

The background of the entire page is a stylized wood grain pattern. It consists of white lines on a black background, creating a sense of depth and texture. The lines are arranged in three main horizontal sections. The top and bottom sections feature vertical, slightly wavy lines that resemble the grain of a tree trunk. The middle section is wider and features more complex, swirling, and wavy lines that suggest a cross-section of wood or a different type of grain. In the center of this middle section, the word "lent" is written in a bold, yellow, cursive script. The letters are thick and fluid, with a slight shadow or outline that makes them stand out against the busy background.

*lent*

**A MIDTOWN  
FELLOWSHIP GUIDE**



# *lent*

**A MIDTOWN  
FELLOWSHIP GUIDE**

*A Midtown Fellowship Guide to Lent*

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# THE PURPOSE OF THIS GUIDE

*Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control*

**1 Corinthians 9:25-27**

Following Jesus is a way of life. This way of life doesn't come naturally, but, as mentioned in the passage above, requires a life of discipline and self-control so that through the Spirit we experience deeper life and freedom in Him.

This process is known as spiritual formation but can go by many names depending on your church background - such as the process of sanctification or practicing the spiritual disciplines.

In addition to practicing spiritual formation for thousands of years, the church has also integrated corporate spiritual formation, in part, to remind us that we are not alone in our faith: we are a people who follow Jesus *together*.

One such corporate practice in following Jesus together is the season of Lent.

Whereas Advent prepares our hearts for hopeful anticipation of Jesus' birth, Lent prepares us for Jesus' death and resurrection.

During Lent, we recognize special days which commemorate Jesus' life and ministry. For example, the 40 days of Lent point back to Jesus' testing in the wilderness for 40 days. Holy Week (the final week of Lent) remembers Jesus' final week of ministry before His crucifixion and resurrection.<sup>1</sup>

Though there's no biblical mandate to observe Lent, church traditions have found this season helpful to remind us of Jesus' work on the cross and resurrection as we press more into our spiritual formation.

Our goal for this season and this guide is to do just that - to intentionally pursue both the personal and corporate spiritual practices so that at the end of this season, these practices will become sustainable habits.

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<sup>1</sup> Other special days in Lent include Ash Wednesday and Good Friday. To get a breakdown of these days and how we will commemorate them, go to p. 2.

## **SPECIAL DAYS IN LENT**

### **ASH WEDNESDAY**

Traditionally, Ash Wednesday is the day Christians gather to receive ashes marked on their forehead. Ashes represent lamenting, whether over one's sin or sin done to them. (Gen 18:27, Job 30:19, Job 42:6, Isaiah 61:3).

This day is in no way about *condemnation*. It's a time in which we can be honest with God, with ourselves, and with each other. With the terror of judgment removed through Jesus, we can acknowledge the reality of sin in and around us.

Ashes also remind us that we are made from dust and will one day return to our maker (Genesis 3:19).

### **GOOD FRIDAY**

Good Friday is the day we remember the crucifixion of Jesus. The day is called "good" not because we are celebrating Jesus' death, but we recognize Jesus' good work by paying for our sin and that His resurrection is coming.

Every year we celebrate Good Friday to remind us that Jesus, in giving up his life, shows us how sinful we are and, at the same time, how deeply loved we are.

**For more information on how our church will gather for Good Friday, go to [midtowndowntown.com/events](http://midtowndowntown.com/events)**

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# WEEKLY PRACTICES

This book contains many parts, all with this goal in mind: to *detach* ourselves from what distracts so we can *attach* ourselves to what matters most.

The spiritual disciplines are not simply mental exercises to be with Jesus - they involve both our mind and body to remind us that God has created us with both body and soul.

As we press into spiritual practices that integrate body and soul, we are reminded that Jesus will one day fully and completely restore both aspects of our being. We won't be unembodied souls in heaven, we will be in our resurrected bodies free from sin in the life to come.

## CHURCH-WIDE FASTING

Fasting is the spiritual practice of refraining from something to focus on something else. Biblically speaking, fasting was about refraining from food. In the modern sense, however, fasting can include refraining from other things such as social media, alcohol, television, etc. Now while it's true that fasting can be misused, and misunderstood - Jesus assumes in Matthew 6:16-18 that this is a spiritual practice that His followers will do.

And when we fast, that is, when we intentionally set something aside to focus on the Lord, the Spirit transforms us in the following ways:

- We are spiritually powered up because we're more dependent on His Spirit to sustain us (Luke 4:1, Luke 4:14)
- Our love for others increases because as we say no to things, we're able to more clearly see those who are in need (Isaiah 58:6)
- We experience more of God because we're driven to pray whenever we're reminded of our fasting (John 4:34, Matthew 4:4)
- And, perhaps most noticeably, fasting reveals who we really are because we're able to see more clearly the things that control us. Paul says in 1 Corinthians 6:12, we don't want anything to have mastery over our lives. By saying no to things for a season, we strengthen our "self-control muscles" and in turn become more empowered to say yes to things of Jesus.

For more information on Fasting, go to [FollowingJesusTogether.com/fasting](https://FollowingJesusTogether.com/fasting) or scan here:



During this season, for one week at a time, we're going to fast from one thing together as we prepare our hearts for Jesus' resurrection. We want to take time specifically fasting from good things - things that aren't bad in and of themselves - to remind ourselves that they aren't where we find our ultimate good.

Below you'll find what our church family will be fasting from corporately. It's our goal that through these practices of intentional detaching and attaching, we can develop sustainable habits to ongoingly fix our minds on Jesus once Lent is over.

**WEEK 1 - NO FASTING (FEB 22-25)**

**WEEK 2 - BACKGROUND NOISE - MUSIC/RADIO/  
PODCASTS (FEB 27-MARCH 4)**

**WEEK 3 - TV/MOVIES/VIDEO GAMES (MARCH 6-11)**

**WEEK 4 - NON-ESSENTIAL PHONE AND INTERNET  
USAGE (MARCH 13-18)**

**WEEK 5 - NON-ESSENTIAL SHOPPING (MARCH 20-  
25)**

**WEEK 6 - CAFFEINE, ALCOHOL, SWEETS AND  
DESSERTS (MARCH 27-APRIL 1)**

**WEEK 7 - FASTING FROM FOOD WITH YOUR  
LIFEGROUP ONE DAY THAT WEEK (APRIL 3-8<sup>2</sup>)**

Every Sunday we will break from these fasts together. Traditionally, Sundays are a time for rest, celebration, and feasting as we commemorate Jesus conquering death on Easter Sunday 2,000 years ago.

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2 For those who have complications with food - whether that's low blood sugar, dietary restrictions, or you've struggled/been diagnosed with an eating disorder - we'd encourage you to process with the Lord and seek wisdom from others as to whether you should fast from food or not.

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# DAILY PRACTICES

*Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law **day and night**.*

**-Psalm 1:1-2**

Each day of Lent we will walk through daily devotions containing two practices - the first, lectio divina, is to be practiced in the morning. The second, examen prayer, is to be practiced in the evening. It's our goal that through these two daily rhythms, we can develop sustainable habits to ongoingly abide with Jesus once the Lent season is over.

*For God alone my soul waits in silence;  
from him comes my salvation.*

**Psalm 62:1**

*...Jesus often withdrew to lonely places and prayed.*

**Luke 5:16**

A crucial component of these practices requires silence, solitude, and stillness. In the two passages above, we see a parallel between the internal quiet of our soul and the external quiet of our surroundings. Oftentimes, to get into that place of inner quiet, it requires placing ourselves in quiet environments so we can more clearly hear from the Lord and experience whatever He has to say to us.

As we are reading our Bibles and praying, we want to create space to be in a posture of “unhurry” so we can slow down and rest in His presence.

As you do these practices, this will probably mean finding a quiet space, free from distraction. So as you prepare for your morning reading and evening prayer, find a place free from screens. Choose times that you are likely to not be interrupted and when you are most alert. Put your phone away. If you have kids, take turns with your spouse so each of you can get away to be with the Lord for a time. This may even require setting

alarms so that you can go to bed at a reasonable hour to wake up early and be with the Lord.

Integrating these practices, like any of the spiritual practices - will be challenging at first.

