



# Lent 2026

40 Days of Reflection

# Entering Lent: A Season of Preparation

For those in the Northern hemisphere, in the depths of winter, when the skies are gray and the days are short, we find ourselves entering the longest and darkest season of preparation in the Christian calendar: the season of Lent.

These 6 weeks leading up to the celebration of Holy Week provide us with a unique opportunity in our often busy lives, a time to examine, fast, and pray. For those of us on a journey to soul health, Lent can be a particularly beneficial season.

While the earliest mention of Lent comes from the Council of Nicaea in the fourth century, it is likely that Christians had already been practicing forty-day fasts modeled after Jesus' time in the wilderness as told in the Gospels.

Designating an official fast that would lead all Christians through the season and up to Easter became a fixed point in the Christian calendar, one that hundreds of millions of Christians around the world now practice together every year.

Lent invites us into life-giving practices that heighten our anticipation of Holy Week and Easter, and can also shape who we are becoming. Each week, we will engage a different spiritual practice appropriate to this season: lament, prayer, fasting, solitude, giving, and silence.

We'll learn how these ancient practices draw us back to the person of Jesus.

May this Lenten season gently shape your inner life, bringing renewal, healing, and a deeper awareness of God's loving presence.

We look forward to walking this journey to the cross, and to the resurrection, alongside you.

Peace,

Team Soul Care

# What to expect for our upcoming Lenten rhythm:

## Daily you'll encounter:


- a text from Scripture
- reflection questions
- a simple conversation starter or “table question” that you can bring into community
- a song on Spotify/YouTube to conclude your reflective time. Here's our [Lenten Playlist on Spotify](#).

Though the actual days are more, Lent is considered “40 days,” because Sundays are traditionally set apart as “little Easters”—days of rest and celebration rather than fasting. We'll still email you daily from Ash Wednesday through Easter so you feel accompanied each day of the journey.

On Sundays, we'll lift our eyes, pausing from focused inner work to rest in Christ's presence. Monday through Saturday, we'll return to the week's practice and keep tending this rhythm together, trusting the Spirit to form us through it... one small step at a time.



[Receive Daily Lent](#)  
[Reflections Via Email](#)



# Week 1: *Lament*



## Lament

# Ash Wednesday – 02/18/26

***"Remember you are dust, and to dust you shall return."***

This solemn truth marks Ash Wednesday, inviting us to reflect on life's fleeting nature. Though not an easy reminder, it offers a powerful perspective, one that calls us to live with presence and intention. As you begin this Lenten journey, embrace each moment fully, letting this awareness of life's fleeting nature shape a meaningful and transformative season.

### **Read Genesis 3:19 (ESV):**

*"By the sweat of your face you shall eat bread,  
till you return to the ground, for out of it you were taken;  
for you are dust, and to dust you shall return."*

Write in your journal about any emotions and thoughts that arise as you reflect on the reality of your own mortality.

**Reflect:** Consider your experience with the loss of a loved one. How did their passing shape your life and perspective?

**Table Question:** What things in life tend to remind you that life is short?

[Here's](#) our Lenten Playlist on Spotify.

**Listen:** ["Ash Wednesday's Early Morn"](#) by Liturgical Folk,  
[Here is the song on YouTube.](#)

While listening, place your feet on the ground, notice your breath, and let the music anchor you in the sacredness of this present moment.

## *Lament*

# Thursday – 02/19/26

Lament is a deep expression of grief, sorrow, anger, or regret. It can be a passionate cry of mourning, a heartfelt complaint, or a plea for comfort and justice. In the Bible, lament is a prayerful expression - both individual and communal - of sorrow, bringing pain before God while seeking hope and healing. When practiced faithfully, lament becomes a life-giving rhythm that frees us to live honestly before God and opens our hearts to healing, wisdom, and renewed hope.

This week, you might consider writing a personal psalm of lament, following the rhythm and honesty of the Psalms. Begin by addressing God, then express your grief or complaint, using poetic language or metaphor to give voice to your pain. Offer a specific request to God, remember how God has acted faithfully in the past, and allow praise to emerge even from sorrow. Close by naming hope for the future—for yourself and for others—and share your lament with one or two trusted people.

### **Read: *Romans 14:8* (NIV)**

“If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.”

- How can we belong to the Lord in our death and in the way we think about death?

### **Reflect:**

What do you believe happens after death? How does your view of the afterlife shape the way you live today?

### **Table Question:**

What movie or TV series depicts life-after-death in a way you find interesting?

**Listen:** “All Creatures of Our God and King,” by Rain For Roots.

[Here](#) is the song on YouTube.

## *Lament*

# Friday – 02/20/26

Today, make room for honesty. Bring what hurts into God's presence without editing or rushing it. Lament gives language to pain and keeps us connected to God in the middle of it. As you pause today, notice what feels heavy, and let it become prayer.

