

A Pilgrim's Journey through Lent with...



Finding  
GOD  
Along  
the  
Way

Wisdom from the Ignatian Camino  
for Life at Home

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February 16 to April 7, 2026

The pages that follow will help you pray with *Finding God Along the Way* one chapter a day, beginning on the Monday before Ash Wednesday and concluding on Easter Monday. Each day's reflection connects that chapter to the themes of Lent, often drawing on the daily Mass Scriptures in the Catholic lectionary, which you can find at [bible.usccb.org/](http://bible.usccb.org/).

The goal of Lent is not perfection, but transformation—which is also the goal of pilgrimage. That's why I believe this book can be a fruitful roadmap through the season. To that end, you may want to capture a few notes at the end of each day's prayer, so you can look back and see where the road has taken you. The Saturday reflections do just that, inviting you to review the past week and savor the graces you encountered there.

Lent is a long season (even longer than “40 days,” since 40 is simply a Biblical number symbolizing “the amount of time it takes for a change to occur”). As the weeks go by, I encourage you to be faithful yet flexible in your prayer. Stay with what draws you each day, whether it's a reflection question from the book or a suggestion from this supplement, a story from the chapter or one from the Scriptures.

This is your journey through Lent. Thank you for walking it with me.

*Christine*

*P.S. To learn more about this book and the pilgrimage that inspired it, visit  
[christine-marie-eberle.com/finding-god-along-the-way](http://christine-marie-eberle.com/finding-god-along-the-way),  
where you can find photos, podcast interviews, and other goodies.*

# Warm-Up Days

(beginning Monday, February 16, 2026)

## Monday / “Preface: The Light of a Story” (pages 9-10)

Here you are, beginning a fifty-day journey through this book with nothing but a brief Preface. Though you may find yourself eager to get going, I invite you to be patient. Take this prayer time to orient your mind and heart for the days ahead. Why have you chosen this book to pray with? As these preparatory days begin, ask God for the grace you seek.

## Tuesday / “Delay” (15-17)

As you wait for Ash Wednesday to arrive, reflect on how you have changed since this time last year. To prepare for the beginning of Lent, consider any resolutions or intentions you want to set, perhaps using the traditional Lenten disciplines of prayer, fasting, and almsgiving to spark your creativity. In the spirit of the grace you desire, what might you give up or take up (besides this book) to better attune yourself to God in this holy season?

## Ash Wednesday / “Will You Go for a Walk with Me?” (18-19)

“Even now, says the LORD, return to me with your whole heart.” This opening line of today’s first reading is beautiful, but the image it conjures is a bit static: God standing there, waiting for us to move. Imagine, instead, Jesus extending a hand, inviting you to move *together* through the weeks ahead. As you set out on this journey through Lent, hear Jesus ask the question, “Do you want to go for a walk with me?” Listen to your heart’s response.

## Thursday after Ash Wednesday / “In the Autumn of Life” (20-21)

Every season of life carries its own set of choices. In today’s first reading, Moses says to the Israelites, “I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live.” In this season, what choices lie before you? Ask God to show you the most life-giving path.

## Friday after Ash Wednesday / “Background Music” (22-24)

Like the Camino, the season of Lent can serve as a conversation partner, calling us to a greater mindfulness of God throughout the day and shaping our habits, perceptions, thoughts, and desires. How are your Lenten practices helping you attune your heart to God? The journey is still young; is there anything you want to adjust?

## Saturday after Ash Wednesday / “Worrying” (25-27)

Spend some time letting your mind wander over the last week. During these “warm-up” days, what did you find yourself worrying about? Imagine stepping out in faith, trusting God to guide your steps.



# First Week of Lent

(beginning Sunday, February 22, 2026)

## First Sunday of Lent / “The Limits of Perfection” (pages 28-31)

Today’s Gospel narrates the temptations Jesus endured during his forty days in the desert—temptations which helped him discern the “how” of his ministry. A prayerful Lent can bring us up against the limits of our own abilities and reveal a desire to live differently. As this first week of Lent begins, ask yourself: Where might you release the illusion of control and let God’s power manifest itself in your weakness?

## Monday / “Commissionings” (32-34)

The three questions Fr. Jim posed during our commissioning service are always worth asking. How would you apply them to this season of your life? Try rewriting them for your own circumstances and hear yourself answer a rousing “I will!”