Remember, our end goal is that we eventually assimilate these practices together as a church family and in the process, look more and more like Jesus. If you find yourself overwhelmed by these practices, then you have the freedom to scale back, start slow, and take gradual steps to make these habits doable for your season of life.

As we begin to work through these practices, stick with it. Consistency is key. You may find yourself the first week in with lots of obstacles and distractions getting in the way - tell others in your LifeGroup the challenges you're experiencing - they're probably experiencing it too!

Remember, we are marked not by our performance, we are marked by grace. It's grace that picks us up when we fail, and it's that same grace that fuels us and shapes us to be with Jesus and look more Him.

*“Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. **Learn the unforced rhythms of grace.** I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”*

*-Matthew 10:28-30 (The Message translation)*

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# LECTIO DIVINA

*Your word is a lamp to my feet  
and a light to my path.*

***Psalms 119:105***

For the first 1,500 years of church history, lectio divina was the primary spiritual practice people used to be with Jesus. Since most people were illiterate, the reading of Scripture in the church Gathering each week was vital for spiritual growth with a focus on being attentive and listening to God's Word.

This practice is different than an inductive Bible study - meditative reading is not an exercise in "exegeting" a text. Rather, this practice trains us to be attentive to God's Word and sit in His presence.

While this practice can be mishandled to emphasize subjective feelings, we recognize that the Bible has the ultimate authority in our lives. Meditative reading helps us reorient ourselves back to the reality of who God is and who we are.

To practice this, walk through the following steps (or movements) in order.

For more information on Lectio Divina, go to [midtowncolumbia.com/blog/meditating](http://midtowncolumbia.com/blog/meditating) or scan here:



## **RELAX**

This requires a quiet preparation of the heart. Turn off your phone, get away from distraction, slow down, and take a deep breath. We want to unbusy our minds so we can make room to hear the voice of God.

## **READ**

Read a Scripture passage slowly. Read out loud if it helps. Consider paraphrasing the passage in your own words.

- What words caught your attention?
- What phrases stand out to you?

## **REFLECT**

Read the Scripture slowly a second time. Reflect on how the passage/ words/phrases might apply to your life. What does this passage reveal to us about God? What does the passage reveal about people? Ask the Spirit for wisdom and discernment.

- Is it relevant to something that you are going through?
- Does it bring to mind a struggle that you have been dealing with?
- Do certain people come to mind that God may want you to reach out to or reconcile a relationship with? Is there a strong sense of a movement or change that needs to happen?

## **RESPOND**

Read the Scripture a third time. Scripture reminds us that we can approach His presence confidently, so make this conversational with God.

- What do you need to obey from the passage?
- Where are you resistant or want to push back?
- What do you need to pray for?

The aim of our response is obedience. If the passage prompts you about a poor relationship, go seek reconciliation. If the passage reminds you to be thankful about something specific in your life, then respond in thankfulness. If you're anxious/overwhelmed about something in your life, present it to the Lord. If the passage prompts a specific sin in your life, confess that sin to God knowing He is faithful and just to forgive you.

## **REST**

After reading, rest and wait in His presence. Allow some time for His Word to sink into your soul. Before you're done with this practice, you might want to consider writing down what the Lord showed you as a reminder throughout the day.

It's important to remember the aim of this practice is to just "be" with God. We're not trying to "get something out of it." We want to simply sit in His presence.

Like other practices, this will seem challenging at first. Stick with it.

Eventually, this will get easier as you commit to these practices.

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# EXAMEN PRAYER

*Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.*  
**Psalm 139:23-24**

Examen prayer is meant to be practiced at the end of each day, looking back and discerning God’s activity with an aim to grow in deeper awareness for the next day. By practicing this regularly we’re able to more quickly see God in the ordinary, live in a posture of godward gratitude, and regularly experience His presence.

This prayer can be broken down in five steps:

For more information on Examen Prayer, go to [midtowncolumbia.com/blog/what-is-examen-prayer](http://midtowncolumbia.com/blog/what-is-examen-prayer) or scan here:



## **1. RECOGNIZE GOD’S PRESENCE**

Hebrews 10:19-21 reminds us that, through Jesus, we have confidence to draw near to Him. In prayer, we actively step into the presence of God not in intimidation or nonchalance but in relational communication. He delights in spending time with you. Take some time to slow your mind down, let your body relax, and as you step into His presence, ask God to give you clarity and understanding as you review your day.

## **2. RECALL GOD’S GOODNESS**

**What can you thank God for today?** Walk through your day from morning to evening and, as 1 Thessalonians 5:17 says, “give thanks in all circumstances.” What did you do today? Who did you talk to? Even in the small things, give thanks. What brought delight to you today? Even if you find it difficult to give thanks, Lamentations 3:22-23 reminds us the Lord’s “mercies never come to an end; they are new every morning.” Ask the Lord to give you insight on how you can express gratitude in all your circumstances.

### **3. REVIEW THE DAY**

**When were you most aware of Jesus' presence?** Where were you in step with the Spirit today? What was that like? How did that happen? Express thankfulness for those moments and ask God to give you more opportunities to experience His presence.

**When were you least aware of Jesus' presence?** What did you do today out of your own power and strength? What was that like? How did that happen? Scripture reminds us that He is with you always (Matt 2:23, 28:20). Ask God into those moments.

### **4. REPENT**

What sin(s) do you need to confess to God?

Where are you struggling to trust God? How can you give God control of it?

Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

### **5. RESOLVE**

Ask God to give you Spirit-filled guidance and power to be more aware of His presence tomorrow. You may even consider writing down specific next steps as a reminder.

Like other practices, this will be challenging at first. Stick with it. Eventually, this will get easier as you commit to this practice regularly.

**DAILY  
DEVOTIONS**

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WEEK 1  
FEB 22-25

*Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store.*

*-NT Wright*

[Listen to the "Songs for Lent" playlist here](#)



# DAY 1 ASH WEDNESDAY (FEB 22)

# WEEK 1, DAY 1

No fasting this week

## MORNING READING

### *Matthew 4:1-11*

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And after fasting forty days and forty nights, he was hungry. <sup>3</sup> And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup> But he answered, "It is written,*

*"Man shall not live by bread alone,*

*but by every word that comes from the mouth of God."*

*<sup>5</sup> Then the devil took him to the holy city and set him on the pinnacle of the temple <sup>6</sup> and said to him, "If you are the Son of God, throw yourself down, for it is written,*

*"He will command his angels concerning you," and*

*"On their hands they will bear you up,*

*lest you strike your foot against a stone."*

*<sup>7</sup> Jesus said to him, "Again it is written, 'You shall not put the Lord your God to the test.'" <sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. <sup>9</sup> And he said to him, "All these I will give you, if you will fall down and worship me."*

*<sup>10</sup> Then Jesus said to him, "Be gone, Satan! For it is written,*

*"You shall worship the Lord your God*

*and him only shall you serve."*

*<sup>11</sup> Then the devil left him, and behold, angels came and were ministering to him.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 2 (THURSDAY, FEB 23)

# WEEK 1, DAY 2

No fasting this week

## MORNING READING

### *Psalm 8*

*O Lord, our Lord,*

*how majestic is your name in all the earth!*

*You have set your glory above the heavens.*

*<sup>2</sup> Out of the mouth of babies and infants,*

*you have established strength because of your foes,*

*to still the enemy and the avenger.*

*<sup>3</sup> When I look at your heavens, the work of your fingers,*

*the moon and the stars, which you have set in place,*

*<sup>4</sup> what is man that you are mindful of him,*

*and the son of man that you care for him?*

*<sup>5</sup> Yet you have made him a little lower than the heavenly beings*

*and crowned him with glory and honor.*

*<sup>6</sup> You have given him dominion over the works of your hands;*

*you have put all things under his feet,*

*<sup>7</sup> all sheep and oxen,*

*and also the beasts of the field,*

*<sup>8</sup> the birds of the heavens, and the fish of the sea,*

*whatever passes along the paths of the seas.*

*<sup>9</sup> O Lord, our Lord,*

*how majestic is your name in all the earth!*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

**DAY 3 (FRIDAY, FEB 24)**  
**WEEK 1, DAY 3**

No fasting

**MORNING READING**

***Psalm 22:1-13***

*My God, my God, why have you forsaken me?*

*Why are you so far from saving me, from the words of my groaning?*

*<sup>2</sup> O my God, I cry by day, but you do not answer,  
and by night, but I find no rest.*

