

# LENT

DEVOTIONAL GUIDE



## INTRODUCTION

LENT IS A TIME OF PREPARATION AND RENEWAL LEADING UP TO EASTER SUNDAY. DURING LENT 2017 WE WANT TO INVITE YOU JOIN US IN MEETING JESUS IN NEW AND FRESH WAYS ON THIS JOURNEY OF FAITH.

LENT COMES FROM AN ANCIENT WORD MEANING “SPRINGTIME” AND IT HAS BEEN A WELL-WORN PATH WALKED BY CHRISTIANS FOR CENTURIES AS A WAY TO CONNECT WITH JESUS. WE LOOK AT IT AS A WAY TO DO A LITTLE “SPRING CLEAN” IN OUR HEARTS AND OPEN OURSELVES TO THE SURPRISING WORK OF GOD. LENT IS FILLED WITH TIMES TO DRAW-BACK, SLOW DOWN, AND EVALUATE THINGS AS WE RECALL AND RE-ENTER THE LIFE OF JESUS BEFORE HIS DEATH AND RESURRECTION.

THE SEASON OF LENT BEGINS ON MARCH 1, 2017, ASH WEDNESDAY, AND CONTINUES FOR FORTY DAYS UNTIL WE REACH EASTER SUNDAY ON APRIL 16, 2017. WE DO NOT COUNT THE SUNDAYS DURING LENT AS A PART OF THIS FORTY-DAY JOURNEY BECAUSE EVERY SUNDAY MARKS THE RESURRECTION OF JESUS.

WE ENCOURAGE YOU TO JUMP IN AND JOIN US DURING THIS LENTEN JOURNEY AT WORD OF LIFE CHURCH AS WE ENGAGE IN FOUR SPIRITUAL PRACTICES: READ, PRAY, DENY, AND GIVE. THESE PRACTICES HELP US IDENTIFY WITH JESUS WHO WAS FULFILLING THE SCRIPTURE, PRAYING TO REMAIN IN SYNC WITH GOD, DENYING HIMSELF, AND GIVING TO THOSE IN NEED AROUND HIM.

LIFE IS FILLED WITH BUSYNESS, WORK, FRIENDS, PHONES, EMAILS, MEDIA, NEWS, BILLS, AND ANXIETY THAT PULLS US IN DIFFERENT DIRECTIONS. THE PRACTICES OF LENT ARE WAYS TO BREAK AWAY FROM THE THINGS THAT DRAIN US, SO WE CAN BE FILLED WITH THE LIFE OF GOD.



## HOW TO USE THIS DEVOTIONAL GUIDE

### **[CELEBRATE]**

EACH SUNDAY DURING LENT IS A MINI-CELEBRATION OF THE RESURRECTION OF JESUS. INVITE PEOPLE TO COME TO CHURCH WITH YOU AS TOGETHER WE ARE MEETING JESUS ON SUNDAY MORNINGS.

### **[READ]**

EACH DAY YOU WILL HAVE A SHORT PASSAGE TO READ, PRIMARILY FROM THE GOSPEL OF JOHN. AS YOU READ THESE SCRIPTURES PAY ATTENTION TO THE SURPRISING THINGS JESUS DOES AND SAYS.

### **[PRAY]**

YOU WILL BE GIVEN THE PRAYER FOR THE WEEK TO PRAY EACH WEEK DURING LENT. YOU ARE ALSO INVITED TO JOIN US IN THE UPPER ROOM AT NOON FOR PRAYER EVERY DAY (EXCEPT FOR SUNDAY) DURING LENT.

### **[DENY]**

EACH WEEK YOU WILL BE GIVEN OPPORTUNITIES TO PULL AWAY FROM CERTAIN ACTIVITIES TO REMIND YOURSELF OF OUR DEPENDENCE UPON GOD AS THE SOURCE OF LIFE. SELF-DENIAL IS AT THE HEART OF LENT.

