

Daily Practices

First Week of Lent

DAY 1 // WEDNESDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Luke 4:1-4

1 And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness **2** for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. **3** The devil said to him, “If you are the Son of God, command this stone to become bread.” **4** And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’”

DEVOTIONAL: If Jesus was tempted by Satan, then we should expect to be tempted as well. As we begin the lenten season, it should not surprise you if you have inordinate desires for the things from which you are fasting. God wants to prove to you that he is more than enough for you, that he is all that you need. Fill in the blank with whatever you are fasting from: “I need God more than I need _____.”

REFLECTION: How is God speaking life into your soul and proving to be enough for you today?

PRAYER: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

DAY 2 // THURSDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Luke 4:5-8

5 And the devil took him up and showed him all the kingdoms of the world in a moment of time, **6** and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. **7** If you, then, will worship me, it will all be yours.” **8** And Jesus answered him, “It is written, “‘You shall worship the Lord your God, and him only shall you serve.’”

DEVOTIONAL: Jesus could have taken the easy way out. He could have succumbed to the temptation like Adam and Eve did, or like each of us do every day. But God had a different plan. God’s plan for Jesus was to show his authority through loving sacrifice. Jesus’ greatness came through enduring the cross, not through the easy way provided by the enemy. Your greatness is found in joining Jesus’s way of love and sacrifice.

RESPONSE: How are you tempted to find your identity in your own greatness rather than in Jesus’ way of love and sacrifice?

PRAYER: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

DAY 3 // FRIDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Luke 4:9-13

9 And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, **10** for it is written,

“‘He will command his angels concerning you, to guard you,’

11 and

“‘On their hands they will bear you up, lest you strike your foot against a stone.’”

12 And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” **13** And when the devil had ended every temptation, he departed from him until an opportune time.

DEVOTIONAL: Jesus was tempted during a weak and vulnerable moment of his life. When we come face to face with our own weakness and vulnerabilities, we can know that Jesus sympathizes with our weakness. He knows what it is like to face hunger, trial, and pain. When we find ourselves weak and vulnerable, we can turn to him for help and strength in our present time of need.

RESPONSE: To what do you usually turn when you face weakness and vulnerability? How is Jesus the rightful strength that you need in your present time of need?

PRAYER: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

DAY 4 // SATURDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Hebrews 2:17-18

17 Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. **18** For because he himself has suffered when tempted, he is able to help those who are being tempted.

DEVOTIONAL: Jesus was tempted and he withstood the temptation. He is the only person to ever completely say “no” to sin. Through the power of the Spirit, Jesus overcame. When you face temptation, you don’t have to face it alone. The same Spirit that empowered Jesus also empowers you. Through his help and guidance, you can overcome the temptations that come your way today.

RESPONSE: Take two minutes to respond to the scripture, devotional, or the Holy Spirit’s prompting. Respond by writing in a journal, by meditating, or by talking with God.

PRAYER: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

DAY 5 // MONDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Hebrews 4:14-16

14 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. **15** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **16** Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

DEVOTIONAL: Most people's first response after falling into sin is to heap shame on themselves. While there is a healthy guilt that should accompany sinful behavior, our sinful behavior just highlight the grace and mercy that we need from God. If you fall into sin, you can still approach the throne of grace with confidence because Jesus is your advocate, sympathizing with the weakness of your flesh.

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PRAYER: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."

DAY 6 // TUESDAY

SILENCE: Set a timer for two minutes. Sit in silence and bring your attention to the presence of God with you right now.

SCRIPTURE: Ephesians 3:14-19

14 For this reason I bow my knees before the Father, **15** from whom every family in heaven and on earth is named, **16** that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, **18** may have strength to comprehend with all the saints what is the breadth and length and height and depth, **19** and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

DEVOTIONAL: The God of the universe dwells within you. He is seeking to strengthen your inner being through the power of his love. Fasting highlights our need to be strengthened. Our flesh is weak. But rather than being thrown around by the cares of the world, Jesus wants to provide a firm stability on which we can rely. His love—speaking to our inner being—provides us with the rootedness and grounding that we need to experience life.

RESPONSE: Take two minutes to respond to the scripture, devotional, or the Holy Spirit's prompting. Respond by writing in a journal, by meditating, or by talking with God.

PRAYER: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”