*<sup>3</sup> Yet you are holy,  
enthroned on the praises of Israel.*

*<sup>4</sup> In you our fathers trusted;  
they trusted, and you delivered them.*

*<sup>5</sup> To you they cried and were rescued;  
in you they trusted and were not put to shame.*

*<sup>6</sup> But I am a worm and not a man,  
scorned by mankind and despised by the people.*

*<sup>7</sup> All who see me mock me;  
they make mouths at me; they wag their heads;*

*<sup>8</sup> "He trusts in the Lord; let him deliver him;  
let him rescue him, for he delights in him!"*

*<sup>9</sup> Yet you are he who took me from the womb;  
you made me trust you at my mother's breasts.*

*<sup>10</sup> On you was I cast from my birth,  
and from my mother's womb you have been my God.*

*<sup>11</sup> Be not far from me,  
for trouble is near,  
and there is none to help.*

*<sup>12</sup> Many bulls encompass me;  
strong bulls of Bashan surround me;*

*<sup>13</sup> they open wide their mouths at me,  
like a ravening and roaring lion.*



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**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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**DAY 4 (SATURDAY, FEB 25)**

# WEEK 1, DAY 4

No fasting

## MORNING READING

***Psalm 22:14-31***

*I am poured out like water,*

*and all my bones are out of joint;*

*my heart is like wax;*

*it is melted within my breast;*

<sup>15</sup> *my strength is dried up like a potsherd,*

*and my tongue sticks to my jaws;*

*you lay me in the dust of death.*

<sup>16</sup> *For dogs encompass me;*

*a company of evildoers encircles me;*

*they have pierced my hands and feet—*

<sup>17</sup> *I can count all my bones—*

*they stare and gloat over me;*

<sup>18</sup> *they divide my garments among them,*

*and for my clothing they cast lots.*

<sup>19</sup> *But you, O Lord, do not be far off!*

*O you my help, come quickly to my aid!*

<sup>20</sup> *Deliver my soul from the sword,*

*my precious life from the power of the dog!*

<sup>21</sup> *Save me from the mouth of the lion!*

*You have rescued me from the horns of the wild oxen!*

<sup>22</sup> *I will tell of your name to my brothers;*

*in the midst of the congregation I will praise you:*

<sup>23</sup> *You who fear the Lord, praise him!*

*All you offspring of Jacob, glorify him,*

*and stand in awe of him, all you offspring of Israel!*

<sup>24</sup> *For he has not despised or abhorred*

*the affliction of the afflicted,*

*and he has not hidden his face from him,*

*but has heard, when he cried to him.*

<sup>25</sup> *From you comes my praise in the great congregation;*

*my vows I will perform before those who fear him.*

*<sup>26</sup> The afflicted shall eat and be satisfied;  
those who seek him shall praise the Lord!  
May your hearts live forever!*

*<sup>27</sup> All the ends of the earth shall remember  
and turn to the Lord,  
and all the families of the nations  
shall worship before you.*

*<sup>28</sup> For kingship belongs to the Lord,  
and he rules over the nations.*

*<sup>29</sup> All the prosperous of the earth eat and worship;  
before him shall bow all who go down to the dust,  
even the one who could not keep himself alive.*

*<sup>30</sup> Posterity shall serve him;  
it shall be told of the Lord to the coming generation;*

*<sup>31</sup> they shall come and proclaim his righteousness to a people yet unborn,  
that he has done it.*

## **READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## **REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## **RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## **WEEK 1 REVIEW**

After the first four days of the Lent season, what has stood out to you from these practices?

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Have any of the practices been particularly challenging? Why is that?

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What has the Lord been teaching you during this week?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 2 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 2. Thank God for what He's teaching you so far. Ask God to use this season to make you more like Him.



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*Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation.*

*- Catherine Doherty*

**WEEK 2**

# **FEBRUARY 27 - MARCH 4**

**This week we are fasting from background noises such as music, podcasts, radio, or anything you listen to without any real intentionality. By abstaining from these, we unbusy our minds to be more present and in the moment. In those moments where we recognize the silence, let's invite God into those moments and more fully recognize His presence.**

[Listen to the "Songs for Lent" playlist here](#)



## DAY 5 (MONDAY, FEBRUARY 27)

# WEEK 2, DAY 1

Corporately fasting from background noise - music/podcast/radio

### MORNING READING

*Matthew 5:1-11*

*Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.*

*<sup>2</sup> And he opened his mouth and taught them, saying:*

*<sup>3</sup> “Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*<sup>4</sup> “Blessed are those who mourn, for they shall be comforted.*

*<sup>5</sup> “Blessed are the meek, for they shall inherit the earth.*

*<sup>6</sup> “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.*

*<sup>7</sup> “Blessed are the merciful, for they shall receive mercy.*

*<sup>8</sup> “Blessed are the pure in heart, for they shall see God.*

*<sup>9</sup> “Blessed are the peacemakers, for they shall be called sons of God.*

*<sup>10</sup> “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.*

*<sup>11</sup> “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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### RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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**DAY 6 (TUESDAY, FEBRUARY 28)**

# WEEK 2, DAY 2

Corporately fasting from background noise - music/podcast/radio

## MORNING READING

*John 11:45-57*

*The Lord is my shepherd; I shall not want.*

*2 He makes me lie down in green pastures.*

*He leads me beside still waters.*

*3 He restores my soul.*

*He leads me in paths of righteousness*

*for his name's sake.*

*4 Even though I walk through the valley of the shadow of death,*

*I will fear no evil,*

*for you are with me;*

*your rod and your staff,*

*they comfort me.*

*5 You prepare a table before me*

*in the presence of my enemies;*

*you anoint my head with oil;*

*my cup overflows.*

*6 Surely goodness and mercy shall follow me*

*all the days of my life,*

*and I shall dwell in the house of the Lord*

*forever.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 7 (WEDNESDAY, MARCH 1)

# WEEK 2, DAY 3

Corporately fasting from background noise - music/podcast/radio

### MORNING READING

*Psalm 73:23-28*

*Nevertheless, I am continually with you;  
you hold my right hand.*

*<sup>24</sup> You guide me with your counsel,  
and afterward you will receive me to glory.*

*<sup>25</sup> Whom have I in heaven but you?  
And there is nothing on earth that I desire besides you.*

*<sup>26</sup> My flesh and my heart may fail,  
but God is the strength of my heart and my portion forever.*

*<sup>27</sup> For behold, those who are far from you shall perish;  
you put an end to everyone who is unfaithful to you.*

*<sup>28</sup> But for me it is good to be near God;  
I have made the Lord God my refuge,  
that I may tell of all your works.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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### RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 8 (THURSDAY, MARCH 2)

# WEEK 2, DAY 4

Corporately fasting from background noise - music/podcast/radio

## MORNING READING

*Psalm 147:1-6*

*Praise the Lord!*

*For it is good to sing praises to our God;*

*for it is pleasant, and a song of praise is fitting.*

*<sup>2</sup> The Lord builds up Jerusalem;*

*he gathers the outcasts of Israel.*

*<sup>3</sup> He heals the brokenhearted*

*and binds up their wounds.*

*<sup>4</sup> He determines the number of the stars;*

*he gives to all of them their names.*

*<sup>5</sup> Great is our Lord, and abundant in power;*

*his understanding is beyond measure.*

*<sup>6</sup> The Lord lifts up the humble;*

*he casts the wicked to the ground.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 9 (FRIDAY, MARCH 3)

# WEEK 2, DAY 5

Corporately fasting from background noise - music/podcast/radio

### MORNING READING

*Psalm 147:7-11*

*Sing to the Lord with thanksgiving;*

*make melody to our God on the lyre!*

*<sup>8</sup> He covers the heavens with clouds;*

*he prepares rain for the earth;*

*he makes grass grow on the hills.*

*<sup>9</sup> He gives to the beasts their food,*

*and to the young ravens that cry.*

*<sup>10</sup> His delight is not in the strength of the horse,*

*nor his pleasure in the legs of a man,*

*<sup>11</sup> but the Lord takes pleasure in those who fear him,*

*in those who hope in his steadfast love.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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### RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?



