

## OUR JOURNEY DURING GREAT LENT 2026

### Our Lenten Journey: Meditations and Challenges

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A series of weekly reflections centered on the Akathist Hymn and the person of the Theotokos the Mother of God.

03/13/2026 -  [Third Friday of the Akathist – Protection and Trust](#) 

### Third Friday of the Akathist – Protection and Trust

**Meditation:** The Akathist was first sung in times of peril and doubt. The faithful turned to the Mother of God for protection and hope. The Theotokos exists as a maternal presence, steady, faithful, unwavering. She is an example to us that trust in God is stronger than fear.

At times of crisis, Philoptochos becomes a visible sign of that protection, responding to disasters, assisting families, and supporting the vulnerable.

#### **Challenge:**

Ask yourself...

What anxieties and fears do I carry that I have not yet entrusted to God?

This week, pray daily: "Most Holy Theotokos, guide and protect us."

03/06/2026 -  [Second Friday of the Akathist - Rejoice in the Midst of Lent](#) 

### Second Friday of the Akathist - Rejoice in the Midst of Lent

**Meditation:** Each stanza of the Akathist repeats the word: Rejoice. In the middle of fasting and repentance, the Church teaches us joy, not superficial happiness, but the deep joy that Christ has come into the world.

The Theotokos carried Christ within her. When we serve the hungry, comfort the grieving, or support those in need, we carry Christ's presence into the world as well. Philoptochos ministry is lived joy, often quiet, often unseen, but powerful.

#### **Challenge:**

Ask yourself...

Do I serve with joy, even when I am tired?

How can I allow Christ's presence  
to transform my work into a hymn of gratitude?

## First Friday of the Akathist - A Humble "Yes"

**Meditation:** The Akathist Hymn begins with wonder before the mystery of the Incarnation. The Archangel greets the Virgin Mary, and through her humble "yes," salvation enters the world. The Church calls her Theotokos, the God-bearer. Her obedience was courageous trust. She did not fully understand how God's plan would unfold, yet she surrendered herself completely to His will. In our Philotochos ministry, we are often called to say "yes" before we see the whole path ahead. Service, sacrifice, and generosity begin with trust.

### **Challenge:**

This week, ask yourself: Where is God inviting me to say "yes" more fully?  
Do I trust Him even when I cannot see the outcome?

To receive future meditations and challenges and to access the 2025 Lenten reflection please visit <https://www.philoptochos.org/events/spiritual-enrichment/#great-lent-reflection-in-2025/1/>