

ՄԵԾԻ ՊԱՅՈՑ ԵՒ ԱԻԱԳ ՇԱԲԱԹՈՒԿՅ ՕՐԱՅՈՅՑ  
**BRING GREAT LENT AND HOLY WEEK TO LIFE**



**2026 LENTEN AND HOLY WEEK CALENDAR FOR FAMILIES**  
DIOCESE OF THE ARMENIAN CHURCH OF AMERICA (EASTERN)

# February WEEK ONE

## Psalm 51:10

“ Create in me a clean heart, O God, and renew a right spirit within me. ”

SUNDAY  
**15**

### GREAT PAREGENTAN

While not strictly one of the Sundays of Lent, this day of celebration is our Carnival Day, preceding Lent. It recalls the happy and innocent life of Adam and Eve in Paradise. Read Genesis 1-2:3. Pray for the world and everyone in it.

MONDAY  
**16**

### FIRST DAY OF LENT

Try to have some quiet time and consider how well, by God's grace, you are living up to your baptismal commitments as we start our Lenten journey. Focus on praying more, eating simple meals, and helping others in need.

TUESDAY  
**17**

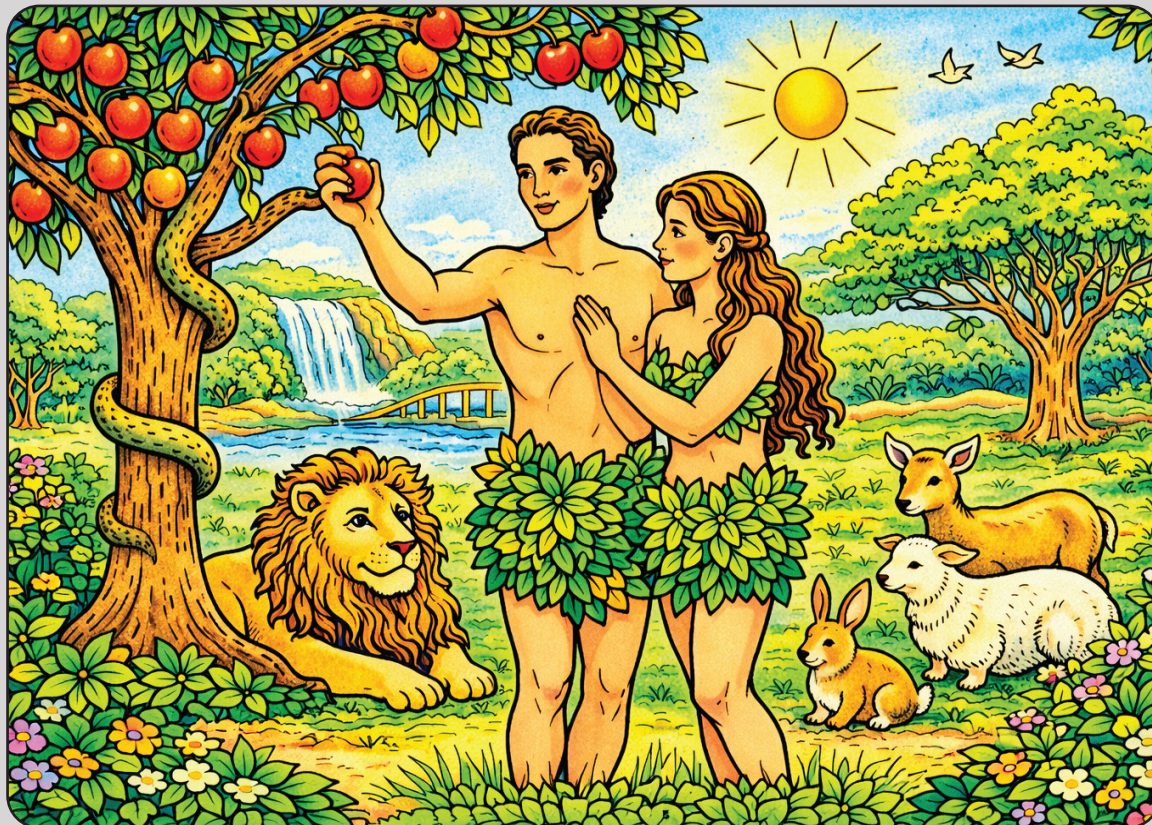
### DAY TWO

Draw or take note of the places you felt God was present and the way you responded to Him. Tomorrow, resolve to pay more attention to God's presence. Say a bedtime prayer with your children.

