

An Uncomplicated Lent Daily Devotions for Lent 2026



Available at <http://bit.ly/cssdevo>

- Digital version phone, tablet, or e-reader
- Links to a video version of the devotions
- Sign-up for a daily text or e-mail reminder
- Additional Uncomplicated Lent resources



INVITATION TO AN UNCOMPLICATED LENT

Life is... complicated. The church enters the season of Lent every year to intentionally let go of the things that are life-taking and focus on the relationships with God and other people that are life-giving.

From Ash Wednesday, Feb. 18 to Easter Sunday, Apr. 5,
we invite you to these practices to uncomplicate life...

Let Go: The Practice of Fasting

- **Think** about what sucks the life out of you and distracts from life-giving relationships and habits.
- **Focus on** compulsions rather than activities.
What's going on in you *behind* your bad habits?
- **Pray about it.** Discuss it with God and listen for God's nudging.
- **Make a S.M.A.R.T. goal to give up these compulsions during Lent:**
Specific, Measurable, Achievable, Relevant, Time-based.
If you're not familiar with this term, research it online.
- **Be accountable.** Create a visible reminder (your phone, fridge, etc.) and ask a companion to check in and annoyingly remind you.

Embrace God: The Practice of Prayer

- **Sunday morning worship** - Commit to attending throughout Lent.
- **Evening Prayer** - If available at your church, join this midweek reset.
- **Daily Devotional** - Set aside 10 minutes each day with this devotional.
- **Kids' Activity** - Do the 47 simple daily activities. Download the activity sheet at www.hosannatogther.org/cssdevo.

Engage People: The Practice of Charity

- **Connect every day** with those closest to you every day.
- **Gather once a week** with someone outside your household.
Eat, play, talk, or do all three. Keep it simple. Go out if that helps.
- **Send a note each week** to someone you haven't spoken to in a while.
- **Attend Lent soup suppers and study** if offered in your congregation.
- **Ask** people open ended questions, like
"What was life-giving for you today/this week?"

Learn more about these practices
at <http://bit.ly/cssdevo>



USING THIS DEVOTIONAL

Daily devotions are an easy way to spend time with God. Because they are guided, you don't have to decide what to do. You can simply be present and let the Holy Spirit lead you.

If you miss a day (or several) just pick up with today's devotion.

Rituals help clear our minds, open our hearts, and focus on the present. Consider following this 10-minute pattern each day:

A DAILY LITURGY FOR DEVOTION

1. Begin by marking this time with God.

Make the sign of the cross on your chest or forehead and saying, "Hello, God. I am here with you."

2. Get comfortable and take one minute to simply breathe.

Don't control your breath, just pay attention to it.

As you inhale, imagine inhaling the Holy Spirit and life itself.

As you exhale, imagine releasing your worries, anxieties, and lists. Allow your muscles to relax.

3. Reflect on what was life-giving and life-taking.

Review the events of the day (or previous day).

Without self-judgment, note what brought you joy and meaning, and what was exhausting and distracting.

4. Read the scripture. Pause and let it sink in. Reread it.

5. Meditate on the image and questions for 4-5 minutes.

Look closely at the image. What memories, thoughts, ideas, or questions come to you? Read the questions beside the image, then look back at it to see where else God leads you.

6. Close with prayer.

Pray the printed prayer. Add in your own thoughts where indicated. Take a deep breath, then say, "Amen."

7. Go about living!

WEDNESDAY, FEBRUARY 18

“By the sweat of your face you shall eat bread until you return to the ground, for out of it you were taken; you are dust, and to dust you shall return.” - Genesis 3:19



The prospect of our eventual death is not cheery. How does it make you feel to think about it?

If God made you from nothing before, what might God make you into next?

Mighty God, I am nothing without you. Yet for some reason, you have made something wonderful out of me. Please keep it up.

Your thoughts, questions, requests, or praise.

I pray all this trusting you. Amen.

THURSDAY, FEBRUARY 19

“For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.” - Ps. 139:13-14



What are some of the threads or characteristics God used to knit you together? What color might represent them?

What is fearful about the way that God made you? How about wonderful?

Knitting God, I thank you for creating me. When I dislike the patterns in my life, help me find the beauty you made in me. When I feel like I’m unraveling, stitch me back together. Your thoughts, questions, requests, or praise. Amen.

