

Seventh Week of Lent: March 26-31

I. Psalm 22

II. Daily Scripture Readings

Monday	Mark 15:1-39
Tuesday	Isaiah 52:13-53:12
Wednesday	John 18:1-19:42
Thursday	1 Corinthians 11:23-26
Friday	Hebrews 4:14-16; 5:7-9
Saturday	Matthew 26:14-25

III. Pray for others

2018 Lenten Devotional

Lent is a period of forty days leading up to Easter during which followers of Christ set aside extra time to reflect and meditate on Christ's suffering, death and resurrection. The forty days, beginning on Ash Wednesday (February 14) and ending on Easter Sunday (April 1), commemorate the forty days that Christ spent in the desert at the start of His ministry. Sundays are not included in the "forty" as, even during Lent, Sunday is the day that we celebrate Christ's resurrection.

The Lenten season is a somber time. Our culture often does not pay attention to the realities of suffering, sin, death, and pain. But during these 40 days of Lent, we pay attention to these realities in our world and in our own lives. Lent helps us to grieve and repent from the darkness within our own hearts and our world as we journey with Jesus to the cross.

Many Christians choose to celebrate Lent with repentance, moderation and a greater emphasis on spiritual disciplines, including prayer, Scripture reading, and some form of fasting. Some followers choose to not practice some of the disciplines (such as fasting) on Sundays, choosing instead to celebrate Christ's victory over sin and the grave.

Rhythm Church would like to encourage individuals, families, friends, co-workers, and Community Groups to participate in Lent together as a way to draw closer to Christ by positioning ourselves to hear from Him during this season. One of the ways we suggest that you do this is through daily prayer and daily Scripture readings (Monday - Saturday) from Scripture that focus on God's work of salvation through Jesus Christ. Since most of the daily readings are only a few verses, there should be time to read, reflect and discuss the daily reading as a family or with friends or colleagues. For those of you reading with children, you may wish to use a good children's Bible, such as *The Jesus Storybook Bible* (talk to Lauren if you'd like to see one of these).

Lent is about entering the biblical story of Jesus in the wilderness. We want to enter into the Scriptures and tune our hearts to what God has to speak to us through His word. We want to see our sensitivity to the Spirit grow as we pray, worship, read, and reflect. As we journey with Jesus to the cross and share in his sorrow, we prepare our hearts for resurrection.

Daily Questions for studying the scriptures:

- What is the good news in this passage?**
- What does this passage say about who we are?**
- What does this passage say about who God is?**
- How does this passage call us to a new way of life?**
- How does this passage send us out into the world?**

Weekly Questions for reflection:

- What is God saying to me?**
- What am I going to do about it?**
- What is God calling me to repent from?**
- I am most thankful for _____!**
- Help me _____.**
- Where have I felt most alive this week?**
- Who am I sensing the Lord calling me to reach out to?**

HOW TO USE THE DEVOTIONAL:

The devotional is broken up into 3 parts. The Psalm, Daily Scripture, and Pray for others.

I. Begin each day by reading the *Psalm* for the week. The Psalms help us learn how to communicate our full-selves to God.

II. Then read the *Daily Scripture* passage that is assigned for the day of the week. When you are done reading, take 5-10 minutes to reflect either by journaling, sketching, or just thinking. While reflecting, give God space to speak to you (there are some questions that you can use for reflection on the last page).

III. *Pray for others*, for your family, those who are suffering in our world, and people in Miami.

First Week of Lent: February 14-17

I. Psalm 51

II. Daily Scripture Readings

Wednesday	Joel 2:1-2, 12-17
Thursday	2 Cor. 5:20b-6:10
Friday	Matthew 6:1-6, 16-21
Saturday	Genesis 9:8-17

III. Pray for others

Second Week of Lent: February 19-24

I. Psalm 25

II. Daily Scripture Readings

Monday	1 Peter 3:18-22
Tuesday	Mark 1:9-15
Wednesday	Genesis 17:1-7, 15-16
Thursday	Romans 4:13-25
Friday	Mark 8:31-38
Saturday	Exodus 20:1-17

III. Pray for others

Third Week of Lent: Feb 26-March 3

I. Psalm 19

II. Daily Scripture Readings

Monday	1 Corinthians 1:18-25
Tuesday	John 2:13-22
Wednesday	Numbers 21:4-9
Thursday	Ephesians 2:1-10
Friday	John 3:14-21
Saturday	Jeremiah 31:31-34

III. Pray for others

Fourth Week of Lent: March 5-10

I. Psalm 31

II. Daily Scripture Readings

Monday	Mark 9:2-9
Tuesday	Hebrews 5:5-10
Wednesday	John 12:20-33
Thursday	Isaiah 7:10-14
Friday	Luke 1:26-38
Saturday	Mark 11:1-11

III. Pray for others

Fifth Week of Lent: March 12-17

I. Psalm 45

II. Daily Scripture Readings

Monday	Isaiah 50:4-9a
Tuesday	Philippians 2:5-11
Wednesday	John 12:12-16
Thursday	Deut. 26:16-19
Friday	Matthew 5:43-48
Saturday	Romans 8:31b-34

III. Pray for others

Sixth Week of Lent: March 19-24

I. Psalm 40

II. Daily Scripture Readings

Monday	Hebrews 10:4-10
Tuesday	Jeremiah 17:5-10
Wednesday	John 4:5-42
Thursday	Ezekiel 37:21-28
Friday	Hosea 14:2-10
Saturday	Matthew 18:21-35

III. Pray for others

THINGS TO CONSIDER WHILE USING THE DEVOTIONAL:

- Keep a prayer journal
- Read each day with family or friends
- Ask someone to be a reading partner; then talk about it daily or weekly
- Read the passages 3 times a day
- Rewrite a passage in your own words
- If you miss a day don't fret, pick it back up the next day