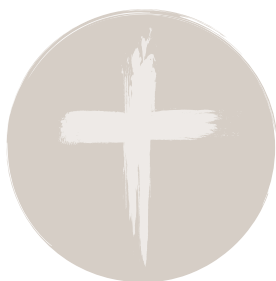


A Resource from SLD



a six week exploration of scripture.  
a daily rhythm for your journey.



## *Lenten Journal*

Lent, a Christian tradition, is a period of about six weeks before Easter. It is a time when Christians are supposed to be quiet and thoughtful, preparing themselves for Easter. It is a time of reflection, prayer, and sacrifice in unity with the sacrifice Christ made on Good Friday. The period of Lent ends at Easter, which is a time of great celebration as the Christians think of how Jesus died on the cross but then rose again from the dead.

Lent is traditionally supposed to be forty days long. This is in observance of the forty days Jesus spent in the wilderness, preparing for his ultimate death and resurrection.

This Lenten Journal is designed to be a simple daily rhythm for your journey. Each day you will be presented with short portions of Scripture from the Old and New Testament in accordance with the lectionary. The journal then gives you basic prompts to help you consider what the Lord is saying to you and then allows you to respond.

Lent on the calendar may look a little different every year. This journal is designed to be used any year. Begin with Ash Wednesday and follow the readings. Then, if necessary, “jump” to Palm Sunday as the calendar dictates.

Every day, the journal experience will contain the following prompts:

- *Scripture* – The Scripture will contain short portions to allow you to reflect on the Lord's message to you for the day.
- *Observation* – What word or phrase from the daily Scripture catches your attention? Write it down in the space provided. It is amazing how the Lord works through the simple act of writing out the sacred word(s).
- *Application* – What is God saying to you through the words that caught your attention? How does it apply to something you are living through right now?
- *Prayer* – After you have had time to read, observe, and apply, write a simple prayer. This could be a prayer of thanks, a request for guidance, or a prayer for forgiveness.

Each one of these steps must be simple. You do not have to write an epistle! If you keep it simple by writing a few words or a sentence or two in each space will be far more successful in incorporating this rhythm into your Lenten journey.

If you miss a day or days, don't give up. Instead, pick up on the week and day of the Lenten calendar spelled out in the journal (i.e., 2nd week of Lent, Friday). God is not grading you but relishes your desire and intention to be with him in this discipline.

The final pages are for your final reflection of what you have learned through this journey.

Please note that all Scripture is taken from The Message translation.

Here is a prayer as you begin:

Lord, you have promised to meet those who seek your face. Come now and reveal your presence to me as I make myself present to you. In the name of Jesus Christ, my Lord, I pray.

*Amen.*

Ash Wednesday

*Scripture:* Unbutton my lips, dear God; I'll let loose with your praise. Going through the motions doesn't please you, a flawless performance is nothing to you. I learned God-worship when my pride was shattered. Heart-shattered lives ready for love don't for a moment escape God's notice. Psalm 51:15-17

Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding. Matthew 6:1

*Observation:*

*Application:*

*Prayer:*

## Thursday following Ash Wednesday

*Scripture:* Yes, because God's your refuge, the High God your very own home, evil can't get close to you, harm can't get through the door. Psalm 91:9-10

Now Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wild. For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry. The Devil, playing on his hunger, gave the first test: "Since you're God's Son, command this stone to turn into a loaf of bread." Jesus answered by quoting Deuteronomy: "It takes more than bread to really live." Luke 4:1-4

*Observation:*

*Application:*

*Prayer:*

Friday following Ash Wednesday

*Scripture:* "If you'll hold on to me for dear life," says God, "I'll get you out of any trouble. I'll give you the best of care if you'll only get to know and trust me. Call me and I'll answer, be at your side in bad times; I'll rescue you, then throw you a party. I'll give you a long life, give you a long drink of salvation!" Psalm 91:14-16