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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 10 (SATURDAY, MARCH 4)

# WEEK 2, DAY 6

Corporately fasting from background noise - music/podcast/radio

## MORNING READING

*Psalm 147:17-20*

*Praise the Lord, O Jerusalem!*

*Praise your God, O Zion!*

<sup>13</sup> *For he strengthens the bars of your gates;*

*he blesses your children within you.*

<sup>14</sup> *He makes peace in your borders;*

*he fills you with the finest of the wheat.*

<sup>15</sup> *He sends out his command to the earth;*

*his word runs swiftly.*

<sup>16</sup> *He gives snow like wool;*

*he scatters frost like ashes.*

<sup>17</sup> *He hurls down his crystals of ice like crumbs;*

*who can stand before his cold?*

<sup>18</sup> *He sends out his word, and melts them;*

*he makes his wind blow and the waters flow.*

<sup>19</sup> *He declares his word to Jacob,*

*his statutes and rules to Israel.*

<sup>20</sup> *He has not dealt thus with any other nation;*

*they do not know his rules.*

*Praise the Lord!*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## **WEEK 2 REVIEW**

After the first full week of the Lent season, what has stood out to you from the daily practices?

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Have any of the practices been particularly challenging this week? Why is that?

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What has the Lord been teaching you during this week?

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As we fasted from background noise this week, what did the Lord show you?

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After this week, how might you be more intentional with how you use podcasts/radio/music?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 3 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 3. Thank God for what He's teaching you so far. Ask God to use this season to make us more like Him.

*I imagine Lent for you and for me as a great departure from the greedy, anxious anti-neighborliness of our economy, a great departure from our exclusionary politics that fears the other, a great departure from self-indulgent consumerism that devours creation. And then an arrival in a new neighborhood, because it is a gift to be simple, it is a gift to be free; it is a gift to come down where we ought to be.*

*- Walter Bruggeman*



# WEEK 3 MARCH 6-11

**This week we are fasting from TV, streaming services, and movies. By abstaining from these, we step back from the need to always entertain ourselves and instead, we fix our minds on Jesus and press more into the relationships God has placed around us.**

[Listen to the “Songs for Lent” playlist here](#)



## DAY 11 (MONDAY, MARCH 6)

# WEEK 3, DAY 1

Corporately fasting from TV/Streaming Services/Movies

### MORNING READING

#### *Matthew 6:1-15*

*“Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.*

<sup>2</sup> *“Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward.*

<sup>3</sup> *But when you give to the needy, do not let your left hand know what your right hand is doing, <sup>4</sup> so that your giving may be in secret. And your Father who sees in secret will reward you.*

<sup>5</sup> *“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. <sup>6</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

<sup>7</sup> *“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him. <sup>9</sup> Pray then like this:*

*“Our Father in heaven,  
hallowed be your name.*

<sup>10</sup> *Your kingdom come,  
your will be done,  
on earth as it is in heaven.*

<sup>11</sup> *Give us this day our daily bread,  
<sup>12</sup> and forgive us our debts,  
as we also have forgiven our debtors.*

<sup>13</sup> *And lead us not into temptation,  
but deliver us from evil.*

<sup>14</sup> *For if you forgive others their trespasses, your heavenly Father will*

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*also forgive you, <sup>15</sup> but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*

**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 12 (TUESDAY, MARCH 7)

# WEEK 3, DAY 2

Corporately fasting from TV/Streaming Services/Movies

## MORNING READING

*Matthew 6:16-24*

*“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.*

*<sup>19</sup> “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.*

*<sup>22</sup> “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, <sup>23</sup> but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!*

*<sup>24</sup> “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 13 (WEDNESDAY, MARCH 8)

# WEEK 3, DAY 3

Corporately fasting from TV/Streaming Services/Movies

### MORNING READING

**Matthew 6:25-34**

*“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup> “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 14 (THURSDAY, MARCH 9)

# WEEK 3, DAY 4

Corporately fasting from TV/Streaming Services/Movies

## MORNING READING

*Isaiah 25:1-5*

*And Jesus cried out and said, "Whoever believes in me, believes not in O Lord, you are my God;*

*I will exalt you; I will praise your name,  
for you have done wonderful things,  
plans formed of old, faithful and sure.  
2 For you have made the city a heap,  
the fortified city a ruin;  
the foreigners' palace is a city no more;  
it will never be rebuilt.  
3 Therefore strong peoples will glorify you;  
cities of ruthless nations will fear you.  
4 For you have been a stronghold to the poor,  
a stronghold to the needy in his distress,  
a shelter from the storm and a shade from the heat;  
for the breath of the ruthless is like a storm against a wall,  
5 like heat in a dry place.  
You subdue the noise of the foreigners;  
as heat by the shade of a cloud,  
so the song of the ruthless is put down.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 15 (FRIDAY, MARCH 10)

# WEEK 3, DAY 5

Corporately fasting from TV/Streaming Services/Movies

### MORNING READING

*Isaiah 25:6-12*

*On this mountain the Lord of hosts will make for all peoples  
a feast of rich food, a feast of well-aged wine,  
of rich food full of marrow, of aged wine well refined.*

*7 And he will swallow up on this mountain  
the covering that is cast over all peoples,  
the veil that is spread over all nations.*

*8 He will swallow up death forever;*

*and the Lord God will wipe away tears from all faces,  
and the reproach of his people he will take away from all the earth,  
for the Lord has spoken.*

*9 It will be said on that day,*

*“Behold, this is our God; we have waited for him, that he might save us.  
This is the Lord; we have waited for him;  
let us be glad and rejoice in his salvation.”*

*10 For the hand of the Lord will rest on this mountain,  
and Moab shall be trampled down in his place,  
as straw is trampled down in a dunghill.*

*11 And he will spread out his hands in the midst of it  
as a swimmer spreads his hands out to swim,  
but the Lord will lay low his pompous pride together with the skill of  
his hands.*

*12 And the high fortifications of his walls he will bring down,  
lay low, and cast to the ground, to the dust.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.



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# DAY 16 (SATURDAY, MARCH 11)

# WEEK 3, DAY 6

Corporately fasting from TV/Streaming Services/Movies

## MORNING READING

*Job 42:1-6*

*Then Job answered the Lord and said:*

*<sup>2</sup> “I know that you can do all things,*

*and that no purpose of yours can be thwarted.*

*<sup>3</sup> ‘Who is this that hides counsel without knowledge?’*

*Therefore I have uttered what I did not understand,  
things too wonderful for me, which I did not know.*

*<sup>4</sup> ‘Hear, and I will speak;*

*I will question you, and you make it known to me.’*

*<sup>5</sup> I had heard of you by the hearing of the ear,*

*but now my eye sees you;*

*<sup>6</sup> therefore I despise myself,*

*and repent in dust and ashes.”*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## **WEEK 3 REVIEW**

After the third week of the Lent season, what has stood out to you from the daily practices?

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Have any of the practices been particularly challenging this week? Why is that?

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What has the Lord been teaching you during this week?

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As we fasted from TV/movies this week, what did the Lord show you?

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After this week, how might you be more intentional with how you use TV and movies?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 4 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 4. Thank God for what He's teaching you so far. Ask God to use this season to make us more like Him.

