

40 DAY LENTEN DEVOTIONAL

The 40 days are grouped into six weeks.

The Gospel lesson each week is the anchor to the daily devotionals.

Week 1 – Temptation & Trust

Jesus in the wilderness

Theme: limits, hunger, daily bread

Week 2 – Call & Cost

“Follow me”

Theme: leaving, choosing, focus

Week 3 – Teaching & Reorientation

Beatitudes / Kingdom values

Theme: seeing differently, trust, prayer

Week 4 – Mercy & Healing

Prodigal love, restoration

Theme: compassion, new heart, mercy renewed

Week 5 – Conflict & Commitment

Raising Lazarus, costly devotion

Theme: faithfulness under pressure

Week 6 – Passion & Promise

From entry into Jerusalem to the cross

Theme: love poured out, waiting in hope

The Final Days

Silence, light, breath, promise

Theme: resurrection held before it is announced

Week 1 – Temptation & Trust

Jesus in the wilderness

Theme: limits, hunger, daily bread

DAY 1 – Ash Wednesday

Scripture: Joel 2:12–17; Psalm 51:1–12

Prayer: God of mercy, we return to you as we are.

Question: What truth about yourself are you willing to examine today?

DAY 2 – Thursday

Scripture: Deuteronomy 8:1–10; Psalm 25:1–10

Prayer: God who walks with me, stay near in meager places.

Question: Have you ever been in the wilderness? Was there a lesson you observed or learned?

DAY 3 – Friday

Scripture: Genesis 2:15–17; Psalm 90:1–6

Prayer: God of wisdom, help me accept my limits.

Question: Where might you be invited to live within limits?

DAY 4 – Saturday

Scripture: Matthew 4:1–4; Hebrews 4:14–16

Prayer: God of provision, help me name what I truly need.

Question: What do you hunger for beneath the surface?

First Sunday in Lent

Gospel Anchor: Matthew 4:1–11

Lent begins with hunger. Jesus was led into the wilderness, not by mistake or punishment, but by the Spirit. The wilderness is where we discover what we reach for when familiar comforts are stripped away, where desire becomes clearer and trust is tested. Jesus answers the tempter not with cleverness, but with Scripture. Jesus departs the wilderness with his identity as the Son of God intact, and his authority grounded in Scripture thwarts the devices of the tempter.

As this week unfolds, the Scriptures will speak of daily bread, calling, trust, and limits. They invite us to consider how our faith is tested, and whether we trust Christ to lead us out of the wilderness.

Prayer:

God of the wilderness, stay with us when faith is tested and temptation presses us to forget who we are. Teach us to know and trust your word, as beloved children of God. Amen.

Week 2 – Call & Cost
“Follow me”
Theme: leaving, choosing, focus

DAY 5 – Monday

Scripture: Isaiah 55:1–3; Psalm 63:1–8

Prayer: God of life, draw me toward what truly satisfies.

Question: Who or what do I turn to that does not truly nourish me?

DAY 6 – Tuesday

Scripture: Exodus 16:1–5; John 6:32–35

Prayer: God of provision, help me trust today's grace.

Question: What does “enough” look like for me right now?

DAY 7 – Wednesday

Scripture: Genesis 12:1–4a; Psalm 121

Prayer: God who calls, guide me as I step forward.

Question: What might I need to leave behind?

DAY 8 – Thursday

Scripture: Isaiah 6:1–8; Psalm 29

Prayer: Holy God, open my ears to your voice.

Question: Where do I sense God's invitation today?

DAY 9 – Friday

Scripture: Mark 8:34–37; Romans 12:1–2

Prayer: Jesus, teach me how to follow.

Question: What might I need to let go of in order to follow Jesus more fully?

DAY 10 – Saturday

Scripture: Joshua 24:14–15; Psalm 16

Prayer: Faithful God, help me choose you again.

Question: What choices are forming before me?

Second Sunday in Lent

Gospel Anchor: Mark 1:16–20

The call to follow comes without explanation. Jesus sees Simon and Andrew casting their nets and says, “Follow me.” There is no argument, no résumé, no assurance of what lies ahead. The call is direct, and it interrupts an ordinary workday. What matters is response. The disciples do not wait to understand, pack a suitcase, or say goodbye to loved ones. They step into a future they cannot yet name.