FRIDAY, FEBRUARY 20

“The Lord will keep your going out and your coming in from this time on and forevermore.” - Psalm 121:8



Where is God inviting you to slow down or simplify?

What small, safe place helps you pause long enough to notice God's presence?

How might you “come out” into the next day with more trust and less hurry?

Holy God, there is something tender in the way a small creature eases out from shelter, unhurried and unbothered. Teach me that not every holy moment requires effort or striving, that sometimes your invitation is to simply emerge, breathe, notice. Draw me into that gentle simplicity, and let my heart rest in the quiet assurance of your presence. Your thoughts, questions, requests, or praise. Amen.

SATURDAY, FEBRUARY 21

“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.” - Matthew 22:37-39



Which is harder, loving God or loving your neighbors? Why?

Why do you think God cares how you treat others, as long as you love God?

Dear God, I love you. Thank you for loving me when I don't love myself. Thank you for loving my neighbors when I don't love them. Your thoughts, questions, requests, or praise. Fill me heart, soul, and mind with your love in the next day. Amen.

SUNDAY, FEBRUARY 22

“When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” - Genesis 9:16



Do you ever wonder if God has given up on you? On humanity?

If God were to make a promise directly to you, what do you think God would promise you?

How might God go about fulfilling that promise?

Eternal God, have you given up on me? I know you say you never will. But I struggle to trust that sometimes. Your thoughts, questions, requests, or praise. Thank you for your promise and your faithfulness even when I don't recognize it. Amen.

MONDAY, FEBRUARY 23

“Your word is a light for my feet, a lamp on my path.”

- Psalm 119:105



A light at our feet shows what is around us, while a lamp on the path shows what is ahead for us. Why is it important to have both?

How does God's word show us both where we are and where we are going?

God of light and darkness, illumine our way as you reveal yourself within us. May our lives reflect your light and love, so that the paths we travel might lead us home to you.

Your thoughts, questions, requests, or praise.

In the light of your Word, Jesus Christ our Lord, we pray. Amen.

TUESDAY, FEBRUARY 24

“Make a joyful noise to the LORD, all the earth. Worship the LORD with gladness; come into God’s presence with singing. Know that the LORD is God.” - Psalm 100:1-3



What song best represents how you feel about God right now?

What do you do that is the most authentic and true form of praise you give to God?

O God, I pray that my words and actions give praise to you and honor you. When they don’t, put a new song in my mouth and in my limbs.

Your thoughts, questions, requests, or praise.

I look forward to the day when all creation can sing your praise in one sweet and harmonious song. Amen.

WEDNESDAY, FEBRUARY 25

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” - Matthew 11:28-30



What burdens are you carrying right now?

How many of these burdens are beyond your control, and how many of them are you choosing to carry?

What would rest for your soul look like?

God of Relief, I am weary and tired. Your thoughts, questions, requests, or praise. Help me learn from you. Help me let go of the burdens I don’t need to be carrying. And help me find rest. Amen.

THURSDAY, FEBRUARY 26

“Save me, O God, for the waters are come in unto my soul. I sink in deep mire there there is no standing; I come into deep waters, where the floods overflow me.” - Psalm 69:1-2



When great waves approach, do you fear drowning or do you get excited for dynamic surfing?

What inspires in you the awesomeness of God's creation more: a vast ocean, a huge mountain, or the endless stars of a clear night?

Lord, be the buoyancy that lifts me over my problems. Refresh me as you wash away the dirt of the past. Give me a firm footing and help me awe in your power that surrounds me. Your thoughts, questions, requests, or praise. Amen.

FRIDAY, FEBRUARY 27

“Since we are surrounded by so great a cloud of witnesses, let us lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith.” - Hebrews 12:1-2



What do you feel like when you are cruising through life?

What makes that possible?

What are the weights you need to lay aside today?

Almighty God, I have some serious baggage. Your thoughts, questions, requests, or praise. Help me let go of it, even if it's a little at a time. Help me get back up on my feet again. Help me feel free again. Amen.

SATURDAY, FEBRUARY 28

“Moses said, ‘If now I have found favor in your sight, O Lord, I pray, let the Lord go with us. Although this is a stiff-necked people, pardon our iniquity and our sin, and take us for your inheritance.’” - Exodus 34:9



When was the last time you were stiff-necked?