*Self-denial means knowing only Christ, and no longer oneself. It means seeing only Christ, who goes ahead of us, and no longer the path that is too difficult for us... . Self-denial is saying only: He goes ahead of us; hold fast to him.*

*-Deitrich Bonhoeffer*

# WEEK 4

# MARCH 13-18

**This week we are fasting from non-essential phone and non-essential Internet usage. By abstaining from these, we recognize that our phone shouldn't demand our constant attention. Life goes on even if we step back from our phone for a whole hour or day. Instead of setting our attention on our screens, we set our attention on Jesus, the true source of life.**

[Listen to the "Songs for Lent" playlist here](#)



# DAY 17 (MONDAY, MARCH 13)

# WEEK 4, DAY 1

Corporately fasting from non-essential phone and Internet usage

## MORNING READING

*Matthew 16:13-21*

*Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?”<sup>14</sup> And they said, “Some say John the Baptist, others say Elijah, and others Jeremiah or one of the prophets.”<sup>15</sup> He said to them, “But who do you say that I am?”<sup>16</sup> Simon Peter replied, “You are the Christ, the Son of the living God.”<sup>17</sup> And Jesus answered him, “Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven.<sup>18</sup> And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.<sup>19</sup> I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”<sup>20</sup> Then he strictly charged the disciples to tell no one that he was the Christ.*

*<sup>21</sup> From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 18 (TUESDAY, MARCH 14)

# WEEK 4, DAY 2

Corporately fasting from non-essential phone and Internet usage

## MORNING READING

*Isaiah 40:1-8*

*Comfort, comfort my people, says your God.*

*<sup>2</sup> Speak tenderly to Jerusalem,*

*and cry to her*

*that her warfare is ended,*

*that her iniquity is pardoned,*

*that she has received from the Lord's hand*

*double for all her sins.*

*<sup>3</sup> A voice cries:*

*"In the wilderness prepare the way of the Lord;*

*make straight in the desert a highway for our God.*

*<sup>4</sup> Every valley shall be lifted up,*

*and every mountain and hill be made low;*

*the uneven ground shall become level,*

*and the rough places a plain.*

*<sup>5</sup> And the glory of the Lord shall be revealed,*

*and all flesh shall see it together,*

*for the mouth of the Lord has spoken."*

*<sup>6</sup> A voice says, "Cry!"*

*And I said, "What shall I cry?"*

*All flesh is grass,*

*and all its beauty is like the flower of the field.*

*<sup>7</sup> The grass withers, the flower fades*

*when the breath of the Lord blows on it;*

*surely the people are grass.*

*<sup>8</sup> The grass withers, the flower fades,*

*but the word of our God will stand forever.*

**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 19 (WEDNESDAY, MARCH 15) WEEK 4, DAY 3

Corporately fasting from non-essential phone and Internet usage

### MORNING READING

*Isaiah 40:9-11*

*Go on up to a high mountain,*

*O Zion, herald of good news;*

*lift up your voice with strength,*

*O Jerusalem, herald of good news;*

*lift it up, fear not;*

*say to the cities of Judah,*

*“Behold your God!”*

*<sup>10</sup> Behold, the Lord God comes with might,*

*and his arm rules for him;*

*behold, his reward is with him,*

*and his recompense before him.*

*<sup>11</sup> He will tend his flock like a shepherd;*

*he will gather the lambs in his arms;*

*he will carry them in his bosom,*

*and gently lead those that are with young.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.



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## DAY 20 (THURSDAY, MARCH 16)

# WEEK 4, DAY 4

Corporately fasting from non-essential phone and Internet usage

### MORNING READING

*Isaiah 40:12-17*

*Who has measured the waters in the hollow of his hand*

*and marked off the heavens with a span,*

*enclosed the dust of the earth in a measure*

*and weighed the mountains in scales*

*and the hills in a balance?*

<sup>13</sup> *Who has measured the Spirit of the Lord,*

*or what man shows him his counsel?*

<sup>14</sup> *Whom did he consult,*

*and who made him understand?*

*Who taught him the path of justice,*

*and taught him knowledge,*

*and showed him the way of understanding?*

<sup>15</sup> *Behold, the nations are like a drop from a bucket,*

*and are accounted as the dust on the scales;*

*behold, he takes up the coastlands like fine dust.*

<sup>16</sup> *Lebanon would not suffice for fuel,*

*nor are its beasts enough for a burnt offering.*

<sup>17</sup> *All the nations are as nothing before him,*

*they are accounted by him as less than nothing and emptiness.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

**DAY 21 (FRIDAY, MARCH 17)**

# WEEK 4, DAY 5

Corporately fasting from non-essential phone and Internet usage

## MORNING READING

*Isaiah 40:18-24*

*To whom then will you liken God,*

*or what likeness compare with him?*

<sup>19</sup> *An idol! A craftsman casts it,*

*and a goldsmith overlays it with gold*

*and casts for it silver chains.*

<sup>20</sup> *He who is too impoverished for an offering*

*chooses wood that will not rot;*

*he seeks out a skillful craftsman*

*to set up an idol that will not move.*

<sup>21</sup> *Do you not know? Do you not hear?*

*Has it not been told you from the beginning?*

*Have you not understood from the foundations of the earth?*

<sup>22</sup> *It is he who sits above the circle of the earth,*

*and its inhabitants are like grasshoppers;*

*who stretches out the heavens like a curtain,*

*and spreads them like a tent to dwell in;*

<sup>23</sup> *who brings princes to nothing,*

*and makes the rulers of the earth as emptiness.*

<sup>24</sup> *Scarcely are they planted, scarcely sown,*

*scarcely has their stem taken root in the earth,*

*when he blows on them, and they wither,*

*and the tempest carries them off like stubble.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 22 (SATURDAY, MARCH 18)

# WEEK 4, DAY 6

Corporately fasting from non-essential phone and Internet usage

## MORNING READING

*Isaiah 40:25-31*

*To whom then will you compare me,  
that I should be like him? says the Holy One.*

*<sup>26</sup> Lift up your eyes on high and see:  
who created these?*

*He who brings out their host by number,  
calling them all by name;  
by the greatness of his might  
and because he is strong in power,  
not one is missing.*

*<sup>27</sup> Why do you say, O Jacob,  
and speak, O Israel,  
“My way is hidden from the Lord,  
and my right is disregarded by my God”?*

*<sup>28</sup> Have you not known? Have you not heard?  
The Lord is the everlasting God,  
the Creator of the ends of the earth.  
He does not faint or grow weary;  
his understanding is unsearchable.*

*<sup>29</sup> He gives power to the faint,  
and to him who has no might he increases strength.*

*<sup>30</sup> Even youths shall faint and be weary,  
and young men shall fall exhausted;*

*<sup>31</sup> but they who wait for the Lord shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary;  
they shall walk and not faint..*

**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## **WEEK 4 REVIEW**

After the fourth week of the Lent season, what has stood out to you from the daily practices?

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Have any of the practices been particularly challenging this week? Why is that?

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What has the Lord been teaching you during this week?

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As we fasted from non-essential phone/Internet, what did the Lord show you?

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After this week, how might you be more intentional with how you use phone and Internet?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 5 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 5. Thank God for what He's teaching you so far. Ask God to use this season to make us more like Him.

*“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”*

**-Luke 9:23**

# WEEK 5

# MARCH 20-MARCH 25

**This week we are fasting from non-essential shopping. By abstaining from this, we recognize how much we are ruled by consumerism and the nagging need to always want more, more, more. Instead, we see that in Jesus alone we have everything we need to live a full life of contentment and joy.**

[Listen to the “Songs for Lent” playlist here](#)



# DAY 23 (MONDAY, MARCH 20)

# WEEK 5, DAY 1

Corporately fasting from non-essential shopping

## MORNING READING

*1 Corinthians 1:18-25*

*For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God. <sup>19</sup> For it is written,*

*“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”*

<sup>20</sup> *Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?*

<sup>21</sup> *For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. <sup>22</sup> For Jews demand signs and Greeks seek wisdom, <sup>23</sup> but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, <sup>24</sup> but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup> For the foolishness of God is wiser than men, and the weakness of God is stronger than men..*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## RESPOND

Read through the passage a third time. What do you need to obey from

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the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.



