

Lent 2026, Week 2

Scripture Readings

Hebrews 12:1–2
Philippians 3:7–14
Psalm 131

Setting the Stage

Lent begins with the simple practice of letting go. Every one of us carries habits, patterns, attachments, and distractions that pull our attention away from God. Some of these we can name easily; others work quietly in the background. Lent is about loosening our grip on these things so we can return to Holy Trinity.

Letting go isn't about self-improvement or becoming more disciplined. It's about making room. It's about recognizing the ways we cling to comfort, certainty, control, or busyness, and then gently releasing them so we can receive something better. The slow work of God often begins by clearing the clutter, softening our hearts, and helping us see what gets in the way.

Reflection

Letting go is one of the most difficult parts of spiritual formation because it requires us to face what we hold onto. Hebrews invites us to "lay aside every weight and the sin that so easily entangles," not through shame or willpower, but by fixing our eyes on Jesus. Paul writes in Philippians 3 about counting everything as loss, not because those things were bad, but because he had found something far greater.

Letting go is about reordering and reprioritizing. Letting go is recognizing when something good has become ultimate, or when something necessary has become consuming. Lent gives us space to name what distracts us and exhausts or numbs us, and what steals our attention from God and from the people we love.

This is slow work. We are not asked to empty ourselves overnight. We are invited to begin: to release one thing, to loosen our grip on another, to trust that God meets us in the open space.

Consider

1. What habits, distractions, expectations or fears weigh you down?
2. What attachment crowd out your love for God?
3. Where is control keeping you from trust?
4. What might God be inviting you to release this week so that you can rest more deeply in Him?

Prayer Prompts

- **Name one place of attachment.**
Begin by asking the Spirit to show you something you are holding tightly—comfort, approval, distraction, control, certainty, pace or etc. Do not rush to fix it. Simply name it honestly before God and notice what emotions surface as you do.
- **Pray Hebrews 12:1 slowly.**
Read the verse aloud, paying attention to the phrase "every weight." Ask God to help you discern the difference between what is essential and what has become burdensome. Let the words become a prayer of release.
- **Pray with your hands open.**
Sit or stand with your hands physically open before you. As you breathe slowly, imagine placing what you are holding to Jesus, entrusting it to his care. As you hand it to Jesus, watch what he does. Ask Jesus what he longs to give you.
- **Ask Father to reorder your desires.**
Bring before God the things you want most right now—security, rest, affirmation, success, relief etc. Ask Him to realign your desires toward what is good, true, and life-giving, trusting that He knows what you need better than you do.
- **Invite God into your fasting.**
As you fast this week, pay attention to what you reach for instinctively when discomfort or restlessness appears. Instead of filling the space quickly, pause and turn your attention toward God. Let hunger, absence, or inconvenience become an invitation to trust.

Intercede (Corporate Prayer for our Network)

Pray that Underground TN would become a people marked by holy release. Ask God to help us let go of the hurry, pressure, and distraction. Pray for freedom from anything that keeps us from love for God, for neighbor, and

for the places we serve. Ask Holy Spirit to fill us with wisdom, compassion, courage, and grace.

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