### **[GIVE]**

EACH WEEK YOU WILL BE GIVEN OPPORTUNITIES TO GIVE TO OTHERS. SAYING NO TO OURSELVES IS AN OPPORTUNITY TO GIVE TO OTHER PEOPLE AS WE IMITATE JESUS WHO GIVES HIS LIFE TO US.

# **† WEEK 01 / MARCH 1 - 4 / ASH WEDNESDAY: MARCH 1**

## **WEDNESDAY**

### **[READ]**

LUKE 18:9-14

### **[PRAY]**

MOST MERCIFUL GOD, WE CONFESS THAT WE HAVE SINNED AGAINST YOU IN THOUGHT, WORD, AND DEED, BY WHAT WE HAVE DONE, AND BY WHAT WE HAVE LEFT UNDONE. WE HAVE NOT LOVED YOU WITH OUR WHOLE HEART; WE HAVE NOT LOVED OUR NEIGHBORS AS OURSELVES. WE ARE TRULY SORRY AND WE HUMBLY REPENT. FOR THE SAKE OF YOUR SON JESUS CHRIST, HAVE MERCY ON US AND FORGIVE US; THAT WE MAY DELIGHT IN YOUR WILL, AND WALK IN YOUR WAYS, TO THE GLORY OF YOUR NAME. AMEN.

## **THURSDAY - SATURDAY**

### **[READ]**

THURSDAY: JOHN 1:29-34

FRIDAY: JOHN 1:35-42

SATURDAY: JOHN 1:43-51

### **[PRAY]**

O GOD, WHO BEFORE THE PASSION OF YOUR ONLY-BEGOTTEN SON REVEALED HIS GLORY UPON THE HOLY MOUNTAIN: GRANT TO US THAT WE, BEHOLDING BY FAITH THE LIGHT OF HIS COUNTENANCE, MAY BE STRENGTHENED TO BEAR OUR CROSS, AND BE CHANGED INTO HIS LIKENESS FROM GLORY TO GLORY; THROUGH JESUS CHRIST OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

### **[DENY]**

SPEND AN EXTENDED AMOUNT OF TIME [10-60 MINUTES] EVERY DAY THIS WEEK BY YOURSELF, AWAY FROM OTHER PEOPLE.

### **[GIVE]**

REACH OUT TO FRIENDS OR NEIGHBORS YOU HAVE LOST CONTACT WITH. CALL, TEXT, EMAIL, OR MESSAGE THEM AND EXPRESS TO THEM WHAT THEIR FRIENDSHIP MEANS TO YOU.

# **† WEEK 2 / MARCH 5-11 / THE FIRST SUNDAY IN LENT: MARCH 5**

## **[CELEBRATE]**

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE ARE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

## **MONDAY - SATURDAY**

### **[READ]**

MONDAY: JOHN 2:1-12

TUESDAY: JOHN 2:13-22

WEDNESDAY: JOHN 2:23-3:15

THURSDAY: JOHN 3:16-21

FRIDAY: JOHN 3:22-36

SATURDAY: JOHN 4:1-26

### **[PRAY]**

ALMIGHTY GOD, WHOSE BLESSED SON WAS LED BY THE SPIRIT TO BE TEMPTED BY SATAN; COME QUICKLY TO HELP US WHO ARE ASSAULTED BY MANY TEMPTATIONS; AND, AS YOU KNOW THE WEAKNESSES OF EACH OF US, LET EACH ONE FIND YOU MIGHTY TO SAVE; THROUGH JESUS CHRIST YOUR SON OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, NOW AND FOR EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

### **[DENY]**

DENY YOURSELF ALL FLUIDS EXCEPT FOR WATER (OR COFFEE YOU BREW AT HOME) EACH DAY THIS WEEK. KEEP TRACK OF THE MONEY YOU WOULD HAVE SPENT ON SOFT DRINKS, COFFEE, TEA, ETC.

### **[GIVE]**

TAKE THE MONEY YOU SAVED THIS WEEK AND GIVE IT TO PROJECT 58. DEPOSIT IT IN ONE OF THE PROJECT 58 CONTAINERS IN THE BACK OF THE SANCTUARY OR GIVE TO PROJECT 58 ONLINE AT [WOLC.COM/GIVE](http://WOLC.COM/GIVE) OR BY USING THE WORD OF LIFE CHURCH MOBILE APP.