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# DAY 24 (TUESDAY, MARCH 21)

# WEEK 5, DAY 2

Corporately fasting from non-essential shopping

## MORNING READING

**1 Corinthians 1:26-31**

*For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. <sup>27</sup> But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; <sup>28</sup> God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, <sup>29</sup> so that no human being might boast in the presence of God. <sup>30</sup> And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, <sup>31</sup> so that, as it is written, "Let the one who boasts, boast in the Lord."*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 25 (WEDNESDAY, MARCH 22)

# WEEK 5, DAY 3

Corporately fasting from non-essential shopping

### MORNING READING

*Isaiah 52:13-15*

*Behold, my servant shall act wisely;*

*he shall be high and lifted up,*

*and shall be exalted.*

<sup>14</sup>*As many were astonished at you—*

*his appearance was so marred, beyond human semblance,*

*and his form beyond that of the children of mankind—*

<sup>15</sup>*so shall he sprinkle many nations.*

*Kings shall shut their mouths because of him,*

*for that which has not been told them they see,*

*and that which they have not heard they understand.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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### RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 26 (THURSDAY, MARCH 23)

# WEEK 5, DAY 4

Corporately fasting from non-essential shopping

## MORNING READING

*Isaiah 53:1-6*

*Who has believed what he has heard from us?*

*And to whom has the arm of the Lord been revealed?*

*<sup>2</sup> For he grew up before him like a young plant,  
and like a root out of dry ground;*

*he had no form or majesty that we should look at him,  
and no beauty that we should desire him.*

*<sup>3</sup> He was despised and rejected by men,  
a man of sorrows and acquainted with grief;*

*and as one from whom men hide their faces  
he was despised, and we esteemed him not.*

*<sup>4</sup> Surely he has borne our griefs  
and carried our sorrows;*

*yet we esteemed him stricken,  
smitten by God, and afflicted.*

*<sup>5</sup> But he was pierced for our transgressions;  
he was crushed for our iniquities;  
upon him was the chastisement that brought us peace,  
and with his wounds we are healed.*

*<sup>6</sup> All we like sheep have gone astray;  
we have turned—every one—to his own way;  
and the Lord has laid on him  
the iniquity of us all.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 27 (FRIDAY, MARCH 24)

# WEEK 5, DAY 5

Corporately fasting from non-essential shopping

### MORNING READING

*Isaiah 53:7-12*

*He was oppressed, and he was afflicted,  
yet he opened not his mouth;  
like a lamb that is led to the slaughter,  
and like a sheep that before its shearers is silent,  
so he opened not his mouth.*

*<sup>8</sup> By oppression and judgment he was taken away;  
and as for his generation, who considered  
that he was cut off out of the land of the living,  
stricken for the transgression of my people?*

*<sup>9</sup> And they made his grave with the wicked  
and with a rich man in his death,  
although he had done no violence,  
and there was no deceit in his mouth.*

*<sup>10</sup> Yet it was the will of the Lord to crush him;  
he has put him to grief;  
when his soul makes an offering for guilt,  
he shall see his offspring; he shall prolong his days;  
the will of the Lord shall prosper in his hand.*

*<sup>11</sup> Out of the anguish of his soul he shall see and be satisfied;  
by his knowledge shall the righteous one, my servant,  
make many to be accounted righteous,  
and he shall bear their iniquities.*

*<sup>12</sup> Therefore I will divide him a portion with the many,  
and he shall divide the spoil with the strong,  
because he poured out his soul to death  
and was numbered with the transgressors;  
yet he bore the sin of many,  
and makes intercession for the transgressors.*

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**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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# DAY 28 (SATURDAY, MARCH 25)

# WEEK 5, DAY 6

Corporately fasting from non-essential shopping

## MORNING READING

*Zephaniah 3:9-13*

*“For at that time I will change the speech of the peoples  
to a pure speech,*

*that all of them may call upon the name of the Lord  
and serve him with one accord.*

*<sup>10</sup> From beyond the rivers of Cush  
my worshipers, the daughter of my dispersed ones,  
shall bring my offering.*

*<sup>11</sup> “On that day you shall not be put to shame  
because of the deeds by which you have rebelled against me;  
for then I will remove from your midst  
your proudly exultant ones,*

*and you shall no longer be haughty  
in my holy mountain.*

*<sup>12</sup> But I will leave in your midst  
a people humble and lowly.*

*They shall seek refuge in the name of the Lord,*

*<sup>13</sup> those who are left in Israel;*

*they shall do no injustice  
and speak no lies,*

*nor shall there be found in their mouth  
a deceitful tongue.*

*For they shall graze and lie down,  
and none shall make them afraid.”*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## **WEEK 5 REVIEW**

After the fifth week of the Lent season, what has stood out to you from the daily practices?

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Have any of the practices been particularly challenging this week? Why is that?

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As we fasted from non-essential shopping this week, what did the Lord show you?

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After this week, how might you be more intentional with how you shop?

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What has the Lord been teaching you during this week?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 6 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 6. Thank God for what He's teaching you so far. Ask God to use this season to make us more like Him.

*I have now concentrated all my  
prayers into one, and that one prayer  
is this, that I may die to self, and live  
wholly to Him.*

*-Charles Spurgeon*

# WEEK 6

# MARCH 27-APRIL 1

**This week we are fasting from caffeine, alcohol, sweets, and desserts. By abstaining from these, we recognize that such things can have a grip over our lives - both body and mind. Too often we are driven by our appetites and the desire to fill our stomachs. Instead, we remember that we are driven by a deeper desire to be filled with God's presence and that the Lord ultimately sustains us.**

[Listen to the "Songs for Lent" playlist here](#)



# DAY 29 (MONDAY, MARCH 27) WEEK 6, DAY 1

Corporately fasting from caffeine, alcohol, sweets, and desserts

## MORNING READING

*2 Corinthians 12:9-10*

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. <sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## DAY 30 (TUESDAY, MARCH 28)

# WEEK 6, DAY 2

Corporately fasting from caffeine, alcohol, sweets, and desserts

## MORNING READING

*John 16:25-33*

*“I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. <sup>26</sup> In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; <sup>27</sup> for the Father himself loves you, because you have loved me and have believed that I came from God. <sup>28</sup> I came from the Father and have come into the world, and now I am leaving the world and going to the Father.”*

*<sup>29</sup> His disciples said, “Ah, now you are speaking plainly and not using figurative speech! <sup>30</sup> Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God.” <sup>31</sup> Jesus answered them, “Do you now believe? <sup>32</sup> Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone. Yet I am not alone, for the Father is with me. <sup>33</sup> I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

**DAY 31 (WEDNESDAY, MARCH 29)**

# WEEK 6, DAY 3

Corporately fasting from caffeine, alcohol, sweets, and desserts

## MORNING READING

*John 17:1-6*

*When Jesus had spoken these words, he lifted up his eyes to heaven, and said, "Father, the hour has come; glorify your Son that the Son may glorify you, <sup>2</sup> since you have given him authority over all flesh, to give eternal life to all whom you have given him. <sup>3</sup> And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. <sup>4</sup> I glorified you on earth, having accomplished the work that you gave me to do. <sup>5</sup> And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.*

*<sup>6</sup> "I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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## REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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## RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## DAY 32 (THURSDAY, MARCH 30)

# WEEK 6, DAY 4

Corporately fasting from caffeine, alcohol, sweets, and desserts

### MORNING READING

*John 17:7-19*

*Now they know that everything that you have given me is from you.*

*<sup>8</sup> For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. <sup>9</sup> I am praying for them. I am*

*not praying for the world but for those whom you have given me, for they are yours. <sup>10</sup> All mine are yours, and yours are mine, and I am glorified in them. <sup>11</sup> And I am no longer in the world, but they are in the*

*world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. <sup>12</sup>*

*While I was with them, I kept them in your name, which you have given me. I have guarded them, and not one of them has been lost except the*

*son of destruction, that the Scripture might be fulfilled. <sup>13</sup> But now I am coming to you, and these things I speak in the world, that they may have*

*my joy fulfilled in themselves. <sup>14</sup> I have given them your word, and the world has hated them because they are not of the world, just as I am not*

*of the world. <sup>15</sup> I do not ask that you take them out of the world, but that you keep them from the evil one. <sup>16</sup> They are not of the world, just as I*

*am not of the world. <sup>17</sup> Sanctify them in the truth; your word is truth. <sup>18</sup> As you sent me into the world, so I have sent them into the world. <sup>19</sup> And for*

*their sake I consecrate myself, that they also may be sanctified in truth.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## DAY 33 (FRIDAY, MARCH 31)

# WEEK 6, DAY 5

Corporately fasting from caffeine, alcohol, sweets, and desserts

### MORNING READING

*John 17:20-26*

*“I do not ask for these only, but also for those who will believe in me through their word, <sup>21</sup> that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. <sup>22</sup> The glory that you have given me I have given to them, that they may be one even as we are one, <sup>23</sup> I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. <sup>24</sup> Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. <sup>25</sup> O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. <sup>26</sup> I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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### REFLECT

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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### RESPOND

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?