WEDNESDAY  
**18**

### DAY THREE

As a family, read Psalm 51:10-12. Try to memorize this verse: "Create in me a pure heart, O God, and put a new and upright spirit within me." Attend a Lenten service or dedicate time for an evening prayer.



THURSDAY  
**19**

### DAY FOUR

Make a list of all your extended family members and friends. Pray for one of them every day of Lent. Select a charity to support during Lent. Consider FAR, the Eastern Diocese, or your local church.

FRIDAY  
**20**

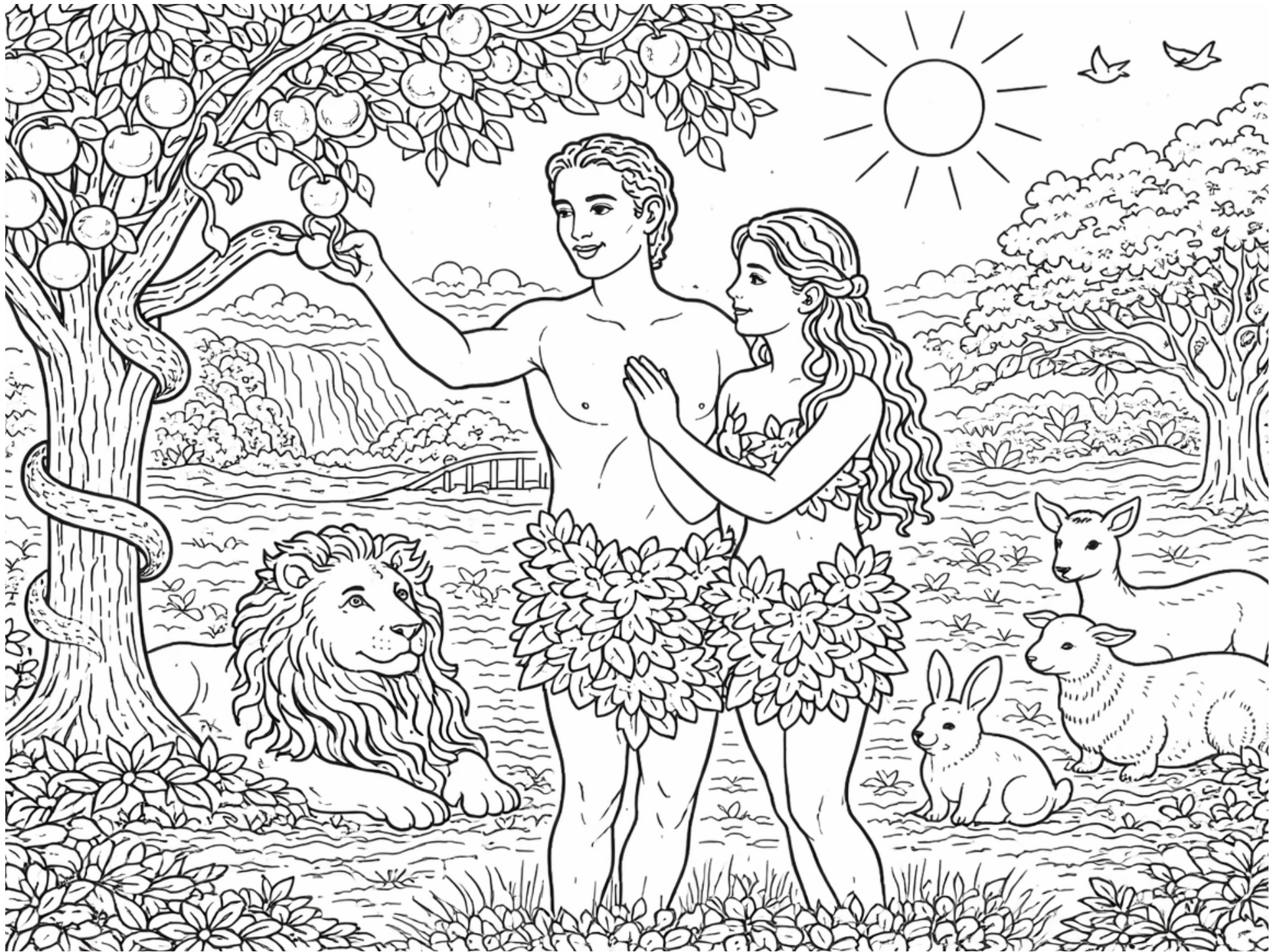
### DAY FIVE

Pray the Lord's Prayer together. When you come to ask to be forgiven of our "debts" or "trespasses," pause and try to remember who needs your forgiveness. Refrain from taking second helpings at meals. Attend a Lenten service or dedicate time for an evening prayer.