Does God appear stiff-necked and prickly to you?

What tenderness do you see in God?

Can you (and God) be both tough and tender?

All-knowing God, we can both be prickly sometimes. I regret that. I know I don't need to be prickly to be safe. So help me be tender, too, as you are. Your thoughts, questions, requests, or praise. Amen.

SUNDAY, MARCH 1

“For everything there is a season, and a time for every matter under heaven.” - Ecclesiastes 3:1



What small, fleeting moment in the past day invited you to slow down and pay attention?

Where do you sense a quiet beauty in your life that you often overlook?

How might the “lightness” of these moments help you release your weights?

Holy One, I'm reminded how fragile and beautiful each moment can be. Help me move through the next day without gripping so tightly, and to trust not everything needs weight or permanence to be holy. Help me rest in the gentle truth that you are near even in what seems fleeting. Your thoughts, questions, requests, or praise. Amen.

MONDAY, MARCH 2

**“I am weary with my crying; my throat is parched.
My eyes grow dim with waiting for my God.”**
- Psalms 69:3



What is leaving you feeling dried out and exhausted these days?

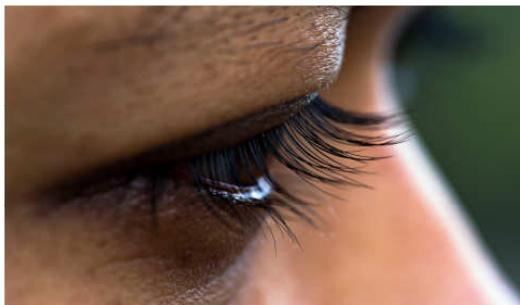
What do you wish God would get on with doing in your life or in the world?

What might God be doing about that?

Enduring God, sometimes I am just so dried up--so exhausted, so weary, so despairing. I yearn for your goodness to flood my life and this world again. Your thoughts, questions, requests, or praise. Hold me together in the meantime. Amen.

TUESDAY, MARCH 3

“Jesus said, ‘I came into this world for judgment so that those who do not see may see, and those who do see may become blind.’“ - John 9:39



How well are you seeing things these days?

What are your blindspots--those things that you keep missing?

What has God given you the gift to see that others struggle to see?

God of Wisdom, some of my blindspots I know, and some are yet hidden from me. I regret when others get hurt because I don't notice them. Your thoughts, questions, requests, or praise. God, widen my perspective and open my eyes to your goodness. Amen.

WEDNESDAY, MARCH 4

“O taste and see that the Lord is good: blessed is the one that trusts in the Lord.” - Psalm 34:8



Where have you recently “tasted” even a small hint of goodness in your life?

What sweetness—simple, ordinary, or unexpected—might you notice today?

How does receiving goodness, rather than striving for it, shape your understanding of this?

Gracious Lord, I’m reminded that your goodness often comes to me in small, varied, ordinary ways. Teach me to taste and see the quiet gifts you place in my path. Help me receive them without hesitation, trusting that you delight in giving good things.

Your thoughts, questions, requests, or praise. Let this day be flavored with gratitude and simple joy. Amen.

THURSDAY, MARCH 5

“But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. The Lord is not slow about his promise, as some think of slowness, but is patient with you.” - 2 Peter 3:8-9



What do you wish God would hurry up and do?

Why might God be taking time with that?

In what way is God being patient with us right now?

God, I’m impatient. I want what I want right now. Most of the things I want really are good. But help me be okay with the fact that there are things I don’t understand, including why things don’t happen the way I think they should. Your thoughts, questions, requests, or praise. I do trust you. Amen.

FRIDAY, MARCH 6

“Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.” And he took them up in his arms, laid his hands on them, and blessed them.” - Mark 10:15-16



Do you play anymore?
Why or why not?

What is there to gain
through playfulness?

How might play lead
you to experience God’s
goodness more fully?

God of Joy, help me not be so serious all of the time, so that I and those around me can experience true joy in the gifts you’ve given us.

Your thoughts, questions, requests, or praise. Amen.

SATURDAY, MARCH 7

**“The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures:
he leadeth me beside the still waters.” - Psalm 23:1-2**



What helps you feel
grounded and cared for in
this season of Lent?

Where might God be
gently leading you toward
rest, trust, or stillness?

How does the image of a
simple, unhurried sheep
invite you to unclutter part
of your life or spirit?