Lent gives us space to hear this call more clearly. To follow Christ is not necessarily about adding something new, but about letting go of what already claims us. Nets are tools for work, yet they can tether us to familiar habits, routines, and assumptions about how life is meant to be lived.

As this week unfolds, the Scriptures will speak of call, obedience, and trust. They ask us to consider what we are following that hinders us from following Christ more freely.

Prayer

Calling God, speak into the ordinary of our days. Give us ears to hear your invitation and courage to follow. Teach us to trust you beyond what we think we know. Amen.

Week 3 – Teaching & Reorientation

Beatitudes / Kingdom values
Theme: seeing differently, trust, prayer

DAY 11 – Monday

Scripture: Proverbs 3:1–8; Psalm 37:1–7

Prayer: God of wisdom and care, help me trust you more than I trust myself.

Question: Where am I being invited to trust more deeply?

DAY 12 – Tuesday

Scripture: Matthew 6:19–21; 2 Corinthians 5:16–17

Prayer: God of truth, help me see clearly.

Question: What am I valuing that may not last?

DAY 13 – Wednesday

Scripture: Isaiah 58:6–12; Psalm 103:6–14

Prayer: God of justice, shape my faith toward greater compassion and love.

Question: What kind of fasting opens my heart?

DAY 14 – Thursday

Scripture: Luke 11:1–4; Romans 8:1–11

Prayer: God who listens, teach me to pray more honestly.

Question: What do I most need to bring to God today?

DAY 15 – Friday

Scripture: Habakkuk 2:1–4; Psalm 27

Prayer: Faithful God, help me trust you while I wait.

Question: What am I waiting for that I cannot control?

DAY 16 – Saturday

Scripture: Psalm 130; Lamentations 3:22–33

Prayer: God of hope, ground me in your love as I wait.

Question: How do I usually respond to delay?

SUNDAY – Third Sunday in Lent

Gospel Anchor: Matthew 5:1–12

The Beatitudes do not describe ideals to achieve. They name realities Jesus recognizes. They speak to people as they are, not as they should be. In this teaching, blessing is not a reward for virtue, but a declaration of God's nearness to those the world often overlooks.

Lent invites us to hear these words and reconsider what we count as strength, what we fear as weakness, and where we believe God is at work. They call us to receive these blessings, which come not through striving, but through trust.

As this week unfolds, the Scriptures will speak of humility, mercy, and righteousness. They invite us to recognize where our lives are open enough for God's grace to meet us.

Prayer:

God of blessing, open our ears to hear your words and our hearts to receive your grace. Teach us to trust your way of seeing and living, so that your work may be made known in the world. Amen.

Week 4 – Mercy & Healing

Prodigal love, restoration

Theme: compassion, new heart, mercy renewed

DAY 17 – Monday

Scripture: Hosea 11:1–4; Psalm 103:1–13

Prayer: God of mercy, soften my heart.

Question: Where do I need compassion?

DAY 18 – Tuesday

Scripture: Isaiah 35:3–10; Psalm 146

Prayer: God who heals, restore what is weary.

Question: What part of me longs for healing and wholeness?

DAY 19 – Wednesday

Scripture: Mark 2:1–12; James 5:13–16

Prayer: God of grace, meet me in broken places.

Question: What healing might begin with forgiving myself or another?

DAY 20 – Thursday

Scripture: Ezekiel 36:26–28; Psalm 51:10–17

Prayer: Creating God, renew me.

Question: What would a new heart change in me?

DAY 21 – Friday

Scripture: John 4:7–15; Romans 5:1–5

Prayer: God of life, quench my deeper thirst.

Question: Where do I seek refreshment?

DAY 22 – Saturday

Scripture: Lamentations 3:31–33; Psalm 30

Prayer: God whose mercies are new, help me begin again.

Question: What would beginning again look like?

SUNDAY – Fourth Sunday in Lent

Gospel Anchor: Luke 15:11–32

This is a story we think we know. A son leaves home, wastes what he is given, and returns in need. A father runs to meet him with a gracious welcome. The story challenges our understanding of fairness and how the restoration of a relationship is supposed to look.