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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## DAY 34 (SATURDAY, APRIL 1)

# WEEK 6, DAY 6

Corporately fasting from caffeine, alcohol, sweets, and desserts

### MORNING READING

*John 18:1-14*

*When Jesus had spoken these words, he went out with his disciples across the brook Kidron, where there was a garden, which he and his disciples entered. <sup>2</sup> Now Judas, who betrayed him, also knew the place, for Jesus often met there with his disciples. <sup>3</sup> So Judas, having procured a band of soldiers and some officers from the chief priests and the Pharisees, went there with lanterns and torches and weapons. <sup>4</sup> Then Jesus, knowing all that would happen to him, came forward and said to them, "Whom do you seek?" <sup>5</sup> They answered him, "Jesus of Nazareth." Jesus said to them, "I am he." Judas, who betrayed him, was standing with them. <sup>6</sup> When Jesus said to them, "I am he," they drew back and fell to the ground. <sup>7</sup> So he asked them again, "Whom do you seek?" And they said, "Jesus of Nazareth." <sup>8</sup> Jesus answered, "I told you that I am he. So, if you seek me, let these men go." <sup>9</sup> This was to fulfill the word that he had spoken: "Of those whom you gave me I have lost not one." <sup>10</sup> Then Simon Peter, having a sword, drew it and struck the high priest's servant and cut off his right ear. (The servant's name was Malchus.) <sup>11</sup> So Jesus said to Peter, "Put your sword into its sheath; shall I not drink the cup that the Father has given me?"*

*<sup>12</sup> So the band of soldiers and their captain and the officers of the Jews arrested Jesus and bound him. <sup>13</sup> First they led him to Annas, for he was the father-in-law of Caiaphas, who was high priest that year. <sup>14</sup> It was Caiaphas who had advised the Jews that it would be expedient that one man should die for the people.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## **WEEK 6 REVIEW**

After the sixth week of the Lent season, what has stood out to you from the daily practices?

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Have any of the practices been particularly challenging this week? Why is that?

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What has the Lord been teaching you during this week?

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As we fasted from caffeine, alcohol, sweets, and desserts what did the Lord show you?

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After this week, how might you be more intentional with how use caffeine, alcohol, sweets, and desserts?

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How might you and your LifeGroup spur one another on (Hebrews 10:24) to continue these practices as we head into week 6 of Lent?

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**Sundays are traditionally the time during Lent to break from your fast and enjoy all of God's good gifts with a deeper appreciation and intentionality than before.**

**PRAY**

Take some time right now to prepare your heart for week 6. Thank God for what He's teaching you so far. Ask God to use this season to make us more like Him.

*God had one son on earth without sin,  
but never one without suffering.*

*-Augustine*

*Prayer is reaching out after the  
unseen; fasting is letting go of all that  
is seen and temporal. Fasting helps  
express, deepen, confirm the resolution  
that we are ready to sacrifice  
anything, even ourselves to attain  
what we seek for the kingdom of God.*

*-Andrew Murray*



# WEEK 7 - HOLY WEEK APRIL 3-APRIL 8

**Fasting from food further presses us into the fact that we are created with body and soul - interconnected - and both are means by which we look more Jesus.**

**For one day this week, LifeGroups will fast from food from sundown the night before LifeGroup time and break their fast together to start their LifeGroup time by sharing a meal. (For example, if a LifeGroup meets on Wednesday night, they would fast from food from sundown Tuesday night and then break their fast to share a meal with their LifeGroup on Wednesday night.)**

**As you gather to share a meal together, go to Reviewing Lent on p. 162-163 and work through the discussion questions together.**

[Listen to the "Songs for Lent" playlist here](#)



# DAY 35 (MONDAY, APRIL 3)

# WEEK 7, DAY 1

Fasting from food with your LifeGroup one day, then sharing a meal

## MORNING READING

### *John 18:1-14*

*When Jesus had spoken these words, he went out with his disciples across the brook Kidron, where there was a garden, which he and his disciples entered. <sup>2</sup> Now Judas, who betrayed him, also knew the place, for Jesus often met there with his disciples. <sup>3</sup> So Judas, having procured a band of soldiers and some officers from the chief priests and the Pharisees, went there with lanterns and torches and weapons. <sup>4</sup> Then Jesus, knowing all that would happen to him, came forward and said to them, “Whom do you seek?” <sup>5</sup> They answered him, “Jesus of Nazareth.” Jesus said to them, “I am he.” Judas, who betrayed him, was standing with them. <sup>6</sup> When Jesus said to them, “I am he,” they drew back and fell to the ground. <sup>7</sup> So he asked them again, “Whom do you seek?” And they said, “Jesus of Nazareth.” <sup>8</sup> Jesus answered, “I told you that I am he. So, if you seek me, let these men go.” <sup>9</sup> This was to fulfill the word that he had spoken: “Of those whom you gave me I have lost not one.” <sup>10</sup> Then Simon Peter, having a sword, drew it and struck the high priest’s servant and cut off his right ear. (The servant’s name was Malchus.) <sup>11</sup> So Jesus said to Peter, “Put your sword into its sheath; shall I not drink the cup that the Father has given me?”*

*<sup>12</sup> So the band of soldiers and their captain and the officers of the Jews arrested Jesus and bound him. <sup>13</sup> First they led him to Annas, for he was the father-in-law of Caiaphas, who was high priest that year. <sup>14</sup> It was Caiaphas who had advised the Jews that it would be expedient that one man should die for the people.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## DAY 36 (TUESDAY, APRIL 4)

# WEEK 7, DAY 2

Fasting from food with your LifeGroup one day, then sharing a meal

## MORNING READING

### *John 18:15-27*

*Simon Peter followed Jesus, and so did another disciple. Since that disciple was known to the high priest, he entered with Jesus into the courtyard of the high priest, <sup>16</sup> but Peter stood outside at the door. So the other disciple, who was known to the high priest, went out and spoke to the servant girl who kept watch at the door, and brought Peter in. <sup>17</sup> The servant girl at the door said to Peter, “You also are not one of this man’s disciples, are you?” He said, “I am not.” <sup>18</sup> Now the servants and officers had made a charcoal fire, because it was cold, and they were standing and warming themselves. Peter also was with them, standing and warming himself.*

<sup>19</sup> *The high priest then questioned Jesus about his disciples and his teaching. <sup>20</sup> Jesus answered him, “I have spoken openly to the world. I have always taught in synagogues and in the temple, where all Jews come together. I have said nothing in secret. <sup>21</sup> Why do you ask me? Ask those who have heard me what I said to them; they know what I said.”*

<sup>22</sup> *When he had said these things, one of the officers standing by struck Jesus with his hand, saying, “Is that how you answer the high priest?”*

<sup>23</sup> *Jesus answered him, “If what I said is wrong, bear witness about the wrong; but if what I said is right, why do you strike me?” <sup>24</sup> Annas then sent him bound to Caiaphas the high priest.*

<sup>25</sup> *Now Simon Peter was standing and warming himself. So they said to him, “You also are not one of his disciples, are you?” He denied it and said, “I am not.” <sup>26</sup> One of the servants of the high priest, a relative of the man whose ear Peter had cut off, asked, “Did I not see you in the garden with him?” <sup>27</sup> Peter again denied it, and at once a rooster crowed.*

## READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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**DAY 37 (WEDNESDAY, APRIL 5)**  
**WEEK 7, DAY 3**

Fasting from food with your LifeGroup one day, then sharing a meal

**MORNING READING****John 18:28-40**

*Then they led Jesus from the house of Caiaphas to the governor's headquarters. It was early morning. They themselves did not enter the governor's headquarters, so that they would not be defiled, but could eat the Passover. <sup>29</sup> So Pilate went outside to them and said, "What accusation do you bring against this man?" <sup>30</sup> They answered him, "If this man were not doing evil, we would not have delivered him over to you." <sup>31</sup> Pilate said to them, "Take him yourselves and judge him by your own law." The Jews said to him, "It is not lawful for us to put anyone to death." <sup>32</sup> This was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die.*

*<sup>33</sup> So Pilate entered his headquarters again and called Jesus and said to him, "Are you the King of the Jews?" <sup>34</sup> Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" <sup>35</sup> Pilate answered, "Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?" <sup>36</sup> Jesus answered, "My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world." <sup>37</sup> Then Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice." <sup>38</sup> Pilate said to him, "What is truth?"*

