Mat](#) to aid your discussion time.

Using the sheet provided, cut up the six petitions or phrases that make up the Lord's Prayer and ask the group to put them in order. This could be done in pairs or small teams if you have a larger group.

Introduce the idea of Praying Through Lent using the Lord's Prayer and how you might use the short Bible passages and prayer actions each day (Monday to Saturday) up until Easter. Encourage everyone to try it and feed back how they get on when you next meet.

Pray the Lord's Prayer together to finish, using a traditional or more modern version.

This session could be used with a youth group, school group, kids club or intergenerational small group, as part of a Shrove Tuesday pancake party or anytime at the beginning of Lent. You could also use it as a family at home.



Week One: Lord's Prayer theme: Praise

Daily prayer: 'Our Father in Heaven, hallowed be your name.'

Monday 23 February to Saturday 28 February



Monday: **Read Psalm 100:1-5**

Each time you enter a gateway or doorway today, shout out loud or in your head 'Praise God for your love and faithfulness'.



Tuesday: **Read Psalm 95:6**

At some point today, find somewhere quiet where you can kneel and spend a few minutes thanking God for all that he has made.



Wednesday: **Read Psalm 71:5-6**

Throughout your day, think about the things that give you hope. As they come to mind, say in your head or out loud, "God I praise you for..."



Thursday: **Read Psalm 103:1**

Take a moment today to listen to the song 10,000 Reasons by Matt Redman, sit somewhere comfortable and sing along if you want to. Reflect on the blessings in your life.



Friday: **Read Psalm 119:164**

Find seven opportunities today to stop for a few moments and praise God. You could say the words 'I praise you because your laws are fair' in your head or out loud.



Saturday: **Read Psalm 148:1-5**

Try and do the following things throughout your day:

- look up to the sky and say 'I praise you God'
- look to the sun and say 'I praise you God'
- look to the moon and say 'I praise you God'
- look at some water and say 'I praise you God'.

Week Two: Lord's Prayer theme: God's kingdom

Daily prayer: 'Your kingdom come.'

Monday 2 March to Saturday 7 March



Monday: [Read 1 Chronicles 29:10-12](#)

God is over all, everything is from him! Make a list of the things God has given you and your family and ask him to help you use them wisely.

As you go about your day, remember to thank God for all he gives us. Thank you God that you are over all things!

Tuesday: [Read Psalm 45:6](#)

A sceptre is a decorated stick carried by a king or queen to symbolise their authority.

The Psalm says God's sceptre is for justice. He wants everything to be fair and just in his kingdom. Take some time to pray for justice and fairness in the world around us.

Situations at school, work or at home, and around the world, where often people face all kinds of injustice in their everyday lives.



Wednesday: [Read Matthew 5:9-10](#)

These verses are known as the Beatitudes. Jesus says 'Blessed are the peacemakers'. How can you bring peace to those around you today?

As you go through the day, pray God will help you to be a peacemaker and demonstrate his peace in our world.

Thursday: [Read Matthew 6:31-33](#)

Jesus reminds us that God knows all that we need and asks us to seek his Kingdom first - to put him first and follow his ways. Listen to the song 'Build your kingdom here' by Rend Collective. Which lyrics do you like best?

Find some time today to ask God to help you and your church be kingdom seekers and kingdom builders in your community.



Friday: [Read Luke 18:16-17](#)

I wonder what Jesus meant when he said 'the Kingdom of God belongs to those who are like these children'? What do you think he meant?

Pray today that many people would come to know Jesus and follow his ways - children, young people and adults of all ages. Pray for those you know who don't yet know Jesus.

Saturday: [Read 1 Corinthians 4:20](#)

Where have you seen God's power at work in the world? Ask God to open your eyes to see where he is at work and show you how you can join in with what he is doing.



Week Three: Lord's Prayer theme: God's will

Daily prayer: 'Your will be done, on earth as in heaven.'

Monday 9 March to Saturday 14 March



Monday: [Read Psalm 145:13-14](#)

God's heart is to help those who are struggling and finding things hard, weighed down by their situation. How could you help someone today? Pray for those you know who need God to help them. Pray that as God's church we may help those who need lifting up.