SATURDAY  
**21**

### DAY SIX

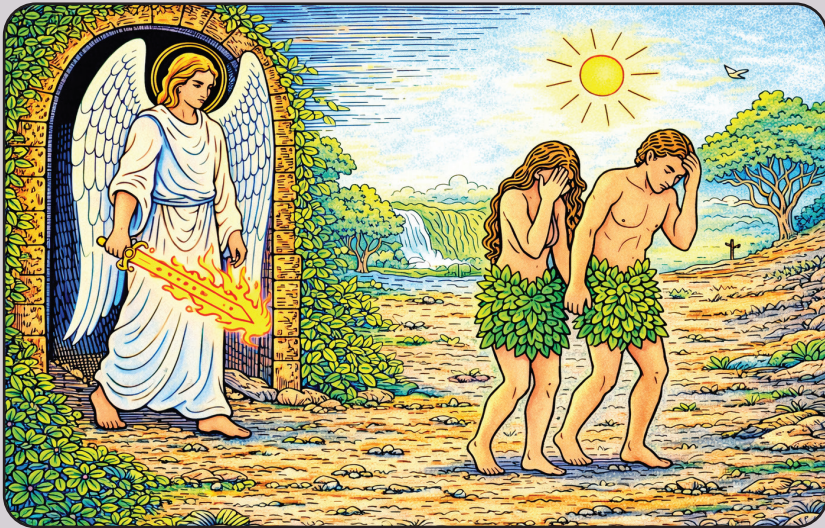
St. Theodore the Warrior was a 4th-century Roman army soldier who demonstrated his faith in Jesus Christ by refusing to perform required pagan rites. He was eventually martyred for his continued protests. Take over a disliked chore for a family member or friend.



# February WEEK TWO

**Matthew 6:16-17**

“ And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. But when you fast, anoint your head and wash your face. ”



SUNDAY  
**22**

## SUNDAY OF EXPULSION

Attend Badarak often. Divine Liturgy is our greatest communal prayer and our way to encounter Christ. Today we remember the loss of our original joy in Paradise because of wrong choices. Pray for the refugees of the world—people who had to leave their homes because of war, violence, or poverty.

MONDAY  
**23**

## DAY EIGHT

Pray for people in need, especially for someone you know who is having a difficult time. Choose a story from the newspaper or internet of a troubled country or people and pray for them.

TUESDAY  
**24**

## DAY NINE

Let Psalm 25:4 be your prayer for the day: “Make me know your ways, O Lord; teach me your paths.” At bedtime, pray for people who are homeless and sleeping on the streets tonight.

WEDNESDAY  
**25**

## DAY TEN

Find a time during the day to take a break from electronics and all means of communication to spend some quality time in silence. Attend a Lenten service or dedicate time for an evening prayer.

THURSDAY  
**26**

## DAY ELEVEN

Make a list of 5–10 things you are grateful for in your life. Then make a list of 5–10 things that you can do to become a blessing to others.