## Tuesday / “Oh, Was that Today?” (35-38)

Today would be a good day to call to mind someone who was influential in your spiritual formation. Prayerfully savor your memories of this person, giving thanks for their impact on your faith life. If they are still alive, how you might express your gratitude directly?

## Wednesday / “The First Principle and Foundation” (40-41)

Consider this key text of the Spiritual Exercises in relation to anything that is unsettled in your life. Call that uncertainty to mind, then practice Ignatian detachment by repeating the final line like a mantra: *“I want and I choose what better leads to God’s deepening life in me.”*

## Thursday / “One Circle, Many Paths” (42-44)

Fr. Jose assured us that nature abounds with metaphors for the Divine. Take some time to gaze out your window, maybe step outside, even go for a walk if you can. What do you notice? Whether it’s blissful or bleak, what might God be communicating today through the world around you?

## Friday / “In the Room Where it Happened” (45-48)

In the words of the First Principle and Foundation, *“Everything has the potential of calling forth in us a deepening of our life in God.”* When have you experienced that? Is there something in your life now that makes it challenging to believe? How can you open yourself to trust in God’s ability to work with anything?

## Saturday of the First Week of Lent / “Panning for Gold” (49-53)

After all those months of preparation, the pilgrims finally hit the road, pondering the goodness of God during their first hike. Spend some time letting your mind wander over the past week—the beginning of your Lenten journey. What stands out? Give thanks for God’s astounding goodness to you!



# Second Week of Lent

(beginning Sunday, March 1, 2025)

## **Second Sunday of Lent / “Mothering” (pages 54-57)**

In today’s Scriptures, Jesus brings three disciples up a mountain and is transfigured before them. This week’s chapters unfold in the mountains as well. In prayer, imagine yourself among the climbers—be they Peter, James, and John, or the IVC pilgrims. Feel the effort, fear, and uncertainty of the ascent, the relief and wonder on the far side. As this second week of Lent begins, consider: For what are you striving in this season of your life? Who is with you on the journey?

## **Monday / “The Mercies” (58-61)**

In today’s Gospel, Jesus begins, “Be merciful, just as your Father is merciful.” (Clearly, we have our word for the day!) He then describes what being merciful looks like: stop judging; stop condemning; forgive; give. Which of those do you most need to hear?

## **Tuesday / “Solidarities” (62-64)**

What struggles—large or small—have marked your Lent so far? Try an exercise from the book: Notice what you’re experiencing, then let those feelings serve as a doorway to prayer, connecting your pain to the pain of others. Is there anyone you feel called to reach out to? If not, simply rest in the awareness of your connection to the great web of humanity.

## **Wednesday / “Shelter” (65-67)**

We can understand “shelter” as merely physical: protection from the elements, or a place to lay one’s head. True hospitality, however, goes beyond the physical and creates an environment of welcome, trust, and even joy; that’s what the pilgrims found in one another, no matter what the beds were like. In this Lenten season, who is seeking shelter (literal or metaphorical) in your care? Pray for them—and for your own holy responsiveness.

## **Thursday / “It’s In There” (68-70)**

Two of today’s Scripture readings use the image of “a tree planted near running water,” encouraging us to stretch the roots of our trust deep into God’s abundant grace. In the spirit of this chapter, get that phrase and the corresponding image clearly in your mind, then return to it as often as you can throughout the day—particularly during times of stress.

## **Friday / “Indifference” (71-74)**

Ignatius said we should not desire health or sickness, wealth or poverty, success or failure, a long life or a short one. What in your life right now is making you feel attached to a particular outcome? In prayer, try holding it loosely, asking for only that which leads to God’s deepening life in you.



### **Saturday / “Tactics of the Enemy” (76-77)**

Spend some time letting your mind wander over the last week. Can you recall a time when you might have been tripped up by what Ignatius calls a “tactic of the Enemy”? If so, acknowledge it before your loving God, shake your head, and resolve to move on!

## **Third Week of Lent**

(beginning Sunday, March 8, 2026)

### **Third Sunday of Lent / “Be the Sweetness” (pages 78-81)**

We are moving into the “Vineyards” section of the book, discovering moments of surprising refreshment. Today’s Gospel is the Woman at the Well, in which a Samaritan outcast offers Jesus a cup of cool water—as refreshing as Fr. Jose’s grapes—and Jesus gives her the water of eternal life. As the third week of Lent begins, recall the “touches of sweetness” in your own life and imagine them coming straight from the hand of God.