# † WEEK 3 / MARCH 12-18 / THE SECOND SUNDAY IN LENT: MARCH 12

## [CELEBRATE]

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

## MONDAY - SATURDAY

### [READ]

MONDAY: JOHN 4:27-42

TUESDAY: JOHN 4:43-54

WEDNESDAY: JOHN 5:1-18

THURSDAY: JOHN 5:19-29

FRIDAY: JOHN 5:30-47

SATURDAY: JOHN 7:1-13

### [PRAY]

O GOD, WHOSE GLORY IT IS ALWAYS TO HAVE MERCY: BE GRACIOUS TO ALL WHO HAVE GONE ASTRAY FROM YOUR WAYS, AND BRING THEM AGAIN WITH PENITENT HEARTS AND STEADFAST FAITH TO EMBRACE AND HOLD FAST THE UNCHANGEABLE TRUTH OF YOUR WORD, JESUS CHRIST YOUR SON; WHO WITH YOU AND THE HOLY SPIRIT LIVES AND REIGNS, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

### [DENY]

DRAW BACK FROM THE WORDS OF OTHERS. DENY YOURSELF ACCESS TO YOUR SOCIAL MEDIA ACCOUNTS OR TELEVISION NEWS THIS WEEK.

### [GIVE]

WRITE DOWN A BRIEF WORD OF ENCOURAGEMENT AND GIVE IT TO A NEIGHBOR OR SEND IT TO A FRIEND.

# † WEEK 4 / MARCH 19-25 / THE THIRD SUNDAY IN LENT: MARCH 19

## [CELEBRATE]

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE ARE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

## MONDAY - SATURDAY

### [READ]

MONDAY: JOHN 7:14-36

TUESDAY: JOHN 7:37-52

WEDNESDAY: JOHN 8:12-20

THURSDAY: JOHN 8:21-32

FRIDAY: JOHN 8:33-47

SATURDAY: JOHN 8:47-59

### [PRAY]

ALMIGHTY GOD, YOU KNOW THAT WE HAVE NO POWER IN OURSELVES TO HELP OURSELVES: KEEP US BOTH OUTWARDLY IN OUR BODIES AND INWARDLY IN OUR SOULS, THAT WE MAY BE DEFENDED FROM ALL ADVERSITIES WHICH MAY HAPPEN TO THE BODY, AND FROM ALL EVIL THOUGHTS WHICH MAY ASSAULT AND HURT THE SOUL; THROUGH JESUS CHRIST OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

### [DENY]

ONLY EAT FOOD YOU PREPARE AT HOME. DENY YOURSELF FAST-FOOD AND RESTAURANTS.

### [GIVE]

TAKE THE MONEY YOU SAVED THIS WEEK AND GIVE IT TO PROJECT 58. DEPOSIT IT IN ONE OF THE PROJECT 58 CONTAINERS IN THE BACK OF THE SANCTUARY OR GIVE TO PROJECT 58 ONLINE AT [WOLC.COM/GIVE](http://WOLC.COM/GIVE) OR BY USING THE WORD OF LIFE CHURCH MOBILE APP.

# **† WEEK 5 / MARCH 26-APRIL 1 / THE FOURTH SUNDAY IN LENT: MARCH 26**

## **[CELEBRATE]**

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE ARE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

## **MONDAY - SATURDAY**

### **[READ]**

MONDAY: JOHN 6:1-15

TUESDAY: JOHN 6:16-27

WEDNESDAY: JOHN 6:27-40

THURSDAY: JOHN 6:41-51

FRIDAY: JOHN 6:52-59

SATURDAY: JOHN 6:60-71

### **[PRAY]**

GRACIOUS FATHER, WHOSE BLESSED SON JESUS CHRIST CAME DOWN FROM HEAVEN TO BE THE TRUE BREAD WHICH GIVES LIFE TO THE WORLD: EVERMORE GIVE US THIS BREAD, THAT HE MAY LIVE IN US, AND WE IN HIM; WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, NOW AND FOR EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

### **[DENY]**

PURCHASE ONLY ESSENTIAL ITEMS THIS WEEK. DENY YOURSELF ALL ONLINE AND IN-STORE SHOPPING FOR UNNECESSARY ITEMS.