FRIDAY  
**27**

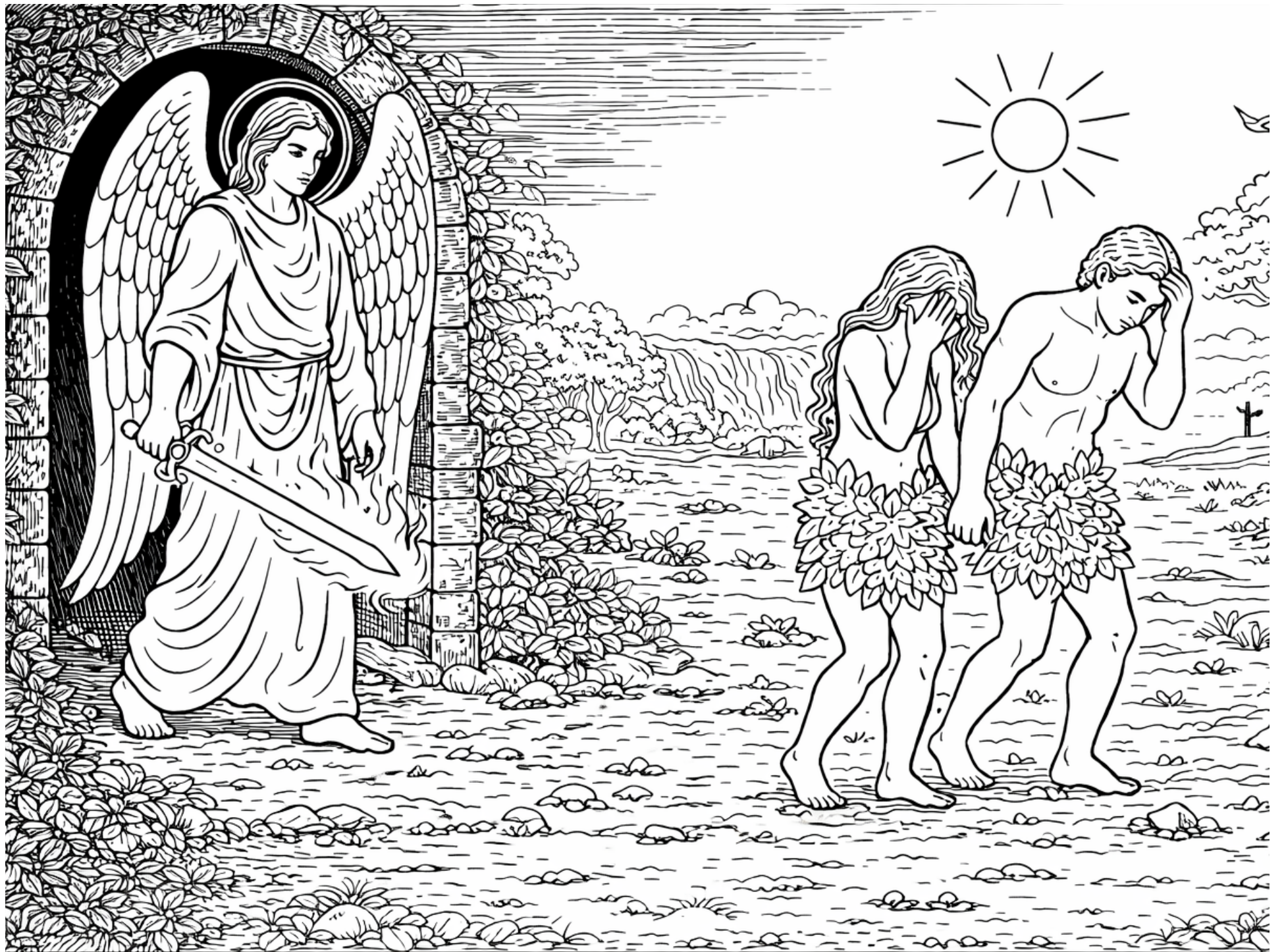
## DAY TWELVE

Pray for your neighbors by name. Avoid criticizing others, whether aloud or silently in your mind, and seek to understand instead. Attend a Lenten service or dedicate time for an evening prayer.

## DAY THIRTEEN

Pray while creating a piece of artwork or playing an instrument. Do something creative and do so for the glory of God. Today is the feast of St. Cyril of Jerusalem who was an important bishop and champion of the church in the 4th century. He described the Holy Spirit as “gentle, One who comes to us in sweetness; beams of light and knowledge gleam forth from Him...”

SATURDAY  
**28**



# MARCH WEEK THREE

## James 4:8

“ Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. ”

SUNDAY  
1

### SUNDAY OF THE PRODIGAL SON

This is a story of a lost son who returns to his loving father and family home in sorrow and repentance. We learn how great our Father's love and forgiveness are for us (Luke 15:11–32). Pray for young people throughout the world. Think of ways you can get closer to Christ.

MONDAY  
2

### DAY FIFTEEN

Pray for the poor. Go through your closets and donate usable clothing and household goods to a local charity. Help your children to do the same. Ask them what they think they can give away from their toys and clothes.

TUESDAY  
3

### DAY SIXTEEN

Pay attention to someone you are tempted to brush aside. At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.

WEDNESDAY  
4

### DAY SEVENTEEN

Did you know that pretzels were first made as a Lenten treat? The loops and twists were meant to suggest arms in prayer. Have some pretzels today and pray. Attend a Lenten service or dedicate time for an evening prayer.



THURSDAY  
5

### DAY EIGHTEEN

Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble. Be more courteous in your attitude, words, and deeds.

FRIDAY  
6

### DAY NINETEEN

Fast from email, text messaging, social media or all three for a day. Attend a Lenten service or dedicate time for an evening prayer.