*Lord, teach my heart to trust. Loosen my grip on striving and hurry,
and steady me with your gentle presence. Watch over me, guide me,
and lead me to calm places and honest rest. ***Your thoughts,
questions, requests, or praise.*** Let this be a day when I live
from the safety and simplicity of your care. Amen.*

SUNDAY, MARCH 8

“When some were speaking about the temple, how it was adorned with beautiful stones, Jesus said, “As for these things that you see, the days will come when not one stone will be left upon another; all will be thrown down.” - Luke 21:5-6



When you think of the church, do you think of a building or a community of people?

What makes a place safe and sacred for you?

How can you create sacred and safe space for others?

God of Glory, thank you for the safe and sacred spaces that help me and others connect with you. Lead us not to get lost in them.

Your thoughts, questions, requests, or praise. Make me and the whole church a safe and sacred community for all people. Amen.

MONDAY, MARCH 9

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.” - Psalm 23:5-6



When have you recently stepped into something perfectly and surprisingly prepared just for you?

How might God have had a hand in that?

Were you able to enjoy it? Why or why not?

God of Grace, thank you for all you've done for me... For all the things you set in motion before I knew I needed them. For all the needs I never knew I had because you had already made sure I had what I needed. Your thoughts, questions, requests, or praise. Help me see your hand in all the good things to come for me. Amen.

TUESDAY, MARCH 10

**“I will sing to the Lord as long as I live;
I will sing praise to my God while I have being.” - Psalm 104:33**



What helps your life feel “in tune” with God’s presence?

Where do you sense quiet notes of gratitude or praise rising in you?

What practices help your spirit resonate with peace rather than noise?

*Gracious God, let my life become a steady, simple song of praise.
Teach me notes of gratitude and quiet joy. Tune my heart to what matters most, and let the unnecessary noise fall away.
Your thoughts, questions, requests, or praise.
Help me rest in the gentle music of your presence. Amen.*

WEDNESDAY, MARCH 11

“Jesus said, ‘Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.’”
- Matthew 5:16



What do you do that gives glory to God?

If someone watched you for the next day, when might they see you witness to a God worthy of praise?

What needs to be kindled inside you for it to happen?

*Light of the World, thank you for filling my eyes with your light, my heart with your warmth, and my soul with your joy.
Help me shine that light for others to see, not for my own sake, but that they might also know your goodness, love, and grace.
Your thoughts, questions, requests, or praise. Amen.*

THURSDAY, MARCH 12

“Go your way, eat the fat and drink sweet wine and send portions of them to those for whom nothing is prepared, for this day is holy to our LORD; and do not be grieved, for the joy of the LORD is your strength.” - Nehemiah 8:10



Are you jealous of others that seem carefree and having fun? Do you think they are always like that?

Do you feel you're allowed to have fun? To not be serious all the time?

What helps you let go, be free, and have fun?

God, I am often jealous of others who are happy and carefree. When it's safe to do so, help me cut loose, too. Your thoughts, questions, requests, or praise. God, I pray that you have fun, too. Amen.

FRIDAY, MARCH 13

“When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals that you care for them?” - Psalm 8:3-4



As you look at this night sky, what does it awaken in you—wonder, peace, humility, hope or joy?

When do you need to pause and remember that God is bigger than your worries?

What is God saying to you through the quiet and vastness of this scene?

Holy God, your faithfulness does not sleep. Beneath the vast sky, I grow still before you, reminded that I am both small and held at the same time. Your thoughts, questions, requests, or praise. Amen.

SATURDAY, MARCH 14

“...this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ.” - Philippians 3:13b-14



What part of your past—near or distant—do you find yourself glancing back at?

What do you need to release into God’s keeping in the day ahead?

How might you reach forth toward hope, healing, purpose, or the next faithful step before you?

God of Promise, I’m reminded that you are present in every direction—past, present, and the road still unfolding. Help me trust you with what lies behind and with what waits around the next bend.

Steady my steps as I go, and calm my spirit as I return.

Your thoughts, questions, requests, or praise.

Guide me with your quiet light today. Amen.

SUNDAY, MARCH 15

“Do not judge, so that you may not be judged.” - Matthew 7:1



When was the last time you judged someone else who missed the mark?

What did it feel like the last time you missed?

What do you usually need when you come up short?