### **Read: 2 Corinthians 5:6-8 (CEB)**

*"So we are always confident, because we know that while we are living in the body, we are away from our home with the Lord. We live by faith and not by sight. We are confident, and we would prefer to leave the body and to be at home with the Lord."*

### **Reflect:**

- How does living by faith rather than sight shape the way you navigate uncertainty and challenges in your life?
- In what ways does the hope of being "at home with the Lord" bring you comfort or change your perspective on daily living?
- Write about a time when faith, rather than what you could see or control, guided your decisions or brought you peace.

### **Table Question:**

What area of your life right now feels like you're living by faith, not sight?

**Listen:** Miserere Mei, Deus by Gregorio Allegri, The Choir of Trinity College.  
Here is the song on YouTube.

## *Lament*

# Saturday – 02/21/26

Lament is not a lack of faith—it is an act of trust. Naming grief, anger, or unanswered questions before God opens space for healing and hope. What rises within you today may be an invitation to turn toward God rather than away.

**Read:** ***Psalm 23:4 (NABRE).***

*“Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;  
your rod and your staff comfort me.”*

**Reflect:**

- What do you think about and feel when you hear the words, “the valley of the shadow of death”?
- When was a time in your life when you felt like you were going through the valley of the shadow of death?
- How did you sense God’s nearness to you at that time, if at all?

**Table Question:**

Where do you most need courage or comfort in your life these days?

**Listen:** “Dust We Are and Shall Return” by The Brilliance.

Here is the song on YouTube.

02/22/26

# First Sunday of Lent

## *Pt. 1*

*Today is a Sunday in Lent—a sacred pause.*

Sundays in Lent are a sacred pause, a time when we step back from fasting and the intensity of our Lenten disciplines. They remind us that even in a season of preparation, God calls us to rest and celebrate.

By setting aside Sundays as special, we honor both this weekly rhythm for our soul's health and simply enjoy Christ's presence. If Sunday doesn't offer you a typical day of rest, be sure to find a weekly time that does allow you to step back from the doing and simply enjoy God.

Make a commitment this Lent to observe a weekly sabbath. This practice offers a sacred pause for you to step away from your fasting, celebrate God's presence, and let your soul be refreshed.

**Read:** 1 Corinthians 15:53-55 (NIV)

*"For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory.'*

*'Where, O death, is your victory?  
Where, O death, is your sting?'"*

### **Reflect:**

- What have you noticed this week through the practice of lament?
- Have you ever experienced a loss or setback that was later transformed into a victory?
- How did that turnaround strengthen your faith?

02/22/26

# First Sunday of Lent

*Pt. 2*

**Table Question:**


When did you experience lament?

**Listen:**

"Beautiful Things," by Gungor.

Here is the song on YouTube.





# Week 2: *Prayer*

*Prayer*

# **Monday – 02/23/26**

*Pt. 1*

After yesterday's Sunday pause, we return to our practice for the week: Prayer.

Henri Nouwen reminds us in his classic book, *Reaching Out*, that “prayer is, first of all, listening to God.” Last week, we reflected on lament, acknowledging our own mortality and the many “little deaths” we experience throughout life.

Now, let's shift from lamenting to listening, opening our hearts to God through prayer. In this sacred rhythm, we cultivate our ability to pause, pay attention, and engage God's presence. Prayer becomes a life-giving practice, renewing our perspective and allowing God's Spirit to shape us from within.

This week, take a few minutes each day to intentionally practice listening prayer. Begin by pausing and taking a few slow, mindful breaths, allowing your body to relax and your mind to settle. Silently invite God into this moment, saying something like, “Speak, Lord, for your servant is listening.”

Rest in stillness, noticing any thoughts, feelings, or images that arise without judgment or the need to change them.

Gently bring your joys, sorrows, and longings before God, offering them into God's care. When you feel ready, close with a simple word of gratitude like, “Thank you”, and carry the sense of God's presence with you as you return to your day.

As we focus on prayer this week, may this intentional time of listening help you recognize and discern God's voice.

## *Prayer*

# Monday – 02/23/26

### *Pt. 2*

#### **Read: John 10:27-29 (NIV):**

*“My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand”*

#### **Reflect:**

Have you ever experienced hearing or feeling God’s guidance? (it is OK if you feel like you haven’t!) If so, what was that like for you? If not, what’s one area of your life where you would really like to hear God’s wisdom for your circumstance?

#### **Table Question:**

Describe a time when you may have sensed God’s voice. What happened?

#### **Listen:**

*“The House of God Forever,” by Jon Foreman.*

Here is the song on [YouTube](#).