### **Monday / “The Distress of the Vulnerable” (82-84)**

In today’s first reading, Naaman the Syrian is cured of leprosy only after he opens himself to the humbling instructions of the prophet Elisha, which he first resisted. It is difficult to let ourselves be vulnerable! How are you called to embrace vulnerability—your own or that of others?

### **Tuesday / “Now, Where Did I Leave that Comfort Zone?” (85-87)**

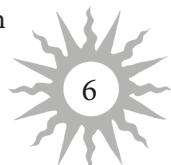
For the pilgrims, comfort-zone challenges—which often were met with resistance—involved a stripping-away of privacy. Today’s Gospel proposes a different kind of departure from the comfort zone: forgiving someone “not seven times, but seventy-seven times.” What resistance do you feel to such boundless mercy? In prayer, let your defenses drop. Show Jesus your heart, however messy and complicated it may be. Ask for the desire to forgive as God does.

### **Wednesday / “Caring Less” (88-91)**

We are now three weeks into Lent. If you made any resolutions, they might be starting to chafe. Perhaps you gave up something and find yourself longing for it. Maybe you adopted a good practice but feel the gravitational pull of comfort in the other direction. Notice—without judgement—whatever you’re feeling, then ask God for the grace of holy indifference.

### **Thursday / “God is Bigger than Our Worst Mistakes” (92-95)**

Do you ever experience self-recrimination slipping through the cracks of your exhaustion? What do you say about yourself when you’re in the mood to beat yourself up? Prayerfully sit in the gaze of the God who loves you, and who finds no obstacle in even your worst mistakes.



### **Friday / “Failure is Not an Option” (96-99)**

Today’s Gospel contains the two great commandments: to love God with all our heart, soul, mind, and strength, and to love our neighbor as ourselves. How have you been doing with those? (Hint: Who among us has not blown it every blessed day?) Before you go despairing, let God sweep the categories of “success” and “failure” off your table. Resolve to see your journey through Lent—and through life—as a spiritual quest.

### **Saturday / “Letting the Mule Decide” (100-102)**

Spend some time letting your mind wander over the last week. What decisions did you make, large or small? How did you make them? Did faith play a role? As you anticipate any decisions that lie before you in the week ahead, ponder how you might let God weigh in. Perhaps you could try the “coin flip” strategy Dave’s friend proposed!

## **Fourth Week of Lent**

(beginning Sunday, March 15, 2026)

### **Fourth Sunday of Lent / “Pausing” (pages 103-106)**

It’s fitting that this chapter falls on a Sunday—the Christian day of rest. Yet, how many of us actually rest on the Sabbath? More likely, we just work hard on things we didn’t get around to during the week. Furthermore, today is *Laetare* Sunday (the “pink Sunday” of Lent), a day of rejoicing and hope in a season of austerity. As this fourth week of Lent begins, try to appreciate the power of the pause, and regard it as an opportunity for a joyful, healing encounter with the Divine. It doesn’t have to be dramatic, like the blind man in today’s Gospel or the apostle James in Zaragoza. Even renewed hopefulness after a quiet period of prayer can feel miraculous.

### **Monday / “Stopping” (107-109)**

Today’s beautiful psalm response is “I will praise you Lord, for you have rescued me.” As you pray with this chapter’s reflection questions, consider your own endings—the doors you’ve closed, the things, places, or even people who are not in your life anymore. Does anything feel like divine intervention? Spend time giving thanks.

### **Tuesday / “Christ the King and His Call” (111-112)**

In today’s Gospel, Jesus heals a man who has been paralyzed for thirty-eight years. In prayer, imagine yourself a bystander at that encounter. See the expression on Jesus’ face as he tells the man to rise. Watch the one who hadn’t stood in almost four decades leap to his feet. Now, notice your own feelings. How does this miracle inspire you to follow Jesus more closely?



### **Wednesday / “On the Road Again” (113-115)**

We are moving into the “Deserts” phase of the Camino—a place of rocky paths, clinging mud, sharp wind, and stark beauty. Metaphorically, deserts are places where we have “nothing we want, but everything we need.” Is there an area of your life that feels like a desert right now? Ponder that image and give thanks for the ways God meets you there.