SATURDAY  
7

### DAY TWENTY

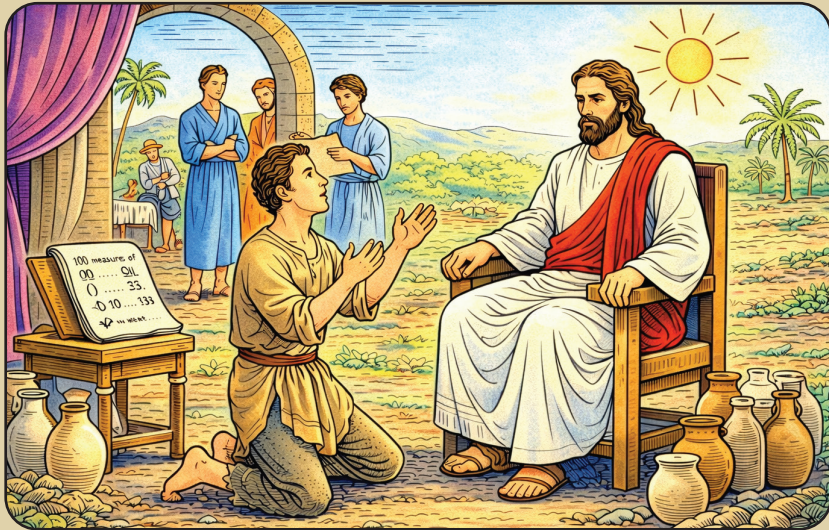
Today is the feast of St. Gregory of Datev, who was a priest in the 14th century and one of the greatest teachers of the Armenian Church. His most famous work is "The Book of Questions," or Kirk Hartzmantz, in which he defended the solid foundation of Armenian Church teachings. Write a prayer that starts with a question you have for God.



# MARCH WEEK FOUR

## Romans 6:4

“ We were buried therefore with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. ”



SUNDAY  
8

### SUNDAY OF THE STEWARD

Attend the Divine Liturgy service. Think about your stewardship calling as we are reminded today that we need to be wise in using our time, talents, and treasure for good purposes (Luke 16:1–13). As a family, think of all the gifts you have and thank God for them.

MONDAY  
9

### DAY TWENTY TWO

Fast from light. Sit by the light of one candle in your home. Remember that Jesus has called you to be a light for the world. Memorize St. Nersess Shnorhali's prayer: "Jesus, Wisdom of the Father, grant me wisdom, that I may always think, speak, and do that which is good in your sight. Save me from all evil thoughts, words and deeds. Have mercy upon your creatures and upon me, a great sinner."

TUESDAY  
10

### DAY TWENTY THREE

Make a prayer out of performing a loving action for others. For example, when you take out the garbage, do it mindfully. Look up Matthew 14:23, Mark 6:46, Luke 6:12, Mark 11:35, and Luke 5:16. What was Jesus doing?

WEDNESDAY  
11

### MEECHEENK MEDIAN DAY OF LENT

Take a moment to reflect on your Lenten experience so far. Attend a Lenten service or dedicate time for an evening prayer.

THURSDAY  
12

### DAY TWENTY FIVE

When you see, hear, or read a news story about someone in trouble, pray for the person as a family. Speak less and listen more. Give others the gift of your undivided attention.

FRIDAY  
13

### DAY TWENTY SIX

Avoid hitting the snooze button. Get up and use the extra time for prayer. Attend a Lenten service or dedicate time for an evening prayer.

### DAY TWENTY SEVEN

SATURDAY  
14

Feast of the Forty Martyrs of Sebastia. These brave Christian soldiers in the 4th century Roman army gave their lives for their faith in Jesus Christ. Pray for Christians throughout the world who are currently suffering persecution.



# MARCH WEEK FIVE

## 2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

SUNDAY  
15

### SUNDAY OF THE JUDGE

This Sunday tells the story of how persistent and heartfelt prayer will always get God's attention (Luke 18:1–8). In the spirit of the persistent widow of our Sunday lesson, pray every hour today. During prayer, picture yourself meeting Christ in a scene from the Gospels. Think about your reactions and responses. Think about your persistence during the prayers.

MONDAY  
16

### DAY TWENTY NINE

Abstain from over-scheduling. Leave some time to simply be and gather yourself to pray for those who have hurt you.