Tuesday: [Read Matthew 4:23](#)

Much of Jesus' time on earth was spent with people, telling them what God is like and showing compassion to people around him - sometimes in ways that surprised people.

However you travel through today, whether on foot, in a car or on a bus, pray that God would give you opportunities to be good news to the people around you - at school, or work, at home and in your community.



Wednesday: [Read Luke 18:35-42](#)

This is an amazing, miraculous story! Almost as amazing as this healing, is the question Jesus asks the blind man: 'What do you want me to do for you?'

What are you going to ask Jesus for today?

Thursday: [Read Luke 22:41-44](#)

When he was facing certain death, Jesus famously prayed 'Your will be done, not mine'. Have you faced a tough situation where you had to trust that God knows best?

As you go through today, look out for crosses in different places, and as you spot them, remember Jesus who died on a cross so that God's plan and purposes would be worked out for all of us.



Friday: [Read Romans 12:2](#)

It's amazing to think God has a plan and purpose for each of us, when we follow his ways.

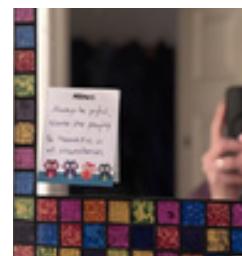
Wherever you go today, look for things that are good, pleasing and perfect, and where they are noticeably not, pray that they would be transformed by God's love.

Saturday: [Read 1 Thessalonians 5:16-18](#)

This is a great verse to remember! See if you can learn it by breaking it down:

- Always be joyful!
- Never stop praying
- Be thankful in all circumstances

Write it on post-it notes and stick it up somewhere you will see it every day.



Week Four: Lord's Prayer theme: Daily needs

Daily prayer: 'Give us today our daily bread.'

Monday 16 March to Saturday 21 March



Monday: **Read Philippians 4:19**

As we begin this week thinking about God's provision, find a jar or container, and put some blank strips of paper and a pen with it. Every day this week, write one way that God has provided for you on a piece of paper. At the end of the week, look back at the jar full of God's provision and thank him for the ways he has provided for you.

Tuesday: **Read 1 Kings 19:3-8**

God provided for Elijah at a moment where he had reached rock bottom. God wants to provide for all your needs - physical and spiritual. Get comfortable and listen to the song 'Blessed by Your Name' by Matt and Beth Redman. Thank God for all he provides, in the good times and the hard times.

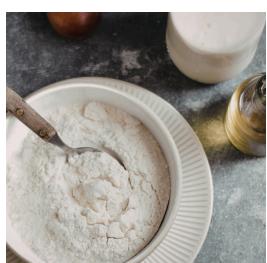


Wednesday: **Read 2 Corinthians 9:6-8**

Paul wrote this to encourage the Christians in Corinth to be generous with what God had given them. How can you be generous today? Ask God to provide an opportunity for you to show generosity to someone.

Thursday: **Read Philippians 4:12-13**

When was the last time you felt hungry? Did you find something to eat quickly? There are so many people around the world who do not have access to the food and water that they need. Every time you eat today, pause, and pray for people who do not have enough, and ask God to provide for them.



Friday: **Read 1 Kings 17:7-16**

In this story, God provided miraculously for both Elijah and the widow. Find someone to share this story with and discuss these questions together:

- How has God provided for your needs?
- How can you be generous with what God has given you?

Pray for an opportunity to give away something you own.

Saturday: **Read Matthew 6:26**

When you go outside today, notice the birds. Thank God for his provision in nature and for the way nature reminds us of God's awesome provision. Thank God for the care he shows us.



Week Five: Lord's Prayer theme: Forgiveness

Daily prayer: 'Forgive us our sins as we forgive others.'

Monday 23 March to Saturday 28 March



Monday: **Read Psalm 103:11-12**

How far is the East from the West? That's how infinitely God forgives us! Again and again, he takes the bad choices we make and he takes them away, absolutely, irrevocably, infinitely. What attitude, thought, action or words do you need to ask God to forgive you for today?