### **Thursday / “Examen” (116-118)**

The Examen is not a one-and-done prayer, but a great way to do a little spiritual “data tracking”—noticing God’s action in our lives over time, so that we can remember and respond accordingly. Practice an Examen today to see what it reveals and consider returning to this prayer regularly.

### **Friday / “Standards” (119-122)**

Ignatius’ standards of poverty, contempt, and humility can be aligned with the traditional Lenten disciplines of almsgiving, fasting, and prayer. How is your journey through Lent helping you adopt these “Godly” standards and reject the “worldly” lure of riches, honors, and pride?

### **Saturday / “Just One Thing” (123-124)**

Spend some time letting your mind wander over the last week. How have you been living out your “one thing needed”—that which is uniquely yours to do for God? Remember, like Martha and the rich man, you have the rest of your life to respond ever more faithfully to Jesus’ calling.

## **Fifth Week of Lent**

**(beginning March 22, 2026)**

### **Fifth Sunday of Lent / “Crucible” (pages 125-127)**

Today’s Gospel is the Raising of Lazarus—an amazing miracle—but notice that the miracle does not happen until the penultimate verse of this very long reading. Most of the passage involves the suffering of Lazarus and his grieving sisters. On the Camino, it was an agonizing, exhausting day. As this fifth week of Lent begins, what suffering do you find yourself stuck in? Despite an understandable desire to reach the far side, allow yourself to be present to your own reality as you pray with the stories of the Biblical characters and the expanded band of pilgrims.

### **Monday / “Rest” (128-131)**

The response to today’s psalm is “Even though I walk in the dark valley, I will fear no evil, for you are at my side.” The first reading tells the story of Susanna, a woman caught in a dark place indeed. And on the Camino, the pilgrims learned the story of Saint Peter Claver, who cast his lot with victims of the brutal slave trade in Colombia. Spend some time in prayer today with those who find themselves in “dark valleys,” and those who choose to accompany them. Notice when you have been in one spot or the other—or both.



### **Tuesday / “Resurrection” (132-135)**

In today’s first reading, “with their patience worn out by the journey, the people complained against God and Moses,” saying “Why have you brought us up from Egypt to die in this desert, where there is no food or water?” The pilgrims on the road to Cervera might have said the same to Fr. José! This journey through Lent is more of a marathon than a sprint. Pray with wherever you find yourself right now, recognizing any small resurrections along the way.

### **Wednesday / “Shortcut” (136-138)**

“God is always giving directions, and if we are ready to hear, then miracles happen!” On this Solemnity of the Annunciation, ponder Mary’s readiness to hear Gabriel’s astounding message. In your imagination, watch her make the leap from “How can this be?” to “May it be done to me.” Through Mary’s intercession, pray for an attentive heart, a willing spirit, and a readiness to hear and answer God’s call.

### **Thursday / “An Easier Way” (139-140)**

Pilgrimage invites us to walk in freedom and move more lightly in the world. Have you felt that invitation during this Lenten journey? Be still, and notice any longing for freedom that stirs in you. Even if nothing about your circumstances can change right now, ask God if there is any shift in attitude or approach that would lighten your steps and bring you more peace.

### **Friday / “Take and Receive” (142)**

Spend some time today meditating on each of the things Ignatius wants to release to God: *liberty, memory, understanding, and will*. Take each in turn, or just start with the one you’re most drawn to—or unnerved by! What does it look like to hold that thing tightly? What would it mean to turn it over to God? Try writing out this prayer in your own words, being honest with God about what you desire to surrender and where you might be feeling some resistance.

### **Saturday / “Ascent” (143-145)**

Spend some time letting your mind wander over the last week. The Camino has taken the pilgrims from the crucible and the dark valley to a greater awareness of peace and the desire for surrender. Which of these movements feels like where you are this Lent? Remember, you are not going for perfection—simply closeness to God!

# Holy Week

(beginning Sunday, March 29, 2026)

## Palm Sunday / “Monastery” (pages 146-148)

Here we are at last! Jesus enters the city of Jerusalem, and the pilgrims enter the sanctuary of Montserrat—the first of many shrines. This is the most “religious” week of Lent and of the pilgrimage as well. The world, of course, will not slow down for us. As Holy Week begins, how will you carve out time to be with Jesus throughout these sacred days?