TUESDAY  
17

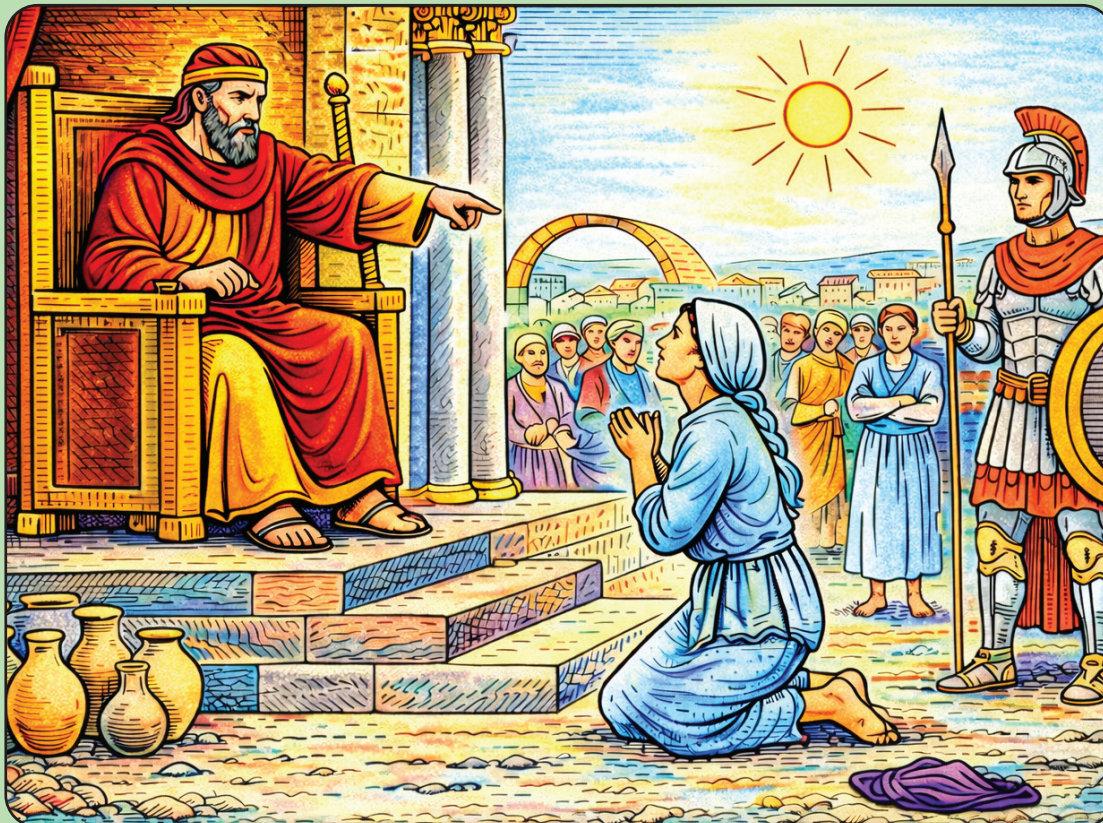
### DAY THIRTY

Make moderate meals, curtail your extra spending, and donate what you save to your chosen charity.

WEDNESDAY  
18

### DAY THIRTY ONE

At the end of the day, take time to thank God for all the graces you received during the day. Attend a Lenten service or dedicate time for an evening prayer.



THURSDAY  
19

### DAY THIRTY TWO

Pray the Jesus Prayer:

“Jesus Christ, Son of God,  
Have Mercy on me, a sinner.”

You can also pray other prayers of the Church. Recognize that you are adding your voice to those who have prayed these prayers for centuries.

FRIDAY  
20

### DAY THIRTY THREE

Recognize and avoid anything that stands in the way of you growing closer to God. Attend a Lenten service or dedicate time for an evening prayer.

SATURDAY  
21

### DAY THIRTY FOUR

St. Gregory the Illuminator converted the Armenian nation in AD 301 and accepted a harsh punishment rather than deny his love of Christ. List three ways we need to make difficult choices to live God's way. Sit quietly and think about these choices.



SUNDAY  
**22**

### SUNDAY OF ADVENT

This Sunday is dedicated to the Second Coming of Christ. Spend some time praying for the willingness to seek forgiveness from people you have hurt. Schedule a private confession with your priest and talk to him about some of your struggles.

MONDAY  
**23**

### DAY THIRTY SIX

Send an Easter card or a letter to a relative, friend, or fellow parishioner who is homebound.

TUESDAY  
**24**

### DAY THIRTY SEVEN

Clean up a common area at work, in the neighborhood, a park, church grounds, or at home. Make it a gift for the benefit of all.