### **[GIVE]**

GO THROUGH YOUR CLOSET, ATTIC, JUNK DRAWERS, ETC. AND GATHER UP ITEMS YOU CAN DONATE TO THE HILLCREST THRIFT SHOPPE, LOCATED AT 4826 FREDERICK BLVD. HOURS FOR DELIVERING ITEMS: MONDAY-SATURDAY 10 A.M. - 4 P.M.



## **✝ WEEK 6 / APRIL 2-8 / THE FIFTH SUNDAY IN LENT: APRIL 2**

### **[CELEBRATE]**

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE ARE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

### **MONDAY - SATURDAY**

#### **[READ]**

MONDAY: JOHN 9:1-17

TUESDAY: JOHN 9:18-41

WEDNESDAY: JOHN 10:1-18

THURSDAY: JOHN 10:19-42

FRIDAY: JOHN 11:1-27

SATURDAY: JOHN 11:28-44

#### **[PRAY]**

ALMIGHTY GOD, YOU ALONE CAN BRING INTO ORDER THE UNRULY WILLS AND AFFECTIONS OF SINNERS: GRANT YOUR PEOPLE GRACE TO LOVE WHAT YOU COMMAND AND DESIRE WHAT YOU PROMISE; THAT, AMONG THE SWIFT AND VARIED CHANGES OF THE WORLD, OUR HEARTS MAY SURELY THERE BE FIXED WHERE TRUE JOYS ARE TO BE FOUND; THROUGH JESUS CHRIST OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, NOW AND FOR EVER. AMEN.

JOIN US FOR LENTEN MIDDAY PRAYER AT NOON IN THE UPPER ROOM EVERY DAY EXCEPT SUNDAY.

#### **[DENY]**

DENY YOURSELF ACCESS TO DIGITAL SCREENS (PHONES, TABLETS, COMPUTERS, LAPTOPS, TV), UNLESS NECESSARY FOR WORK, SCHOOL, AND ESSENTIAL COMMUNICATION PURPOSES.

#### **[GIVE]**

HAVE A FACE-TO-FACE CONVERSATION WITH FRIENDS OR FAMILY MEMBERS THIS WEEK DURING A MEAL.

# **✝ WEEK 7 / APRIL 9-15 / HOLY WEEK / PALM SUNDAY: APRIL 9**

## **[CELEBRATE]**

INVITE A FRIEND TO CHURCH AND JOIN US AT 10 A.M. AS WE ARE MEETING JESUS TOGETHER THROUGH SONG, PRAYER, SCRIPTURE, GIVING, AND COMMUNION.

## **MONDAY - WEDNESDAY**

### **[READ]**

MONDAY: JOHN 12:9-19

TUESDAY: JOHN 12:20-26

WEDNESDAY: JOHN 12:27-36

### **[PRAY]**

ALMIGHTY AND EVERLIVING GOD, IN YOUR TENDER LOVE FOR THE HUMAN RACE YOU SENT YOUR SON OUR SAVIOR JESUS CHRIST TO TAKE UPON HIM OUR NATURE, AND TO SUFFER DEATH UPON THE CROSS, GIVING US THE EXAMPLE OF HIS GREAT HUMILITY: MERCIFULLY GRANT THAT WE MAY WALK IN THE WAY OF HIS SUFFERING, AND ALSO SHARE IN HIS RESURRECTION; THROUGH JESUS CHRIST OUR LORD, WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR PRAYER IN THE UPPER ROOM DURING HOLY WEEK AT NOON OR 5:30 P.M..

### **[DENY]**

DON'T LIVE IN DENIAL ABOUT THOSE YOU HAVE WRONGED. CONTACT THEM AND ASK FOR FORGIVENESS.