For the second test he led him up and spread out all the kingdoms of the earth on display at once. Then the Devil said, "They're yours in all their splendor to serve your pleasure. I'm in charge of them all and can turn them over to whomever I wish. Worship me and they're yours, the whole works." Jesus refused, again backing his refusal with Deuteronomy: "Worship the Lord your God and only the Lord your God. Serve him with absolute single-heartedness." Luke 4:5-8

*Observation:*

*Application:*

*Prayer:*

## Saturday following Ash Wednesday

*Scripture:* You who sit down in the High God's presence, spend the night in Shaddai's shadow, Say this: "God, you're my refuge. I trust in you and I'm safe!" That's right—he rescues you from hidden traps, shields you from deadly hazards. His huge, outstretched arms protect you—under them you're perfectly safe, his arms fend off all harm. Psalm 91:1-4

For the third test the Devil took him to Jerusalem and put him on top of the Temple. He said, "If you are God's Son, jump. It's written, isn't it, that 'he has placed you in the care of angels to protect you; they will catch you; you won't so much as stub your toe on a stone'?" "Yes," said Jesus, "and it's also written, 'Don't you dare tempt the Lord your God.'" That completed the testing. The Devil retreated temporarily, lying in wait for another opportunity. Luke 4:9-13

*Observation:*

*Application:*

*Prayer:*



*First Full Week in Lent*  
Preparation for Ministry

# Sunday - Week 1

*Scripture:* I pray to God—my life a prayer—and wait for what he'll say and do. My life's on the line before God, my Lord, waiting and watching till morning, waiting and watching till morning. Psalm 130:5-6

By entering through faith into what God has always wanted to do for us—set us right with him, make us fit for him—we have it all together with God because of our Master Jesus. And that's not all: We throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand—out in the wide-open spaces of God's grace and glory, standing tall and shouting our praise. Romans 5:1-3

*Observation:*

*Application:*

*Prayer:*

Monday - Week 1

*Scripture:* This very day God, your God, commands you to follow these rules and regulations, to live them out with everything you have in you. You've renewed your vows today that God is your God, that you'll live the way he shows you; do what he tells you in the rules, regulations, and commandments; and listen obediently to him. And today God has reaffirmed that you are dearly held treasure just as he promised, a people entrusted with keeping his commandments... Deuteronomy 26:17-18

The word that saves is right here, as near as the tongue in your mouth, as close as the heart in your chest. It's the word of faith that welcomes God to go to work and set things right for us. Romans 10:8-9

*Observation:*

*Application:*

*Prayer:*

## Tuesday - Week 1

*Scripture:* My head is high, God, held high; I'm looking to you, God; No hangdog skulking for me. I've thrown in my lot with you; You won't embarrass me, will you? Or let my enemies get the best of me? Don't embarrass any of us Who went out on a limb for you. It's the traitors who should be humiliated. Psalm 25:1-3

Now that we are set right with God by means of this sacrificial death, the consummate blood sacrifice, there is no longer a question of being at odds with God in any way. If, when we were at our worst, we were put on friendly terms with God by the sacrificial death of his Son, now that we're at our best, just think of how our lives will expand and deepen by means of his resurrection life! Romans 5:9-10

*Observation:*

*Application:*

*Prayer:*

## Wednesday - Week 1

*Scripture:* Show me how you work, God; School me in your ways. Take me by the hand; Lead me down the path of truth. You are my Savior, aren't you? Mark the milestones of your mercy and love, God; Rebuild the ancient landmarks! Forget that I sowed wild oats; Mark me with your sign of love. Plan only the best for me, God! Psalm 25:4-7

On the road someone asked if he could go along. "I'll go with you, wherever," he said. Jesus was curt: "Are you ready to rough it? We're not staying in the best inns, you know." Jesus said to another, "Follow me." He said, "Certainly, but first excuse me for a couple of days, please. I have to make arrangements for my father's funeral." Jesus refused. "First things first. Your business is life, not death. And life is urgent: Announce God's kingdom!" Then another said, "I'm ready to follow you, Master, but first excuse me while I get things straightened out at home." Jesus said, "No procrastination. No backward looks. You can't put God's kingdom off till tomorrow. Seize the day." Luke 9:57-62

*Observation:*

*Application:*

*Prayer:*

## Thursday - Week 1

*Scripture:* And then I heard the voice of the Master: "Whom shall I send? Who will go for us?"