*Um, God, I know I come up short a lot. It’s more often than I’d like, too. Help me acknowledge that I’m not alone. Help me cut others some slack, and not make them feel worse about themselves, too. **Your thoughts, questions, requests, or praise.** Thanks for helping me always and eventually find my way to where I belong. Amen.*

MONDAY, MARCH 16

“Looking up to heaven, Jesus sighed and said to the man who was deaf, ‘Ephphatha,’ that is, ‘Be opened.’” - Mark 7:34



What causes you to shut down and close up shop?

What do you need in those times to open back up?

When was the last time you were open to others?

Merciful God, life is overwhelming at times. You know I sometimes go into self-protection mode. I recognize that in those times I shut you and other people out of my life. I might still need this sometimes, but don't let me live like this at all times.
Your thoughts, questions, requests, or praise. Amen.

TUESDAY, MARCH 17

“As charcoal is to hot embers and wood to fire, so is a quarrelsome person for kindling strife.” - Proverbs 26:21



What “embers” within you—worries, old wounds, resentments—are too easily stirred into flame?

Where do you notice a tendency in yourself to fuel unnecessary conflict, even in small ways?

What helps you cool what is heated, settle what is agitated, or soothe

*God of Peace, cool the heat of old resentments within me. Loosen my grip on the grudges I've carried. Quiet the urges in me that spark quarrels or add fuel to what does not bring life. Teach me to pause before I speak, to listen with a softened heart, and to choose words that make peace instead of kindling strife. Shape my spirit with your gentleness. **Your thoughts, questions, requests, or praise.** Guide me toward the way of Christ. Amen.*

WEDNESDAY, MARCH 18

“Jesus cried out, ‘Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, ‘Out of the believer’s heart shall flow rivers of living water.’”

- John 7:37-38



What are you thirsty for?

Where or in what do you find your thirst quenched?

What are the sources of happiness that always leave you still thirsty?
Which are truly satisfying?

Fount of Living Water, I thirst. Your thoughts, questions, requests, or praise. Help me seek not temporary just relief for my cravings, but those things that are truly satisfying, live-giving, and lasting.

I want you to be a part of that. Amen.

THURSDAY, MARCH 19

“You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, so that my soul may praise you and not be silent. O Lord my God, I will give thanks to you forever.” - Psalm 30:11-12



When have you smiled during a sad time?

How is it possible to find joy in a sad time?

What does memory have to do with it? What does hope have to do with it?

Does your attitude make a difference?

Redeemer God, when I’m down, turn things around. When things are just going to be down for a while, help me find glimmers of goodness in the midst of it. Your thoughts, questions, requests, or praise. When I get in the way of my own happiness, help me see things in a different way. Amen.

FRIDAY, MARCH 20

“As a mother comforts her child, so I will comfort you.”

- Isaiah 66:12-13



What awakens tenderness in you? What does that reveal about what you love or fear losing?

Where do you feel the urge to protect, shield, or hold close? How might God be meeting you in that instinct?

What would it mean to trust that you are being held with the same care you long to offer others?

God of gentleness, you know the places in me that ache to protect, the fragile hopes I hold carefully, the lives and moments I carry with reverence. Your thoughts, questions, requests, or praise. Hold me in your mercy, that I may learn how to hold others with patience, compassion, and grace. Amen.

SATURDAY, MARCH 21

“Blessed are the meek, for they will inherit the earth.” - Matt. 5:5



When was the last time it felt like your world was turned upside down?

What super-powers (like sticky-bug-feet) has God given you to navigate those times?

What's it like to be blessed while being upside down?

God of the Lowly, life can get awfully crazy. I'm really glad you're with me in it. Thank you for not just caring about those who are loud and strong. Thank you for giving me what I need to navigate these times.

Your thoughts, questions, requests, or praise. Amen.

SUNDAY, MARCH 22

“You cannot serve God and wealth.” - Matthew 6:24



Where in your life do you notice money quietly shaping your decisions, worries, sense of worth?

What might it look like for money to become an act of worship rather than a source of control or fear?

What allegiances is God inviting you to examine—or loosen?