Tuesday: **Read 1 John 1:9**

God is always willing to forgive us, as long as we ask him. Write down some things that you need forgiveness for on a piece of paper, then tear it up, screw it up, stamp on it and throw it away! Remember that God's forgiveness is final and he will remember your sins no more.



Wednesday: **Read Genesis 50:14-21**

Joseph forgave his brothers and recognised that although they meant to harm him, God turned it for his good. Take some time to read Joseph's story or watch the animated film (or even the musical version!) and think about how God used the events to show his power, sovereignty and love to Joseph, his family and to Egypt. Ask God for help to see, even in the tough times, that his light is shining in your life, and for help to forgive those who may have hurt you.

Thursday: **Read Matthew 18:21-22**

Think about someone you need to forgive. Go outside and find a river or pond, pick up a handful of small stones and gently throw a stone into the water. As it lands, watch the ripples disperse, and imagine your anger, hurt and disappointment rippling away from you. Ask God to help you forgive that person, and for the weight of hurt and pain to be lifted from you.



Friday: **Isaiah 53:4-6**

Jesus came to earth, died on the cross, and rose again, so that in him we can be forgiven for everything we have ever, and will ever, do wrong. God took all the punishment that we deserve and put it on the cross with Jesus, so that we can be forgiven and live with him for eternity. Take a moment to pause and thank God for Jesus and his sacrifice, which saves us from the punishment we deserve.

Saturday: **Read Psalm 51**

Listen to the song 'White as snow' by Jon Foreman. The words are taken from Psalm 51, written by David as he realised his sin (see 2 Samuel 11-12). The chorus of the song is taken from verses 10-12 of Psalm 51, think about how God can take your heart and make it clean through forgiveness. As you go about your day, ask God to show you the joy of his salvation, and give you strength to make the right choices and be faithful to him.



Week Six: Lord's Prayer theme: Protection

Daily prayer: 'Lead us not into temptation but deliver us from evil.'

Monday 30 March to Saturday 4 April (Holy Week)



Monday: **Read 2 Timothy 4:18**

When you feel tempted to do something wrong or act in a way that goes against God's word, stop and take a breath. Say in your mind or out loud, 'God I praise you forever.'

Tuesday: **Read 1 Corinthians 10:13**

Use this quick quiz to test your knowledge of the Easter story.

1. What symbols did Jesus use at the Last Supper with his disciples?
2. Where did Jesus go with his disciples to pray after their meal?
3. Who denied knowing Jesus three times in the courtyard?
4. What did Jesus say before he died on the cross?
5. Who were the first people to discover that Jesus was alive?



(All the answers can be found in Matthew, Mark, Luke or John in the Bible)



Wednesday: **Psalm 4:8**

When you go to sleep tonight, take a few moments with God to thank him for staying with you throughout the day, and remaining with you throughout the night as you sleep.

Thursday: **Read Ephesians 6:10-11**

Read on to verses 13-17 to find out about the Armour of God. Read the verses out loud and mime putting on each piece of armour. Which element do you like best? How can you demonstrate that you are wearing God's armour today?



Good Friday: **Read Psalm 23:1-4**

Listen to the song 'The Lord's My Shepherd' by Stuart Townend. Find a quiet place to sit and reflect on the words and music. You could sing along if you want to. Today is Good Friday, where we remember Jesus going to the cross. How has God led you through dark or hard times? Take some time to thank God for leading you through.

Holy Saturday: **Read Psalm 61:1-4**

Find some materials for building a tower (Lego, Jenga blocks, newspaper, spaghetti, straws or Mega Bloks). Build a tower and reflect on how God keeps us safe. Read the whole Lord's Prayer again and think about what you've learnt about God this Lent season. How has God been speaking to you?



The Lord's Prayer

Print this sheet and cut up the 6 phrases for use in the introductory session explained on page 1. Text is based on Matthew 6: 9-13 (NIV).

Our Father in heaven, hallowed be your name,

your kingdom come,

your will be done, on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts, as we also have
forgiven our debtors.

And lead us not into temptation, but deliver
us from the evil one.

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