I spoke up, "I'll go. Send me!" He said, "Go and tell this people: 'Listen hard, but you aren't going to get it; look hard, but you won't catch on.' Make these people blockheads, with fingers in their ears and blindfolds on their eyes, so they won't see a thing, won't hear a word, so they won't have a clue about what's going on and, yes, so they won't turn around and be made whole." Isaiah 6:8-10

Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God's words; if help, let it be God's hearty help. That way, God's bright presence will be evident in everything through Jesus, and he'll get all the credit as the One mighty in everything—encores to the end of time. Oh, yes! 1 Peter 4:11

*Observation:*

*Application:*

*Prayer:*

## Friday - Week 1

*Scripture:* So now Israel, what do you think God expects from you? Just this: Live in his presence in holy reverence, follow the road he sets out for you, love him, serve God, your God, with everything you have in you, obey the commandments and regulations of God that I'm commanding you today—live a good life. Deuteronomy 10:12-13

Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding. When you do something for someone else, don't call attention to yourself. Matthew 6:1-2

*Observation:*

*Application:*

*Prayer:*

## Saturday - Week 1

*Scripture:* God, who gets invited to dinner at your place? How do we get on your guest list? "Walk straight, act right, tell the truth. Don't hurt your friend, don't blame your neighbor; despise the despicable. Psalm 15:1-4

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Colossians 3:15-16

*Observation:*

*Application:*

*Prayer:*



*Second Full Week in Lent*  
The Cost of Discipleship

## Sunday - Week 2

*Scripture:* Light, space, zest—that's God! So, with him on my side I'm fearless, afraid of no one and nothing. Psalm 27:1

"Here's another way to put it: You're here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine!"  
Matthew 5:14-15

*Observation:*

*Application:*

*Prayer:*

Monday - Week 2

*Scripture:* Point me down your highway, God; direct me along a well-lighted street; show my enemies whose side you're on. Don't throw me to the dogs, those liars who are out to get me, filling the air with their threats. I'm sure now I'll see God's goodness in the exuberant earth. Stay with God! Take heart. Don't quit. I'll say it again: Stay with God. Psalm 27:11-14

Just think—you don't need a thing, you've got it all! All God's gifts are right in front of you as you wait expectantly for our Master Jesus to arrive on the scene for the Finale. And not only that, but God himself is right alongside to keep you steady and on track until things are all wrapped up by Jesus. 1 Corinthians 1:7-8

*Observation:*

*Application:*

*Prayer:*

## Tuesday - Week 2

*Scripture:* Watch this: God's eye is on those who respect him, the ones who are looking for his love. He's ready to come to their rescue in bad times; in lean times he keeps body and soul together. We're depending on God; he's everything we need. What's more, our hearts brim with joy since we've taken for our own his holy name. Love us, God, with all you've got—that's what we're depending on. Psalm 33:18-22

Oh! May the God of green hope fill you up with joy, fill you up with peace, so that your believing lives, filled with the life-giving energy of the Holy Spirit, will brim over with hope! Romans 15:13

*Observation:*

*Application:*

*Prayer:*

## Wednesday - Week 2

*Scripture:* God's love, though, is ever and always, eternally present to all who fear him, making everything light for them and their children as they follow his Covenant ways and remember to do whatever he said. God has set his throne in heaven; he rules over us all. He's the King! Psalm 103:17-22

We wouldn't think of writing this kind of letter about ourselves. Only God can write such a letter. His letter authorizes us to help carry out this new plan of action. The plan wasn't written out with ink on paper, with pages and pages of legal footnotes, killing your spirit. It's written with Spirit on spirit, his life on our lives! 2 Corinthians 3:5-6

*Observation:*

*Application:*

*Prayer:*

## Thursday - Week 2

*Scripture:* But now, God's Message, the God who made you in the first place, Jacob, the One who got you started, Israel: "Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end—because I am God, your personal God, the Holy of Israel, your Savior. Isaiah 43:1-3