## Monday / “Vigil” (149-152)

In today’s Gospel, Mary of Bethany parts with an expensive possession—“a liter of costly perfumed oil.” She does not count the cost, lavishing the oil over Jesus’ feet to anoint them. The objects the pilgrims released at Montserrat were more symbolic (and less costly), but they too represented a desire to stay close to Christ as well as a desire to be transformed. What transformation have you sought this Lent? How might you symbolize the desire for lasting change?

## Tuesday / “From the Rising of the Sun to Its Setting” (153-157)

As you read this chapter, savor the elation of the pilgrims reaching their destination. Some walked every step of the 300 miles, while others needed rest days or taxi rides. Some joined for just the last hundred miles yet still didn’t walk them all. At Manresa, however, no one was *grading* anyone’s pilgrimage—nor should you grade your Lent. Just let your prayer dwell in thankfulness.

## Wednesday / “La Cova” (158-162)

The months Ignatius spent in his cave were not a time of serene prayerfulness. He wrestled with demons there, endangering his health through extreme ascetic practices and confessing the same sins repeatedly without finding relief. But God did not give up on him, and he did not give up on God. Now, his cave of suffering is a source of grace for countless pilgrims who find in Ignatian spirituality a surefooted way to God. In your prayer, imagine yourself in that cave. Meditate on how far God has brought you, and express confidence in God’s unceasing accompaniment.

## Holy Thursday / “Intercessions” (163-164)

At tonight’s Mass of the Lord’s Supper, we hear the story of Jesus getting down on his knees to wash his disciples’ feet, then instructing them (and us) to wash one another’s feet as well. While the number of people to whose feet we have access is finite, the reach of our intercessory prayer is infinite. Call to mind those who need God’s healing touch—people you know personally, or entire groups. Let your prayer wash over them like a river of grace.



### **Good Friday / “Finale” (165-167)**

As you meditate on Jesus’ passion and death today, hold in your mind the title of the exhibit in Barcelona commemorating the 500<sup>th</sup> anniversary of Ignatius’ encounter with the French cannonball: “The Transformative Power of a Wound.” Consider the wounds of Jesus, the wounds of Ignatius, and your own woundedness. Behold it all with compassionate eyes and a courageous heart, knowing that God is not nearly finished with your story.

### **Holy Saturday / “In Praise of Our Fearless Leader” (168-170)**

Spend some time letting your mind wander over the last week. Have you encountered anyone whose faith inspires you, or who has helped you grow closer to Jesus? Give thanks for anyone in your past or present who has helped show you the way to God. (And maybe tell them!)

## **Easter Octave**

(beginning Sunday, April 5, 2026)

### **Easter Sunday / “Last Things” (171-173)**

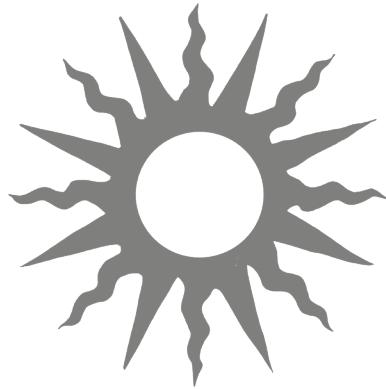
“This is the day the Lord has made; let us rejoice and be glad!” On this Easter day, notice how you feel on the far side of your pilgrimage through Lent.

### **Easter Monday / “Pilgrimage is Life” (175-182)**

Our final chapter sifts through the graces of the Camino, principally *silence, spontaneity, and serenity*. If you have been taking notes or keeping a journal over the last seven weeks, you might want to sift through those as well. Ask God to show you what’s worth holding on to. What feels important? What do you want to remember? What do you hope will endure? Try to capture these thoughts somewhere and return to them as you are moved. (Note: you might want to pray with this over more than one day, or save it for when you can give it the time it deserves.)

### **The Octave of Easter / “For Those Who Have Far to Travel” (183-185)**

Surprise! The journey’s not over. Be sure to pray with Jan Richardson’s wonderful blessing at the end of the book. As you set out into the Easter season, offer thanks for where you’ve been, and resolve to greet each day with the heart of a pilgrim.



Thank you for sharing your Lent with me. If you have enjoyed *Finding God Along the Way*, please pop over to my website, [christine-marie-eberle.com](http://christine-marie-eberle.com), where you'll find information about my other books as well as my retreats and speaking engagements (both in person and virtual). There you also can follow my blog, sign up for my monthly newsletter, and more.

Blessings for the journey!

*Christine*