*After he had said this, he went back outside to the Jews and told them, "I find no guilt in him. <sup>39</sup> But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?" <sup>40</sup> They cried out again, "Not this man, but Barabbas!" Now Barabbas was a robber.*



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**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

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## MAUNDY THURSDAY

DAY 38 (THURSDAY, APRIL 6)

# WEEK 7, DAY 4

Fasting from food with your LifeGroup one day, then sharing a meal

## MORNING READING

*John 19:1-16*

*Then Pilate took Jesus and flogged him. <sup>2</sup> And the soldiers twisted together a crown of thorns and put it on his head and arrayed him in a purple robe. <sup>3</sup> They came up to him, saying, "Hail, King of the Jews!" and struck him with their hands. <sup>4</sup> Pilate went out again and said to them, "See, I am bringing him out to you that you may know that I find no guilt in him." <sup>5</sup> So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Behold the man!" <sup>6</sup> When the chief priests and the officers saw him, they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him, for I find no guilt in him." <sup>7</sup> The Jews answered him, "We have a law, and according to that law he ought to die because he has made himself the Son of God." <sup>8</sup> When Pilate heard this statement, he was even more afraid. <sup>9</sup> He entered his headquarters again and said to Jesus, "Where are you from?" But Jesus gave him no answer. <sup>10</sup> So Pilate said to him, "You will not speak to me? Do you not know that I have authority to release you and authority to crucify you?" <sup>11</sup> Jesus answered him, "You would have no authority over me at all unless it had been given you from above. Therefore he who delivered me over to you has the greater sin."*

*<sup>12</sup> From then on Pilate sought to release him, but the Jews cried out, "If you release this man, you are not Caesar's friend. Everyone who makes himself a king opposes Caesar." <sup>13</sup> So when Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Stone Pavement, and in Aramaic Gabbatha. <sup>14</sup> Now it was the day of Preparation of the Passover. It was about the sixth hour. He said to the Jews, "Behold your King!" <sup>15</sup> They cried out, "Away with him, away with him, crucify him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." <sup>16</sup> So he delivered him over to them to be crucified.*

**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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# **EVENING PRAYER**

## **RECOGNIZE GOD'S PRESENCE**

### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.

## GOOD FRIDAY

### DAY 39 (FRIDAY, APRIL 7)

# WEEK 7, DAY 5

Fasting from food with your LifeGroup one day, then sharing a meal

## MORNING READING

### *John 19:17-30*

*and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha. <sup>18</sup> There they crucified him, and with him two others, one on either side, and Jesus between them. <sup>19</sup> Pilate also wrote an inscription and put it on the cross. It read, "Jesus of Nazareth, the King of the Jews." <sup>20</sup> Many of the Jews read this inscription, for the place where Jesus was crucified was near the city, and it was written in Aramaic, in Latin, and in Greek. <sup>21</sup> So the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but rather, 'This man said, I am King of the Jews.'" <sup>22</sup> Pilate answered, "What I have written I have written."*

*<sup>23</sup> When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, <sup>24</sup> so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says, "They divided my garments among them, and for my clothing they cast lots."*

*So the soldiers did these things, <sup>25</sup> but standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. <sup>26</sup> When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, behold, your son!" <sup>27</sup> Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.*

*<sup>28</sup> After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst." <sup>29</sup> A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth. <sup>30</sup> When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.*

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**READ**

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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## **EVENING PRAYER**

### **RECOGNIZE GOD'S PRESENCE**

#### **RECALL GOD'S GOODNESS**

What can you thank God for today?

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#### **REVIEW THE DAY**

When were you most aware of Jesus' presence today?

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When were you least aware of Jesus' presence today?

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#### **REPENT**

What sin(s) do you need to confess to God?

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Where are you struggling to trust God? How can you give God control of it?

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Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

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#### **RESOLVE**

Pray that God will empower you tomorrow by His Spirit to walk with Him more closely.



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## HOLY SATURDAY

DAY 40 (SATURDAY, APRIL 8)

# WEEK 7, DAY 6

Fasting from food with your LifeGroup one day, then sharing a meal

## MORNING READING

### *John 19:31-42*

*Since it was the day of Preparation, and so that the bodies would not remain on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken and that they might be taken away. <sup>32</sup> So the soldiers came and broke the legs of the first, and of the other who had been crucified with him. <sup>33</sup> But when they came to Jesus and saw that he was already dead, they did not break his legs. <sup>34</sup> But one of the soldiers pierced his side with a spear, and at once there came out blood and water. <sup>35</sup> He who saw it has borne witness—his testimony is true, and he knows that he is telling the truth—that you also may believe. <sup>36</sup> For these things took place that the Scripture might be fulfilled: “Not one of his bones will be broken.” <sup>37</sup> And again another Scripture says, “They will look on him whom they have pierced.”*

*<sup>38</sup> After these things Joseph of Arimathea, who was a disciple of Jesus, but secretly for fear of the Jews, asked Pilate that he might take away the body of Jesus, and Pilate gave him permission. So he came and took away his body. <sup>39</sup> Nicodemus also, who earlier had come to Jesus by night, came bringing a mixture of myrrh and aloes, about seventy-five pounds in weight. <sup>40</sup> So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. <sup>41</sup> Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. <sup>42</sup> So because of the Jewish day of Preparation, since the tomb was close at hand, they laid Jesus there.*

### READ

What words or phrases stood out to you? Feel free to read the passage out loud and/or paraphrase the passage in your own words.

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**REFLECT**

Read through the passage a second time. What does this passage reveal to you about God? What does this passage reveal to you about people?

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**RESPOND**

Read through the passage a third time. What do you need to obey from the passage? Where are you resistant or want to push back? What do you need to pray for?

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**REST**

Spend some time in prayer thanking God for what He's shown you today in His Word. Resolve today to put what you learned from God's Word today into practice.

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*“Why do you seek the living among the dead? He is not here, but has risen!”*

***-Luke 24:5-6***

*Thus on Easter we celebrate Christ's Resurrection as something that happened and still happens to us. For each one of us received the gift of that new life and the power to accept it and to live by it. It is a gift which radically alters our attitude toward everything in this world, including death. It makes it possible for us joyfully to affirm: "Death is no more!" Oh, death is still there, to be sure and we still face it and someday it will come and take us. But it is our whole faith that by His own death Christ changed the very nature of death, made it a passage—a "passover," transforming the tragedy of tragedies into the ultimate victory.*

*-Alexander Schmemmann*

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## REVIEWING LENT/RULE OF LIFE

Now that the Lent season is over, take some time to reflect. We just spent 40 days denying ourselves in order to become more aware of God’s presence in our lives. Write down insights you gained, things you noticed. Look back at what you were learning during weeks 1-6 - how did the Lord use this to make you more like Jesus? As we conclude our time, spend some time pressing into how you might incorporate these spiritual formation tools into your daily habits.

One way followers of Jesus incorporated practices into their daily habits was through developing what’s called a “Rule of Life.” Generally, a Rule of Life is structured around three main categories.

**Abiding:** how you will spend time with Jesus (Bible reading, prayer, confession, fasting)

**Community:** how you will spend time with others (family, LifeGroup, missional friendships)

**Resting:** how you will rest (sleep, Sabbath, exercise)

For more information on Rule of Life, go to [midtowncolumbia.com/blog/developing-a-rule-of-life](http://midtowncolumbia.com/blog/developing-a-rule-of-life) or scan here:



**Now that the Lent Guide comes to a close, spend some time asking yourself the following questions:**

Of the weekly corporate fasts, which one was especially challenging for you? Why is that?

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What insights did you gain as you were fasting throughout this season?

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Now that Lent is over, how might you regularly practice detachment and fasting? Practically what does that look like?

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What insights did you gain overall as you were practicing Lectio Divina and Examen prayer throughout this season?

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Now that Lent is over, how might you regularly practice being in God's word and in prayer ongoingly?

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**PRAY**

Thank God for His atoning work on the cross. Through Jesus' death and resurrection, we are invited to know Him and to become more like Him each day through His Spirit. Ask God to give you the wisdom and strength to regularly practice abiding with Him.







let's

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