This parable is about relationship. The son returns with a rehearsed confession, prepared to earn his place back in the family. The father interrupts that script. His mercy moves faster than regret.

The older son stands nearby, faithful and resentful. He measures worth by comparison, obedience, and effort. The father reminds him that relationship, not reward, has always been the goal.

Lent asks us to locate ourselves in this story and to notice where we resist mercy, whether for ourselves or for others. The parable does not resolve every tension, but it reveals a God whose grace is not earned and whose unending love runs toward us.

As this week unfolds, the Scriptures will speak of mercy, repentance, and restoration. They invite us to trust a love that meets us before we are ready and calls us back into relationship.

Prayer:

God of mercy, meet us where we are. Help us receive your grace without condition and extend that grace to others. Teach us to live as those who belong to you. Amen.

Week 5 – Conflict & Commitment

Raising Lazarus, costly devotion

Theme: faithfulness under pressure

DAY 23 – Monday

Scripture: Exodus 3:1–12; Psalm 66:8–12

Prayer: Dear God, who meets us where we are, help us release our assumptions, recognize your holy ground, and step onto it with humility.

Question: Where might holy ground already be present?

DAY 24 – Tuesday

Scripture: Jeremiah 31:31–34; Psalm 51

Prayer: Faithful God, write within me your promised, enduring love that shapes my identity and life.

Question: What influences are shaping my heart?

DAY 25 – Wednesday

Scripture: John 12:1–8; 2 Corinthians 4:7–12

Prayer: God of love, help me offer what matters.

Question: What feels costly yet faithful in my life?

DAY 26 – Thursday

Scripture: Isaiah 50:4–9; Psalm 31:9–16

Prayer: God of strength, hold me under pressure.

Question: Where am I being tested in trust?

DAY 27 – Friday

Scripture: Daniel 3:16–18; Psalm 138

Prayer: Faithful God, help me remain faithful.

Question: What helps me stand firm?

DAY 28 – Saturday

Scripture: Hebrews 12:1–3; Psalm 69:13–21

Prayer: God who sustains, give me endurance.

Question: What helps me keep going?

Fifth Sunday in Lent

Gospel Anchor: John 11:1–44

Lazarus has died, and grief has settled into the household. Those gathered believe the story is finished. It is presumed that Jesus has failed to arrive on time.

When he does arrive, he weeps and stands in the presence of death without explanation or urgency. Then he speaks. His words interrupt finality. What was sealed is opened, and what was believed to be over is called forth.

This story does not avoid death or grief. It is about Christ's authority in the face of what we believe cannot change. Lazarus' resurrection is not abstract here.

Lent brings us to consider what we believe is finished. The call is not to deny loss, but to trust that death does not have the final word. Where may Christ still be speaking life into your circumstances?

As this week unfolds, the Scriptures will speak of faith, hope, and costly love. They invite us to consider where Christ is calling life forth, even now.

Prayer:

God of life, meet us in places of grief and waiting. Help us trust your voice when you call life where we expected only death. May we follow you into hope. Amen.

Week 6 – Passion & Promise

From entry into Jerusalem to the cross
Theme: love poured out, waiting in hope

DAY 29 – Monday

Scripture: John 13:1–17; 1 Corinthians 11:23–26

Prayer: Jesus, teach me love that kneels.

Question: How might humility reshape my relationships?

DAY 30 – Tuesday

Scripture: Isaiah 53:1–6; Psalm 22

Prayer: God of compassion, stay near in pain.

Question: Where do I see love bearing a cost?

DAY 31 – Wednesday

Scripture: Hebrews 12:1–3; Psalm 126

Prayer: God of hope, keep me moving forward.

Question: What gives me courage to continue?

DAY 32 – Thursday

Scripture: Psalm 130; Romans 8:18–25

Prayer: God of promise, help me wait in hope.

Question: What hope am I quietly holding?

DAY 33 – Friday

Scripture: Psalm 88; Job 19:25–27

Prayer: God of the quiet, meet me in silence.

Question: What feels unresolved?

