



Lenten Devotional Guide

ASH WEDNESDAY & SELF-REFLECTION

Wednesday, February 17 - Saturday, February 20

Ash Wednesday – Psalm 51:6-12

Thursday – Job 6:24-25a

Friday – Psalm 139:23-24

Saturday – Matthew 7:1-5

Week 1: PRAYER

Sunday, February 21-Saturday, February 27

Sunday – Romans 8:26-27

Monday – Psalm 103

Tuesday – Matthew 6:7-13

Wednesday – Psalm 150

Thursday – Matthew 26:36-46

Friday – James 5:13-18

Saturday – Mark 9:14-27

Prayer for the Week: Listen God to my prayer! Don't reject my request. Please listen and help me. I ask for your help, Lord God, and you will keep me safe. Morning, noon and night you hear my concerns and my complaints. Our Lord, we belong to you. We tell you what worries us, and you won't let us fall. We place our needs before you in prayer, we trust you, oh Lord. Amen.
(Based on Psalm 55: 1-2, 16-17, 22)

Questions for further reflection

- What is the primary obstacle to your prayer life? How can you overcome it?
- Was there a time when you wanted to pray and just couldn't?
- If God knows our needs and the Spirit is praying for us, why do we need to pray?

Week 2: SCRIPTURE

Sunday, February 28- Saturday, March 6

Sunday – Psalm 1:1-13

Monday – Hebrews 4:11-13

Tuesday – Colossians 3:1-17



Wednesday – Luke 10:38-42
Thursday – James 1:19-25
Friday – Acts 17:1-12
Saturday – Proverbs 24:30-34

Prayer for the Week: Oh Lord, I will study your teachings and follow your footsteps. I will take pleasure in your laws and remember your words. Treat me with kindness so that I may live and do what you say. Open my mind and let me discover the wonders of your law. Let your teachings breathe new life into me. I am eager to learn all that you want me to do; help me to understand more and more. Please, Lord, hear my prayer and give me the understanding that comes from your word. Amen. *(Based on Psalm 119: 15-18, 25, 32, 169)*

Questions for further reflection:

- What feeds you spiritually? How has that kept you rooted in your faith?
- What are some personal challenges you face in delighting and meditating on God's Word?
- This psalm points out the things one needs to avoid as well as the things one needs to do to live a blessed life. How might you specifically apply this advice to your life?

Week 3: FASTING

Sunday, March 7-Saturday, March 13

Sunday – Matthew 6:16-18
Monday – Isaiah 58:1-7
Tuesday – Daniel 10:1-14
Wednesday – Nehemiah 1:4-11
Thursday – Esther 4:12-17
Friday – Acts 13:1-3
Saturday – Joel 2:12-17

Prayer of the Week: Save me oh God, for I am sinking. Do not let those who hope in you be put to shame. I humble myself by fasting. My prayer reaches you at just the right time. God, in your great and faithful love, answer me with your certain salvation! I will praise you with song, I will magnify your name, for you listen to the needy. Amen. *(based on Psalm 69:1,6-13)*

Questions for further reflection:

- Many are apprehensive about fasting as a spiritual discipline. What could fasting do for you if you occasionally practiced it?



- Often during Lent, Christians “give up” something. Is this the same as fasting? Why or why not?
- Fasting offers us an opportunity to focus on God. What things distract you from time with Jesus?

Week 4: CONFESSION

Sunday, March 14-Saturday, March 20

Sunday – 1 John 1:5-9

Monday – Psalm 51:1-4

Tuesday – Matthew 5:21-24

Wednesday – Mark 1:1-5

Thursday – James 5:13-16

Friday – Proverbs 28:13

Saturday – Hosea 14:1-7

Prayer for the Week: You have looked deep into my heart, Lord and you know all about me. You know when I am resting or when I am working, and from heaven you discover my thoughts. Look deep into my heart, God, and find out everything I am thinking. We offer ourselves completely to you. Don't let me follow evil ways, but lead me in the way that time has proven true.

Questions for further reflection:

- Have you ever felt like you need to “clean up your life” before digging deeper into your faith?
- What draws you to confession of your sins to God? What holds you back?
- Often confession is practiced alone between God and ourselves; how might having an accountability partner change the practice of confession?

Week 5: WORSHIP

Sunday, March 21-Saturday, March 27

Sunday – 1 Corinthians 10:31-33

Monday – John 4:19-24

Tuesday – John 6:52-58

Wednesday – Revelation 5:6-14

Thursday – Isaiah 6:1-8

Friday – Psalm 96

Saturday – Psalm 148



Prayer for the Week: With all my heart I praise the Lord, and with all that I am I praise God's holy name! With all my heart I praise the Lord! I will never forget how kind God has been. All of God's creation, come and praise your Lord! With all my heart I praise the Lord! Lord we offer to you our worship, may we never stop praising you. Amen (*Based on Psalm 103:1-2,22*)

Questions for further reflection:

- How can we let the word of Christ richly dwell in us?
- How can we do everything as an act of worship?
- Paul is sharing the characteristics of a new life in Christ. How do we keep our worship from becoming mundane?

Week 6 (Holy Week): SILENCE

Sunday, March 28-Saturday, April 3

Sunday – Mark 14:26-41

Monday – Ecclesiastes 3:7-8

Tuesday – Proverbs 17:27-28

Wednesday – Proverbs 19:20-21

Maundy Thursday – Psalm 62:5-7

Good Friday – Exodus 3:4-5

Saturday – Lamentations 3:25-26

Prayer for the Week: I will wait quietly as God alone can save me. I will depend upon the inner peace that God alone gives. I will place my security in God, my rock and my redeemer. I will wait calmly, despite circumstances all around me, I will trust, for God is my strength and my refuge. Amen. (*Based on Psalm 62:5-8*)

Questions for further reflection:

- How often do you currently withdraw to a solitary place?
- Do you find it difficult to find “quiet time?” What are things that can either hinder or encourage this type of quality time?
- Finding a quiet place is not enough. What helps you quiet your mind, heart and soul?