“What's the price of a pet canary? Some loose change, right? And God cares what happens to it even more than you do. He pays even greater attention to you, down to the last detail—even numbering the hairs on your head! So don't be intimidated by all this bully talk. You're worth more than a million canaries.” Matthew 10:29-31

*Observation:*

*Application:*

*Prayer:*

## Friday - Week 2

*Scripture:* Get insurance with God and do a good deed, settle down and stick to your last. Keep company with God, get in on the best. Open up before God, keep nothing back; he'll do whatever needs to be done: He'll validate your life in the clear light of day and stamp you with approval at high noon. Quiet down before God, be prayerful before him. Don't bother with those who climb the ladder, who elbow their way to the top. Psalm 37:3-7

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"I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. This is my command: Love one another the way I loved you. This is the very best way to love. Put your life on the line for your friends. You are my friends when you do the things I command you. I'm no longer calling you servants because servants don't understand what their master is thinking and planning. No, I've named you friends because I've let you in on everything I've heard from the Father." John 15:13-15

*Observation:*

*Application:*

*Prayer:*

## Saturday - Week 2

*Scripture:* I'm single-minded in pursuit of you; don't let me miss the road signs you've posted. I've banked your promises in the vault of my heart so I won't sin myself bankrupt. Be blessed, God; train me in your ways of wise living. Psalm 119:10

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Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. If you don't know what you're doing, pray to the Father. He loves to help. James 1:2-5

*Observation:*

*Application:*

*Prayer:*



# Third Full Week in Lent

Thirsting for the Lord

## Sunday - Week 3

*Scripture:* A white-tailed deer drinks from the creek; I want to drink God, deep drafts of God I'm thirsty for God-alive. I wonder, "Will I ever make it—arrive and drink in God's presence?" I'm on a diet of tears—tears for breakfast, tears for supper. All day long people knock at my door, pestering "Where is this God of yours?" These are the things I go over and over, emptying out the pockets of my life. I was always at the head of the worshiping crowd, right out in front, leading them all, eager to arrive and worship, shouting praises, singing thanksgiving—celebrating, all of us, God's feast! Psalm 42:1-4

Then he said, "It's happened. I'm A to Z. I'm the Beginning, I'm the Conclusion. From Water-of-Life Well I give freely to the thirsty. Conquerors inherit all this. I'll be God to them, they'll be sons and daughters to me. Revelation 21:6-7

*Observation:*

*Application:*

*Prayer:*

## Monday - Week 3

*Scripture:* God—you're my God! I can't get enough of you! I've worked up such hunger and thirst for God, traveling across dry and weary deserts. So here I am in the place of worship, eyes open, drinking in your strength and glory. In your generous love I am really living at last! My lips brim praises like fountains. Psalm 63:1-3 \_\_\_\_\_

He rolled up the scroll, handed it back to the assistant, and sat down. Every eye in the place was on him, intent. Then he started in, "You've just heard Scripture make history. It came true just now in this place." Luke 4:20-21

*Observation:*

*Application:*

*Prayer:*

## Tuesday - Week 3

*Scripture:* Hey there! All who are thirsty, come to the water! Are you penniless? Come anyway—buy and eat! Come, buy your drinks, buy wine and milk. Buy without money—everything's free! Isaiah 55:1

On the final and climactic day of the Feast, Jesus took his stand. He cried out, "If anyone thirsts, let him come to me and drink. Rivers of living water will brim and spill out of the depths of anyone who believes in me this way, just as the Scripture says." John 7:37-38

*Observation:*

*Application:*

*Prayer:*

## Wednesday - Week 3

*Scripture:* What a beautiful home, God-of-the-Angel-Armies! I've always longed to live in a place like this, Always dreamed of a room in your house, where I could sing for joy to God-alive! Birds find nooks and crannies in your house, sparrows and swallows make nests there. They lay their eggs and raise their young, singing their songs in the place where we worship. God-of-the-Angel-Armies! King! God! How blessed they are to live and sing there! And how blessed all those in whom you live, whose lives become roads you travel... Psalm 84:1-5

