

Dav	Weeklv Psalm	Dailv Scripture
Wed Mar 1-Ash Wed	Psalm 85	John 11: 1-16
Thu Mar 2	Psalm 85	John 11:17-37
Fri Mar 3	Psalm 85	John 11:38-44
Sat Mar 4	Psalm 85	John 12:37-50
Sun Mar 5	Worship with Rhythm	
Mon Mar 6	Psalm 30	Jonah 1
Tue Mar 7	Psalm 30	Jonah 2
Wed Mar 8	Psalm 30	Jonah 3
Thu Mar 9	Psalm 30	Jonah 4
Fri Mar 10	Psalm 30	John 4:1-42
Sat Mar 11	Psalm 30	John 8:1-11
Sun Mar 12	Worship with Rhythm	
Mon Mar 13	Psalm 103	Mark 2:1-12
Tue Mar 14	Psalm 103	Mark 2:13-17
Wed Mar 15	Psalm 103	Mark 2:18-22
Thu Mar 16	Psalm 103	Mark 2:23-3:6
Fri Mar 17	Psalm 103	Mark 5:1-20
Sat Mar 18	Psalm 103	Mark 5:21-43
Sun Mar 19	Worship with Rhythm	
Mon Mar 20	Psalm 25	Romans 4:1-12
Tue Mar 21	Psalm 25	Romans 4:13-25
Wed Mar 22	Psalm 25	Romans 5:1-11
Thu Mar 23	Psalm 25	Romans 5:12-21
Fri Mar 24	Psalm 25	Romans 6:1-11
Sat Mar 25	Psalm 25	Romans 6:12-23
Sun Mar 26	Worship with Rhythm	

Dav	Weeklv Psalm	Dailv Scripture
Mon Mar 27	Psalm 1	Jeremiah 2:1-13
Tue Mar 28	Psalm 1	Jeremiah 5:1-9
Wed Mar 29	Psalm 1	Jeremiah 7:1-15
Thu Mar 30	Psalm 1	Jeremiah 10:1-17
Fri Mar 31	Psalm 1	Jeremiah 10:17-22
Sat Apr 1	Psalm 1	Jeremiah 10:22-25
Sun Apr 2	Worship with Rhythm	
Mon Apr 3	Psalm 31	Philippians 4:4-9
Tue Apr 4	Psalm 31	Philippians 4:10-20
Wed Apr 5	Psalm 31	Hebrews 12:1-3
Thu Apr 6	Psalm 31	Hebrews 12:4-13
Fri Apr 7	Psalm 31	1 Peter 4:1-11
Sat Apr 8	Psalm 31	1 Peter 4:12-19
Sun Apr 9	Worship with Rhythm	
Mon Apr 10	Psalm 22	Matthew 21:1-11
Tue Apr 11	Psalm 22	Matthew 23:1-11
Wed Apr 12	Psalm 22	Matthew 26:17-30
Thu Apr 13	Psalm 22	Matthew 26:69-75
Fri Apr 14-Good Friday	Psalm 22	Matthew 27:45-56
Sat Apr 15	Psalm 22	Matthew 27:57-66
Sun Apr 16-Easter	Easter Sunday & Partv at Rhythm. He is risen!	

Rhythm Lent Devotional 2017

The Devotional

Lent is a season in the Christian calendar that awakens us to our mortality and brokenness, but also to the hope that is to come in Christ Jesus our Lord. Use this daily devotional as a way to live into the Lenten season. There is a **Weekly Psalm** and **Daily Scripture** to read through and meditate.

Lectio Divina

Meditation is one of the ways to get the most nourishment from God's word. One helpful practice for meditating on God's word is Lectio Divina (Divine Reading). Follow the steps of the practice of Lectio Divina provided below each day as you savor God's word.

Steps for practicing Lectio Divina

Silence

Prepare yourself to receive from God. Slow down, relax, and intentionally release the chaos and noise in your mind to him. Close your eyes and breath out slowly. Ask God to give you an openness to hear from the Spirit. Take as long as you need.

Read

Read the passage slowly, allowing the words to resonate and settle in your heart. Enter into the words as fully as you can. As you do so, listen with the ear of your heart for a word, phrase, or detail of the story that stands out to you. If something in the passage catches your attention, pause and attend to what God is saying to you. Listen and wait.

Reflect

Now that the words are familiar to you, read the passage a second time slowly. As you do so and for a few minutes afterward, linger on the word or phrase that stands out to you. Sit with the word or phrase and savor it as a word of God for you. Why do you think these words light up to you? Listen to whatever the Spirit might bring to you.

Respond

Read the passage a third time, listening attentively. Now is the moment to enter into a personal dialogue with God. There is no right or wrong way to do this. The important thing is to respond truthfully and authentically. Allow your thoughts and feelings to flow out spontaneously and freely before the Lord who loves you. Hold nothing back.

Contemplation

Deeply receive God's Word and rest in his presence and love. Give yourself some time to wait and be still before you reenter life as usual. Take God's Word to you with you throughout the day. God loves to give to his children; rest in the beauty & hope of that.