DAY 34 – Saturday

Scripture: Genesis 1:1–5; John 1:1–5

Prayer: God of light, shine in my darkness.

Question: Where do I notice light even now?

SUNDAY – Palm Sunday

Gospel Anchor: Matthew 21:1–11

This is a moment filled with expectation. The crowd believes their deliverer has come and imagines salvation arriving through familiar forms of power. Jesus accepts their praise, but his entrance is different. It bears the marks of humility. His kingdom will not rely on domination or control.

Palm Sunday holds this tension without resolving it. The same voices that cry “Hosanna” will soon grow quiet. The path Jesus chooses does not turn away from suffering, but moves directly through it. His faithfulness is not reactive, and his authority is revealed through obedience.

Palm Sunday places us at a threshold. It invites us to follow Christ beyond celebration and into faithfulness when expectations are becoming unrealistic. As this week unfolds, the Scriptures will lead us through a garden, a meal, betrayal, suffering, and silence. They invite us to trust a love that does not turn away, even when the way is costly.

Prayer:

Faithful God, open our eyes to see your kingdom on earth. Help us follow Christ not only in our hosannas, but in a path of obedience that leads to life. Amen.

The Final Days

Silence, light, breath, promise

Theme: resurrection held before it is announced

DAY 35 – Monday

Scripture: Ezekiel 37:1–14; Psalm 126

Prayer: God of life, breathe hope into me.

Question: What feels like it is coming back to life?

DAY 36 – Tuesday

Scripture: Isaiah 25:6–9; Revelation 21:1–5a

Prayer: God who keeps promises, help me trust.

Question: What promise am I clinging to?

DAY 37 – Wednesday

Scripture: Isaiah 43:1–7; Psalm 139:1–12

Prayer: God who draws near, remain with me.

Question: Where do I sense God's nearness?

DAY 38 – Thursday

Scripture: Matthew 26:26–29; John 13:34–35

Prayer: Jesus, receive my gratitude for your love which is different than the world's kind of love.

Question: How has God's love been shown to me this week, even this day?

DAY 39 – Friday

Scripture: Isaiah 52:13–53:12; Psalm 22

Prayer: God of sorrow and hope, hold us all.

Question: What will I entrust to God today?

DAY 40 – Holy Saturday

Scripture: Lamentations 3:31–33; Psalm 130

Holy Saturday is a day of waiting. The work is finished, God says so, yet nothing looks complete. Grief is present. Hope has not yet spoken. The world feels suspended between what has been lost and the long-held dream of deliverance by a king as they imagined it. And yet, something more is coming.

Scripture does not rush us past this day. Lamentations reminds us that suffering is not God's final word, even when silence stretches on. Psalm 130 gives voice to those who wait from the depths, trusting that mercy is still at work even when not seen.

Holy Saturday makes room for sorrow that has not resolved and prayers that feel unanswered. This day tells the truth that faith sometimes looks like living in a holding pattern, weighted with questions, while trusting that God is still present in the silence.

We are not asked to force hope or pretend joy. We are to wait, yet not alone. To wait in the promise that has been spoken, but not yet fulfilled.

Prayer:

God who resurrects, help me wait in hope, knowing I am not alone.

Question:

How might waiting tend and grow my spiritual life?

EASTER SUNDAY

Gospel Anchor: John 20:1-18

Death does not have the final word, and it does not erase the journey that led to Easter morning nor the days that will follow. The unfolding recognition that Jesus was indeed resurrected did not come through proof alone, but through proclamation and relationship, as those who encountered the empty tomb proclaimed, “Christ is risen.” It was as much experiential as it was evidence-based.

Resurrection does not emerge by denying suffering, but by bearing witness to its passing through death. This opens our understanding that God can resurrect aspects of our own lives, not through effort or striving, but through a love greater than our own and a living relationship with God. Christ has risen so that we may receive new life, and life more abundantly.

Prayer:

Thank you, God, for awakening us in these forty days to the hope and victory of Easter morning. For your mercy and grace, which never fail to see us through our struggles and striving. For the blessing we have in Jesus, whose enduring love calls us into relationship and offers us new life.

In the name of your Son, Jesus, whose saving and abundant life is forever ours to share. Amen.