# March WEEK SIX

## Philippians 2:8

“And being found in human form, He humbled himself by becoming obedient to the point of death, even death on a cross.”



WEDNESDAY  
**25**

### DAY THIRTY EIGHT

Pray Psalm 150. What instrument do you think would best accompany this prayer? Attend a Lenten service or dedicate time for an evening prayer.

THURSDAY  
**26**

### DAY THIRTY NINE

Invite a neighbor to join your family for a meal or prepare and drop off a meal for a homebound parishioner.

FRIDAY  
**27**

### DAY FORTY (Final Day of Great Lent)

Last day of Great Lent. Stop worrying and trust God instead. Read the Bible stories on how others trusted God. Write a prayer reflecting on the past 40 days of Lent.

SATURDAY  
**28**

### LAZARUS SATURDAY (Holy Week Begins)

Today is the official beginning of Holy Week, when Christ raises His friend, Lazarus, from the dead. A foretelling of what Holy Week will conclude with - the Resurrection of Christ and ultimately, all our resurrections.



# March + April

# HOLY WEEK

SUNDAY  
29

## PALM SUNDAY

**Reading of the Day:** Mark 10:46-11:11

**Think About:** How does Christ enter Jerusalem? Like a warrior or a servant? How do you show yourself to others, as someone who is better than others or as one who is willing to help and serve?

THURSDAY  
2

## HOLY THURSDAY (The Last Supper)

**Reading of the Day:** John 13:1-15

**Reflect:** Jesus washes the feet of His disciples and shows them what true authority is: it is found in humility and service to others. How can you serve others?

MONDAY  
30

## HOLY MONDAY

**Reading of the Day:** Matthew 20:17-28

**Reflect:** The fig tree looked like it had fruit, but did not. Are you producing spiritual fruit for God or do you only act like you do? How can you be more fruitful?

FRIDAY  
3

## GOOD FRIDAY (The Passion, Crucifixion and Burial)

**Reading of the Day:** Luke 22:66-23:49 & Matthew 27:57-61

**Reflect:** Today Christ is tortured, crucified, and buried. The cross He is crucified on has become a symbol of victory over death and the tomb He is buried in has become a doorway to everlasting life. Do you have a cross in your home or bedroom? Wear it or hang it in your home as a symbol that Christ has defeated death.

TUESDAY  
31

## HOLY TUESDAY (The Ten Virgins)

**Reading of the Day:** Matthew 24:1-26:2

**Reflect:** As Christians we must be ready and prepared for Christ's return. What are some ways you can be prepared for Christ's Second Coming?

SATURDAY  
4

## HOLY SATURDAY (Eve of the Resurrection)

**Reading of the Day:** Matthew 28:1-20

**Reflect:** This evening millions around the world gather in churches to celebrate the resurrection of Christ with candles. The light of the candle symbolizes Christ, the Light of the world, defeating darkness, sin, demons, and death. Go to your church and celebrate the resurrection.

WEDNESDAY  
1

## HOLY WEDNESDAY

**Reading of the Day:** Matthew 26:3-16

**Reflect:** Judas betrayed Christ for money (30 silver pieces), for something material. Why would Judas do such a thing? How can we make sure that we don't become like Judas?