All around us we observe a pregnant creation. The difficult times of pain throughout the world are simply birth pangs. But it's not only around us; it's within us. The Spirit of God is arousing us within. Romans 8:22-23

*Observation:*

*Application:*

*Prayer:*

## Thursday - Week 3

*Scripture:* But the people were thirsty for water there. They complained to Moses, "Why did you take us from Egypt and drag us out here with our children and animals to die of thirst?" Moses cried out in prayer to God, "What can I do with these people? Any minute now they'll kill me!" God said to Moses, "Go on out ahead of the people, taking with you some of the elders of Israel. Take the staff you used to strike the Nile. And go. I'm going to be present before you there on the rock at Horeb. You are to strike the rock. Water will gush out of it and the people will drink." Exodus 17:3-6

Remember our history, friends, and be warned. All our ancestors were led by the providential Cloud and taken miraculously through the Sea. They went through the waters, in a baptism like ours, as Moses led them from enslaving death to salvation life. They all ate and drank identical food and drink, meals provided daily by God. They drank from the Rock, God's fountain for them that stayed with them wherever they were. And the Rock was Christ. 1 Corinthians 10:1-4

*Observation:*

*Application:*

*Prayer:*

## Friday - Week 3

*Scripture:* God's glory is on tour in the skies, God-craft on exhibit across the horizon. Madame Day holds classes every morning, Professor Night lectures each evening. Psalm 19:1-2

By entering through faith into what God has always wanted to do for us—set us right with him, make us fit for him—we have it all together with God because of our Master Jesus. And that's not all: We throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand—out in the wide-open spaces of God's grace and glory, standing tall and shouting our praise. Romans 5:1-2

*Observation:*

*Application:*

*Prayer:*

## Saturday - Week 3

*Scripture:* O my soul, bless God. From head to toe, I'll bless his holy name! O my soul, bless God, don't forget a single blessing! He forgives your sins—every one. He heals your diseases—every one. He redeems you from hell—saves your life! He crowns you with love and mercy—a paradise crown. He wraps you in goodness—beauty eternal. He renews your youth—you're always young in his presence. Psalm 103:1-5

In the meantime, the disciples pressed him, "Rabbi, eat. Aren't you going to eat?" He told them, "I have food to eat you know nothing about." The disciples were puzzled. "Who could have brought him food?" Jesus said, "The food that keeps me going is that I do the will of the One who sent me, finishing the work he started. John 4:31-34

*Observation:*

*Application:*

*Prayer:*



*Fourth Full Week in Lent*  
Crucial Choices

## Sunday - Week 4

*Scripture:* Listen to this prayer of mine, God; pay attention to what I'm asking! Answer me—you're famous for your answers! Do what's right for me... I remembered the old days, went over all you've done, pondered the ways you've worked, stretched out my hands to you, as thirsty for you as a desert thirsty for rain. Psalm 143:1;6

It's crucial that we keep a firm grip on what we've heard so that we don't drift off. If the old message delivered by the angels was valid and nobody got away with anything, do you think we can risk neglecting this latest message, this magnificent salvation? First of all, it was delivered in person by the Master, then accurately passed on to us by those who heard it from him. Hebrews 2:1-3

*Observation:*

*Application:*

*Prayer:*

## Monday - Week 4

*Scripture:* Look at what I've done for you today: I've placed in front of you

Life and Good

Death and Evil.

And I command you today: Love God, your God. Walk in his ways. Keep his commandments, regulations, and rules so that you will live, really live, live exuberantly, blessed by God, your God, in the land you are about to enter and possess. Deuteronomy 30:15-16

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it. Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Colossians 3:12-15

*Observation:*

*Application:*

*Prayer:*

## Tuesday - Week 4

*Scripture:* "So now: Fear God. Worship him in total commitment. Get rid of the gods your ancestors worshiped on the far side of The River (the Euphrates) and in Egypt. You, worship God. "If you decide that it's a bad thing to worship God, then choose a god you'd rather serve—and do it today. Choose one of the gods your ancestors worshiped from the country beyond The River, or one of the gods of the Amorites, on whose land you're now living. As for me and my family, we'll worship God." Joshua 24:14-15

So, here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. Romans 12:1-2

*Observation:*

*Application:*

*Prayer:*

## Wednesday - Week 4

*Scripture:* My head is high, God, held high; I'm looking to you, God; No hangdog skulking for me.