### **[GIVE]**

OFFER FORGIVENESS TO THOSE WHO HAVE WRONGED YOU. CONTACT THOSE WHO HAVE WRONGED YOU AND EXTEND YOUR LOVE AND FORGIVENESS.

ADDITIONAL READINGS, PRAYERS, AND PRACTICES FOR THURSDAY, FRIDAY, AND SATURDAY ARE PROVIDED IN THE FOLLOWING PAGES.

## **+** WEEK 07 / MAUNDY THURSDAY: APRIL 13

### **[READ]**

JOHN 17:1-11

### **[PRAY]**

ALMIGHTY FATHER, WHOSE DEAR SON, ON THE NIGHT BEFORE HE SUFFERED, INSTITUTED THE SACRAMENT OF HIS BODY AND BLOOD: MERCIFULLY GRANT THAT WE MAY RECEIVE IT THANKFULLY IN REMEMBRANCE OF JESUS CHRIST OUR LORD, WHO IN THESE HOLY MYSTERIES GIVES US A PLEDGE OF ETERNAL LIFE; AND WHO NOW LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR A SPECIAL MAUNDY THURSDAY SERVICE IN THE UPPER ROOM AT NOON, 5:30, OR 7 P.M.

### **[DENY]**

FAST BREAKFAST AND LUNCH, EATING ONLY A SMALL MEAL AFTER ATTENDING ONE OF THE EVENING MAUNDY THURSDAY SERVICES IN THE UPPER ROOM.

### **[GIVE]**

INVITE AN UNLIKELY GUEST TO YOUR HOME OR TO A RESTAURANT FOR LUNCH OR DINNER SOMETIME NEXT WEEK.

## WEEK 07 / GOOD FRIDAY: APRIL 14

### **[READ]**

JOHN 13:36-38 & JOHN 19:38-42

### **[PRAY]**

ALMIGHTY GOD, WE PRAY YOU GRACIOUSLY TO BEHOLD THIS YOUR FAMILY, FOR WHOM OUR LORD JESUS CHRIST WAS WILLING TO BE BETRAYED, AND GIVEN INTO THE HANDS OF SINNERS, AND TO SUFFER DEATH UPON THE CROSS; WHO NOW LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR OUR GOOD FRIDAY SERVICE IN THE SANCTUARY AT 7 P.M.

### **[DENY]**

SKIP BREAKFAST, LUNCH, AND SUPPER TODAY IF YOU ARE PHYSICALLY ABLE.  
DRINK ONLY WATER.

### **[GIVE]**

GIVE YOURSELF FULLY TO REFLECT ON THE SORROW OF THE CROSS.

## WEEK 07 / HOLY SATURDAY: APRIL 15

### **[READ]**

ROMANS 8:1-11

### **[PRAY]**

O GOD, CREATOR OF HEAVEN AND EARTH: GRANT THAT, AS THE CRUCIFIED BODY OF YOUR DEAR SON WAS LAID IN THE TOMB AND RESTED ON THIS HOLY SABBATH, SO WE MAY AWAIT WITH HIM THE COMING OF THE THIRD DAY, AND RISE WITH HIM TO NEWNESS OF LIFE; WHO NOW LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT, ONE GOD, FOR EVER AND EVER. AMEN.

JOIN US FOR HOLY SATURDAY PRAYER IN THE UPPER ROOM AT NOON.

### **[DENY]**

EITHER EARLY IN THE MORNING OR AFTER SUNSET, FIND A PLACE WHERE YOU CAN SIT IN DARKNESS AS A REMINDER OF THE DARKNESS IN OUR WORLD.

### **[GIVE]**

REACH OUT TO A FRIEND OR NEIGHBOR AND INVITE THEM TO JOIN YOU FOR CHURCH TOMORROW. PANCAKES WILL BE SERVED IN THE MYC BEFORE CHURCH AND THERE WILL BE AN EASTER EGG HUNT FOR KIDS AFTER CHURCH. WORSHIP STARTS AT 10 A.M.