SUNDAY  
5

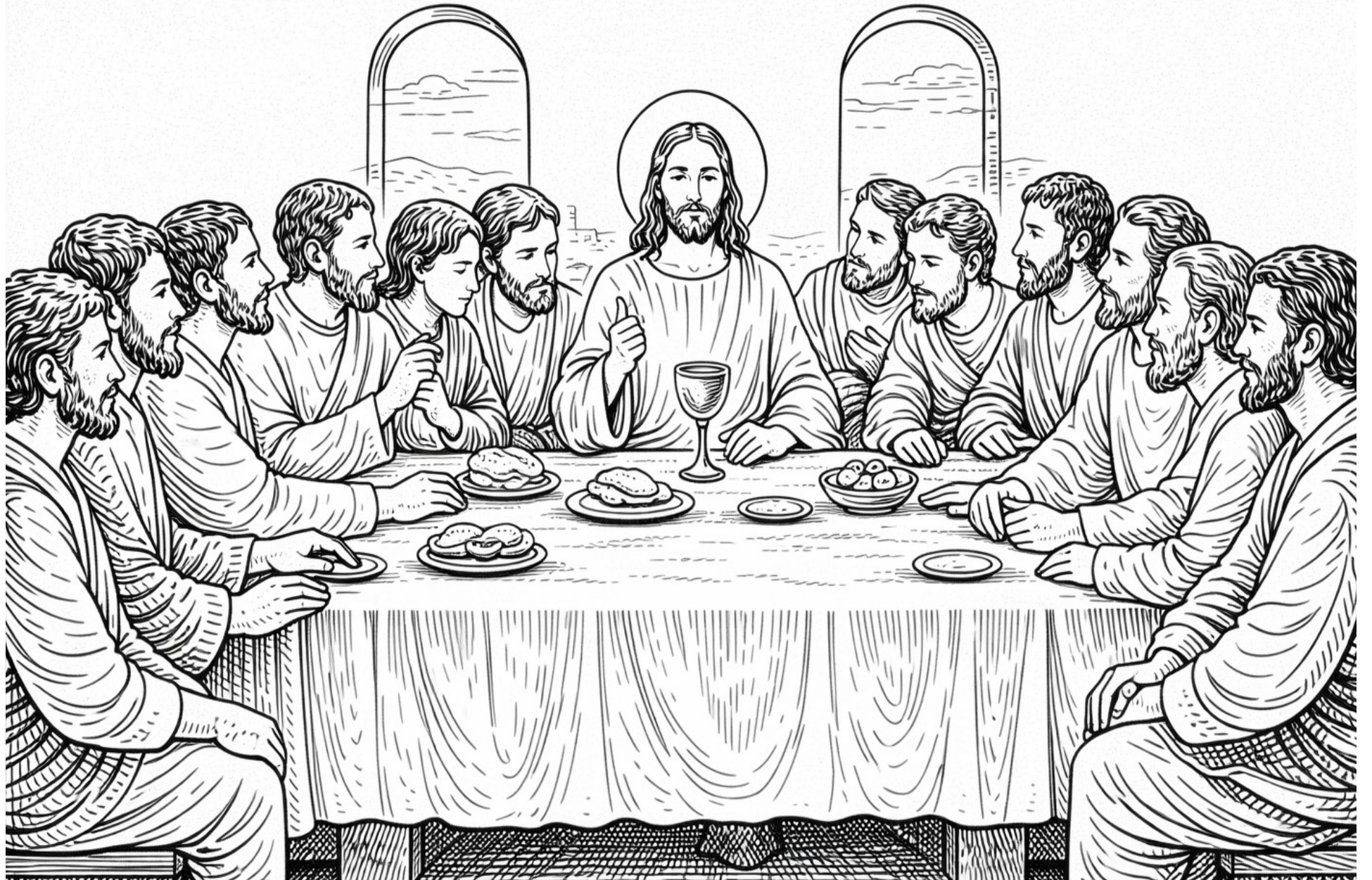
## RESURRECTION SUNDAY (Easter)

**Reading of the Day:** Mark 16:2-8

Christ is Risen from the Dead!!! Blessed is the Resurrection of Christ!!!

**Reflect:** Today we begin the forty day season of Easter, celebrating life, resurrection, and rebirth. How are you made new in this season? What can you do differently so that you are a better person than you were before?











# A LENTEN CALENDAR

- Every day there is a suggested activity. Check the box each time you complete the prayer activity or reflection. Hopefully it will be a habit that continues throughout the year.
- Color together and retell the parables as you move through the weeks of Great Lent.



DIocese OF THE ARMENIAN  
CHURCH OF AMERICA (EASTERN)

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ARMENIANCHURCH.US

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CHILDREN + FAMILY MINISTRY



This year, **LENT** begins on Monday, February 16, and ends on Friday, March 27 — a special time to devote to Jesus!

## ATTEND CHURCH.

Follow the beautiful lessons of the Sundays of Lent and then attend Holy Week services that culminate in the joy of Easter.

## READ THE BIBLE.

Be inspired by God's story. Read about the events leading up to the Resurrection in the four Gospels: Matthew 21-27, Mark 11-15, Luke 19-23, John 12-19.

**FAST.** The Lenten practice of the Armenian Church is to avoid all meat and animal products, but if this seems too difficult, try doing without meat throughout Lent and without any animal products (milk, eggs, cheese) on Wednesdays and Fridays.

**SIMPLIFY.** Spend less time texting and talking on the phone, shopping, or watching TV and more quiet time with family and friends. This reminds us of what's really important and how precious life and loved ones are.

## GIVE TO CHARITY.

Almsgiving is an important Christian discipline, especially important during this season of self-giving. Set aside money daily or weekly for charitable causes. Use a special box or container just for that purpose.

And most importantly... **PRAY!**