I've thrown in my lot with you; You won't embarrass me, will you? Or let my enemies get the best of me? Psalm 25:1-3

You groped your way through that murk once, but no longer. You're out in the open now. The bright light of Christ makes your way plain. So, no more stumbling around. Get on with it! The good, the right, the true—these are the actions appropriate for daylight hours. Figure out what will please Christ, and then do it. Ephesians 5:8-10

*Observation:*

*Application:*

*Prayer:*

## Thursday - Week 4

*Scripture:* God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Psalm 23:1-3

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No one has ever gone up into the presence of God except the One who came down from that Presence, the Son of Man. In the same way that Moses lifted the serpent in the desert so people could have something to see and then believe, it is necessary for the Son of Man to be lifted up—and everyone who looks up to him, trusting and expectant, will gain a real life, eternal life. John 3:13-15

*Observation:*

*Application:*

*Prayer:*

## Friday - Week 4

*Scripture:* Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life. Psalm 23:4-6

This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. John 3:16-17

*Observation:*

*Application:*

*Prayer:*

## Saturday - Week 4

*Scripture:* I bless God every chance I get; my lungs expand with his praise. I live and breathe God; if things aren't going well, hear this and be happy: join me in spreading the news; together let's get the word out. God met me more than halfway, he freed me from my anxious fears. Psalm 34:1-4

Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Philippians 4:4-7

*Observation:*

*Application:*

*Prayer:*



*Fifth Full Week in Lent*  
From Death to Life

## Sunday - Week 5

*Scripture:* Count yourself lucky, how happy you must be—you get a fresh start, your slate's wiped clean. Count yourself lucky—God holds nothing against you and you're holding nothing back from him. Psalm 32:1-2

Friends, let me go over the Message with you one final time—this Message that I proclaimed and that you made your own; this Message on which you took your stand and by which your life has been saved. (I'm assuming, now, that your belief was the real thing and not a passing fancy, that you're in this for good and holding fast.) 1 Corinthians 15:1-2

*Observation:*

*Application:*

*Prayer:*

Monday - Week 5

*Scripture:* Let me give you some good advice; I'm looking you in the eye and giving it to you straight: "Don't be ornery like a horse or mule that needs bit and bridle to stay on track." God-deflers are always in trouble; God-affirmers find themselves loved every time they turn around. Celebrate God. Sing together—everyone! All you honest hearts, raise the roof! Psalm 32:8-11

It's news I'm most proud to proclaim, this extraordinary Message of God's powerful plan to rescue everyone who trusts him, starting with Jews and then right on to everyone else! God's way of putting people right shows up in the acts of faith, confirming what Scripture has said all along: "The person in right standing before God by trusting him really lives." Romans 1:16-17

*Observation:*

*Application:*

*Prayer:*

Tuesday - Week 5

*Scripture:* God, you are my God. I celebrate you. I praise you. You've done your share of miracle-wonders, well-thought-out plans, solid and sure. Here you've reduced the city to rubble, the strong city to a pile of stones. The enemy Big City is a non-city, never to be a city again. Superpowers will see it and honor you, brutal oppressors bow in worshipful reverence. Isaiah 25:1-3

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So, what do you think? With God on our side like this, how can we lose? If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us? Romans 8:31-32

*Observation:*

*Application:*

*Prayer:*

## Wednesday - Week 5

*Scripture:* God, the Master, says: "I'll dig up your graves and bring you out alive—O my people! Then I'll take you straight to the land of Israel. When I dig up graves and bring you out as my people, you'll realize that I am God. I'll breathe my life into you and you'll live. Then I'll lead you straight back to your land and you'll realize that I am God. I've said it and I'll do it. God's Decree." Ezekiel 37:12-14