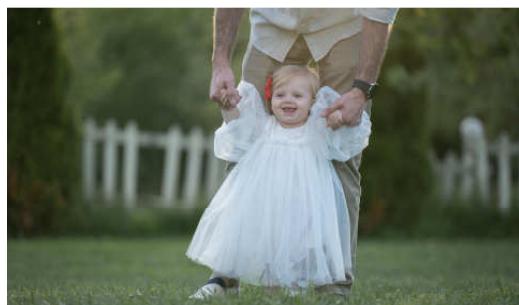
Faithful God, I confess that my heart is often divided. I want to serve you, yet I place my trust in what I can earn, save, or secure.

Teach me to live with open hands and a trusting heart, so that all I have—and all I am—may serve your purposes.

Your thoughts, questions, requests, or praise. Amen.

MONDAY, MARCH 23

“And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” - Hebrews 10:24-25



Who needs you to be there for them right now?

Who do you wish you spent more time with? What's holding you back?

What is your favorite way to provoke others to love and good things?

*Heavenly Father, thank you for the love you've shown me. I regret that I don't spend as much time with loved ones as I'd like. Help me avoid distraction and show up for them more often. **Your thoughts, questions, requests, or praise.** Hold me together, God. Amen.*

TUESDAY, MARCH 24

“When the goodness and loving kindness of our Savior appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit.” - Titus 3:4-5



What does daily repentance (not as shame, but as returning again to God's mercy) look like for you?

Where do you find yourself tempted to rely on effort or achievement?

What is God be cleaning or renewing in you?

*Merciful God, your goodness meets us not because we have earned it, but because your love is generous and free. You come to us with renewal we cannot create for ourselves. **Your thoughts, questions, requests, or praise.** Wash me again in your mercy, renew my heart by your Spirit, and shape my life as a response to your grace. Amen.*

WEDNESDAY, MARCH 25

“You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor’s eye.”

- Matthew 7:5



What are you not seeing in yourself?

What fears, insecurities or prejudices are getting in the way?

*Searching God, you know how easily my vision becomes distorted. Help me begin with honesty about myself, that I may learn to see more clearly and love more faithfully. **Your thoughts, questions, requests, or praise.** Fill this day with mercy and grace. Amen.*

THURSDAY, MARCH 26

“The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes.”
- John 3:8



Where in life is God inviting you to trust movement without full certainty?

What might it look like to follow the Spirit’s direction rather than your plans?

How are you learning to listen for God’s guidance instead of resisting it?

Holy Spirit, you move in ways I cannot control or predict. Teach me to trust your leading when the path feels uncertain. Your thoughts, requests, or praise. Carry me where you will, steady my heart in the movement, and help me follow with courage and faith. Amen.

FRIDAY, MARCH 27

“We are what God has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.”
- Ephesians 2:10



Image yourself as a wonderful dessert... What ingredients has God used to make you?

Who do you think takes delight in the good things God used to create you?

What is standing in the way of people enjoying God’s goodness in you?

Creating God, thank you for making me the way that I am. I pray that I might be a vessel of your goodness in this world, and that my best parts shine through. Your thoughts, questions, requests, or praise. God, I hope you take delight in me also. Amen.

SATURDAY, MARCH 28

“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.”” - Jeremiah 29:11



When has pain (physical or emotional) made it difficult to function?

Is it tempting to think God caused your pain (or was negligent in caring)?

How does God care for you when you are in pain?

What hopes and dreams might God have for you?

*Healer of our every ill, I’m sorry for the times I’ve blamed you for all the pain I felt. It was just so overwhelming. Thank you for loving me and being there for me no matter how I acted.
Your thoughts, questions, requests, or praise. Amen.*

SUNDAY, MARCH 29

“They took branches of palm trees and went out to meet him, shouting, ‘Hosanna! Blessed is the one who comes in the name of the Lord--the King of Israel!”” - John 12:13



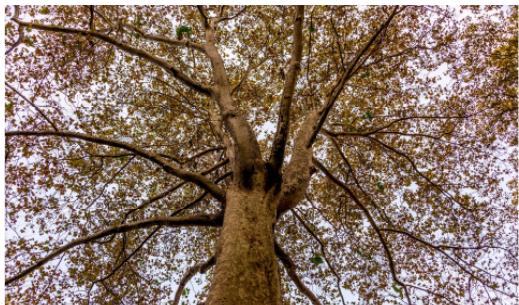
Have you ever been so full of praise that you shouted to God with joy?
Why or why not?