## *Prayer*

# Tuesday – 02/24/26

Henri Nouwen reminds us in his classic book, *Reaching Out*, that “prayer is, first of all, listening to God.” Continue to practice intentional listening, opening your heart to God, and begin talking with God as well about whatever concerns you have today.

### **Read *Philippians 4:6-7* (NIV):**

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

### **Reflect:**

- What do you think it would feel like for God’s peace to guard your heart and mind?
- Where do you turn when you need a moment of calm or perspective?

**Table Question:** When and where do you most tend to feel God’s peace?

**Listen:** [“Oh the Deep, Deep Love of Jesus,” by Audrey Assad.](#)

Here is the song on [YouTube](#).

## *Prayer*

# Wednesday – 02/25/26

Henri Nouwen reminds us that “prayer is, first of all, listening to God.” Continue to practice intentional listening, opening your heart to God through prayer.

**Read: 1 John 5:14-15 (NIV):**

*“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”*

**Reflect:**

- How does knowing that God hears us in all we ask shape your understanding of prayer?
- Consider your personal history with prayer... what do you think about it, how do you practice it (if you do), and what is the role it plays in your life?

**Table question:** When have you felt truly heard or understood?

**Listen:** “Tis so Sweet to Trust in Jesus,” by Casting Crowns.

Here is the song on YouTube.

## *Prayer*

# Thursday – 02/26/26

Henri Nouwen reminds us that “prayer is, first of all, listening to God.” Continue to practice lament and intentional listening, opening your heart to God through prayer. Lent is a wonderful season to be watchful and grateful.

### **Read: Colossians 4:2 (MSG):**

*“Pray diligently. Stay alert, with your eyes wide open in gratitude. Don’t forget to pray for us, that God will open doors for telling the mystery of Christ, even while I’m locked up in this jail. Pray that every time I open my mouth I’ll be able to make Christ plain as day to them.”*

### **Reflect:**

- What are you thankful for today?
- What are you noticing with careful attention?

**Table question:** What is something you are watching and waiting for?

### **Listen:**

“Blessings,” by Laura Story.

Here is the song on YouTube.



## *Prayer*

# Friday – 02/27/26

Henri Nouwen reminds us that “prayer is, first of all, listening to God.” Continue to practice lament and intentional listening, opening your heart to God through prayer.

Hebrews encourages us to “approach God’s throne with confidence.”

**Read:** Hebrews 4:16 (NASB):

*“Therefore let’s approach the throne of grace with confidence, so that we may receive mercy and find grace for help at the time of our need.”*

**Reflect:**

- How do you usually approach prayer... with fear, doubt, concern, or skepticism?
- How does this invitation in Hebrews make you feel? How might it change the way you pray?
- How might you approach God’s throne with confidence today? Right now?

**Table Question:**

When have you needed confidence in talking with God about something?

**Listen:**

“Always Good,” by Andrew Peterson.

Here is the song on YouTube.

## Prayer

# Saturday – 02/28/26

Henri Nouwen reminds us that “prayer is, first of all, listening to God.” Continue to practice lament and intentional listening, opening your heart to God through prayer.

**Read:** Romans 8:26-27 (CEV):

*“In certain ways we are weak, but the Spirit is here to help us. For example, when we don't know what to pray for, the Spirit prays for us in ways that cannot be put into words. All of our thoughts are known to God. He can understand what is in the mind of the Spirit, as the Spirit prays for God's people.”*

**Reflect:**

- Write about a situation in your life where you're unsure how to pray.
- How does it feel to know that the Holy Spirit is interceding on your behalf?
- What is something about prayer that you find confusing or uncertain?

**Table Question:**

Where would some guidance, encouragement, or perspective make a difference for you right now?

**Listen:**

“You've Given Me Joy,” by You Me & the Bread.

Here is the song on YouTube.

03/01/26

# Second Sunday of Lent

## *Pt. 2*

Today is a Sunday in Lent—an intentional pause.

Sundays in Lent are a sacred pause, a time when we step back from fasting and the intensity of our Lenten disciplines. They remind us that even in a season of preparation, God calls us to rest and celebrate.

By setting aside Sundays as special, we honor both this weekly rhythm for our soul's health and simply enjoy Christ's presence. If Sunday doesn't offer you a typical day of rest, be sure to find a weekly time that does allow you to step back from the doing and simply enjoy God.

This Lent, make a weekly sabbath your time for a sacred pause... step back from your fasting, celebrate God's presence, and let your soul be refreshed.

**Read:** Psalm 126:4-6 (NIV)

*"And now, God, do it again—*

*bring rains to our drought-stricken lives*

*So those who planted their crops in despair*

*will shout "Yes!" at the harvest,*

*So those who went off with heavy hearts*

*will come home laughing, with armloads of blessing."*

**Reflect:**

- What have you noticed this week through the practice of prayer?
- In what areas of your life have you been planting crops in despair?
- Write about a time when you sowed in despair and can now see the goodness, even armloads of blessing, that have come from that season.