While he lived on earth, anticipating death, Jesus cried out in pain and wept in sorrow as he offered up priestly prayers to God. Because he honored God, God answered him. Though he was God's Son, he learned trusting-obedience by what he suffered, just as we do. Hebrews 5:7-8

*Observation:*

*Application:*

*Prayer:*

## Thursday - Week 5

*Scripture:* The time is coming when I will make a brand-new covenant with Israel and Judah. It won't be a repeat of the covenant I made with their ancestors when I took their hand to lead them out of the land of Egypt. They broke that covenant even though I did my part as their Master. God's Decree. This is the brand-new covenant that I will make with Israel when the time comes. I will put my law within them—write it on their hearts!—and be their God. And they will be my people. Jeremiah 31:31-33

Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you'll have it forever, real and eternal. John 12:24-25

*Observation:*

*Application:*

*Prayer:*

## Friday - Week 5

*Scripture:* Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it?

There it is! I'm making a road through the desert, rivers in the badlands.  
Isaiah 43:18-19

...all the things I once thought were so important are gone from my life.

Compared to the high privilege of knowing Christ Jesus as my Master, firsthand, everything I once thought I had going for me is insignificant—dog dung. I've dumped it all in the trash so that I could embrace Christ and be embraced by him. I didn't want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ—God's righteousness. Philippians 3:7-9

*Observation:*

*Application:*

*Prayer:*

## Saturday - Week 5

*Scripture:* And now, God, do it again—bring rains to our drought-stricken lives so those who planted their crops in despair will shout “Yes!” at the harvest, so those who went off with heavy hearts will come home laughing, with armloads of blessing. Psalm 126:5-6

“You don’t have to wait for the End. I am, right now, Resurrection and Life. The one who believes in me, even though he or she dies, will live. And everyone who lives believing in me does not ultimately die at all. Do you believe this?” John 11:25

*Observation:*

*Application:*

*Prayer:*

*Holy Week*



*Sixth Full Week in Lent*  
The Wounds & Sorrows of Ministry

# Palm Sunday - The Triumphal Entry

*Scripture:* Right at the crest, where Mount Olives begins its descent, the whole crowd of disciples burst into enthusiastic praise over all the mighty works they had witnessed: Blessed is he who comes, the king in God's name! All's well in heaven! Glory in the high places! Some Pharisees from the crowd told him, "Teacher, get your disciples under control!" But he said, "If they kept quiet, the stones would do it for them, shouting praise." Luke 19:37-40

(Full account - Luke 19:28-42)

*Observation:*

*Application:*

*Prayer:*

# Holy Monday - Clearing the Temple

*Scripture:* Jesus went straight to the Temple and threw out everyone who had set up shop, buying and selling. He kicked over the tables of loan sharks and the stalls of dove merchants. He quoted this text: My house was designated a house of prayer; you have made it a hangout for thieves. Now there was room for the blind and crippled to get in. They came to Jesus and he healed them. Matthew 21:12-13

(Full account – Matthew 21:12-17)

*Observation:*

*Application:*

*Prayer:*

## Holy Tuesday - Jesus Teaching in the Temple

*Scripture:* Jesus told another story to the people: "A man planted a vineyard. He handed it over to farmhands and went off on a trip. He was gone a long time. In time he sent a servant back to the farmhands to collect the profits, but they beat him up and sent him off empty-handed. He decided to try again and sent another servant. That one they beat black-and-blue, and sent him off empty-handed. He tried a third time. They worked that servant over from head to foot and dumped him in the street. "Then the owner of the vineyard said, 'I know what I'll do: I'll send my beloved son. They're bound to respect my son.'" "But when the farmhands saw him coming, they quickly put their heads together. 'This is our chance—this is the heir! Let's kill him and have it all to ourselves.'" Luke 20:9-14  
(Full account – Luke 20:1-40)