“Hosanna” is Hebrew for “Lord, save us.”
Why might we say this plea with joy?

*God of Glory, help me shake off my lethargy and feel passion again.
Give breath to my voice. Your thoughts, questions, requests, or praise. Lord, save me. And save our world.
I know you can do it! Amen.*

MONDAY, MARCH 30

“Blessed are those who trust in the LORD. They are like a tree planted by water, sending out roots by the stream. It does not fear when heat comes, and its leaves stay green; in drought it is not anxious, and it does not cease to bear fruit.” - Jeremiah 17:7-8



What thoughts or actions help you when you get stressed or anxious?

What is God doing when you are stressed?

Are you reaching towards God's life-giving help, or the other direction?

God of renewal, life gets really stressful at times and I know there's no avoiding it. I trust you know what stresses me out most. Nourish me in those times with what I need. Your thoughts, questions, requests, or praise. Thank you for keeping me alive. Amen.

TUESDAY, MARCH 31

“Learn from the fig tree: when the branch becomes tender and puts forth leaves, you know that summer is near. So also, when you see all these things, you know that the Son of Man is near, at the very gates.” - Matt. 24:32



What signs of growth are you overlooking because you're focused on what feels barren or unfinished?

Where is God inviting you to trust that new life is forming even before you can see fruit?

How is Lent teaching you to read the “leaves” of your life with attentiveness rather than anxiety?

God of seasons and signs, I confess that I often rush past the small beginnings you place before me. Your thoughts, questions, requests, or praise. When growth feels slow and the branch still bare, help me trust that you are near. Amen.

WEDNESDAY, APRIL 1

“I am the resurrection and the life. Those who believe in me, even though they die, will live.” - John 11:25–26 (selected)



What does it mean for you to face death with hope rather than fear?

How are you invited to trust God with what feels like an ending or letting go?

How does the promise of resurrection shape how you live, grieve, and love?

God of promise, you lift our eyes beyond what is ending, toward what you are bringing into being. Give me faith to trust your faithfulness and what you are preparing. Your thoughts, questions, requests, or praise. Ground me in the hope of your life-giving love so that I may live in the coming day with courage, purpose, and peace. Amen.

THURSDAY, APRIL 2

“Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry.’” - John 6:35a



What does it mean to you that Jesus chose something as ordinary as bread to carry such extraordinary love?

Where in your life do you hunger for healing, mercy, connection, or grace?

How might receiving Christ’s offered love—quietly, simply, without resistance—shape you?

Holy One, let the meaning of your offering settle gently into my spirit. Teach me to receive what you give with openness, humility, and gratitude. Feed the places in me that hunger for wholeness, and strengthen me with the love that never runs out. Your thoughts, questions, requests, or praise. Draw me deeper into the mystery of your self-giving love. Amen.

FRIDAY, APRIL 3

“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” - Matthew 25:40



How have you caused God pain by the way you've treated others?

Why, oh why, would Jesus endure this for us?
For you?

How does God's sacrificial love change the way you live and act?

God, I can't even begin to imagine what you went through for my sake. And I regret all the times that I've put you through it again and again as I've hurt my siblings of this world.

Your thoughts, questions, requests, or praise.
Change my heart, O God, and change our world, that you and no one else, need feel such pain anymore. Amen.

SATURDAY, APRIL 4

“Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it?” - Isaiah 43:18-19



Why is it so hard to believe that there is hope when things go wrong?

When was the last time you thought all hope was lost, only to be surprised by new life?

What are you struggling to have hope over right now?

*Dear Lord, I hold onto despair too much. ***Your thoughts, questions, requests, or praise.*** Help me remember the times you brought goodness to my despair, so that I might see signs of your goodness around me now and every day. Make me a hope-full person. Amen.*

SUNDAY, APRIL 5

“When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled: ‘Death has been swallowed up in victory.’ ‘Where, O death, is your victory? Where, O death, is your sting?’”
- 1 Corinthians 15:12, 20



Where do you see new life in the world where once there was death or destruction?

Where do you see new life in *yourself* where once there was death or destruction?

What might resurrection and new life look like for you in *this life*?

Great Redeemer, I know it might sound silly, but I’m glad that you rose from the dead. I know that I’m alive because of it. Wherever death and destruction still linger in me and in our world, bring new life. Your thoughts, questions, requests, or praise. Amen.



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