*Observation:*

*Application:*

*Prayer:*

# Holy Wednesday - Jesus' Betrayal

*Scripture:* The Feast of Unleavened Bread, also called Passover, drew near. The high priests and religion scholars were looking for a way to do away with Jesus but, fearful of the people, they were also looking for a way to cover their tracks. That's when Satan entered Judas, the one called Iscariot. He was one of the Twelve. Leaving the others, he conferred with the high priests and the Temple guards about how he might betray Jesus to them. They couldn't believe their good luck and agreed to pay him well. He gave them his word and started looking for a way to betray Jesus, but out of sight of the crowd. Luke 22:1-6

*Observation:*

*Application:*

*Prayer:*

# Maundy Thursday - The Last Supper

*Scripture:* Taking the cup, he blessed it, then said, "Take this and pass it among you. As for me, I'll not drink wine again until the kingdom of God arrives." Taking bread, he blessed it, broke it, and gave it to them, saying, "This is my body, given for you. Eat it in my memory." Luke 22:17-19  
(Full account - Luke 22:7-23)

*Observation:*

*Application:*

*Prayer:*

# Good Friday - The Crucifixion

*Scripture:* By now it was noon. The whole earth became dark, the darkness lasting three hours—a total blackout. The Temple curtain split right down the middle. Jesus called loudly, “Father, I place my life in your hands!” Then he breathed his last. When the captain there saw what happened, he honored God: “This man was innocent! A good man, and innocent!” All who had come around as spectators to watch the show, when they saw what actually happened, were overcome with grief and headed home.  
Luke 23:44-48

(Full account – Luke 22:66-23:48)

*Observation:*

*Application:*

*Prayer:*

# Holy Saturday - Jesus Lies in the Tomb

*Scripture:* There was a man by the name of Joseph, a member of the Jewish High Council, a man of good heart and good character. He had not gone along with the plans and actions of the council. His hometown was the Jewish village of Arimathea. He lived in alert expectation of the kingdom of God. He went to Pilate and asked for the body of Jesus. Taking him down, he wrapped him in a linen shroud and placed him in a tomb chiseled into the rock, a tomb never yet used. It was the day before Sabbath, the Sabbath just about to begin. The women who had been companions of Jesus from Galilee followed along. They saw the tomb where Jesus' body was placed. Then they went back to prepare burial spices and perfumes. They rested quietly on the Sabbath, as commanded. Luke 23:50-56

*Observation:*

*Application:*

*Prayer:*

# Easter Sunday - The Empty Tomb

At the crack of dawn on Sunday, the women came to the tomb carrying the burial spices they had prepared. They found the entrance stone rolled back from the tomb, so they walked in. But once inside, they couldn't find the body of the Master Jesus. They were puzzled, wondering what to make of this. Then, out of nowhere it seemed, two men, light cascading over them, stood there. The women were awestruck and bowed down in worship. The men said, "Why are you looking for the Living One in a cemetery? He is not here but raised up. Luke 24:1-6

(Full account – Luke 24:1-12)

Lord of Easter's Promise,  
I live in faith of the resurrection, but such is the nature of my faith  
that so much of me remains entombed.  
Break open the tomb.

Where I've buried my compassion, break open the tomb.  
Where I've buried my sense of mercy, break open the tomb.  
Where I've buried my humility, break open the tomb  
Where I've buried my humanity, break open the tomb.  
Where I've buried my love for my Heavenly Father, break open the tomb  
Where I've buried my sense of joy, break open the tomb.  
Where I've buried my willingness to forgive, break open the tomb.

Lord, in you I've found a Savior no grave can withstand.  
Help me to roll away this stone  
And find the miracle of new life that I may live more fully in your saving  
grace. Amen.

-Catholic Relief Services

How did I observe this Lenten season?

My favorite scripture from my time of journaling?

What did I learn from my Lenten journey that I want to share with someone else?

What was an unexpected sorrow and joy I experienced during my reading and writing in my Lenten Journal?

How will Easter be different for me this year due to my time on this Lenten journey?

A circular graphic with a white cross and the text "He is Risen!" in a cursive font. The cross is formed by two thick, white, brush-stroke-like lines. The text is written in a black, cursive script across the center of the cross. The entire graphic is set against a light beige, textured background that resembles aged paper. The entire composition is enclosed within a thin black rectangular border.

*He is Risen!*





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