**Table Question:**


Where in your life do you most hope for restoration or renewal?

**Listen:**

"Psalm 126," by Bifrost Arts.

Here is the song on YouTube.

Tomorrow, we return to this week's practice: Fasting.



# Week 3: *Fasting*

## *Fasting*

# Monday 03/02/26

After yesterday's Sunday pause, we return to our practice for the week: Fasting.

In his book *Celebration of Discipline*, Richard Foster writes, "More than any other discipline, fasting reveals the things that control us."

This week in Lent, we're focusing on fasting as a rhythm that helps cultivate a soul deeply surrendered to God. Even if you didn't commit to fasting for the entire season, is there something you could give up just for this week... something that quietly holds sway over your life?

As we slow down and pay careful attention, let's take time to notice what influences us, surrender it to God, and open space for God's gentle work in shaping the affections of our hearts.

This week, choose one thing to set aside: pause from it mindfully, notice what it stirs in you, and consider it an invitation to return your awareness to God's presence with you.

**Read:** John 6:35 (NIV)

*Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."*

**Reflect:**

- What do you think about Jesus' claim? What do you truly hunger and thirst for, and how might Jesus fulfill those needs?
- If you've practiced fasting before, how has it gone for you in the past? How do you hope to experience God through fasting this week?

**Table question:** Where do you experience true fulfillment or satisfaction in your life?

**Listen:** "Fill Me Up" by Jesus Culture, Kim Walker-Smith.  
Here is the song on YouTube.

## *Fasting*

# Tuesday – 03/03/26

Richard Foster writes, “More than any other discipline, fasting reveals the things that control us.” This week in Lent, we’re focusing on fasting. Even if you didn’t commit to fasting for the entire season, is there something you could give up just for this week... something that might have a bit of control over your life?

As we slow down and pay careful attention, let’s take time to notice what influences us, surrender it to God, and open space for God’s gentle work in shaping our hearts and habits.

**Read:** Joel 2:12 (NIV):

*“Even now,” declares the Lord,  
“return to me with all your heart,  
with fasting and weeping and mourning.”*

**Reflect:**

- What would it mean for you to return to the Lord with all your heart?
- How might fasting help you reconnect with the Lord?

**Table question:** What has been your experience with the practice of fasting?

**Listen:** “Lent 3: Delight in the Lord,” by Liturgical Folk.

Here is the song on YouTube.



## *Fasting*

# Wednesday 03/04/26

Richard Foster writes, “More than any other discipline, fasting reveals the things that control us.” Keep fasting and noticing without judgment what things, relationships, or habits hold control over you. Let that noticing invite you afresh into surrender.

We often fast from things we clearly overindulge in, like dessert or alcohol. However, in today’s reading, Isaiah describes a different kind of fast.

**Read** Isaiah 58:6 (NIV):

*“Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?”*

**Reflect:**

- Why do you think the work of justice is a type of fast?
- If you have actively participated in that kind of fast, how did it impact you?

**Table Question:**

Where in the world, or in your own life, do you see injustice that needs to be undone?

**Listen:**

“Cold is the Night” by The Oh Hellos.

Here is the song on YouTube.

## *Fasting*

# **Thursday – 03/05/26**

### *Pt. 1*

Richard Foster writes, “More than any other discipline, fasting reveals the things that control us.” Keep fasting and reflecting deeply on what holds control over you and where you can surrender.

In the book of Jonah, as the Ninevites repented and fasted, they dramatically received God’s mercy and pardon. Even to such a degree that the prophet resents God’s attitudes and actions.

**Read:** Jonah 3 (MSG).

*“Next, God spoke to Jonah a second time: “Up on your feet and on your way to the big city of Nineveh! Preach to them. They’re in a bad way and I can’t ignore it any longer.”*

*This time Jonah started off straight for Nineveh, obeying God’s orders to the letter.*

*Nineveh was a big city, very big—it took three days to walk across it. Jonah entered the city, went one day’s walk and preached, “In forty days Nineveh will be smashed.”*

*The people of Nineveh listened, and trusted God. They proclaimed a citywide fast and dressed in burlap to show their repentance. Everyone did it—rich and poor, famous and obscure, leaders and followers...*

*...When the message reached the king of Nineveh, he got up off his throne, threw down his royal robes, dressed in burlap, and sat down in the dirt. Then he issued a public proclamation throughout Nineveh, authorized by him and his leaders: “Not one drop of water, not one bite of food for man, woman, or animal, including your herds and flocks! Dress them all, both people and animals, in burlap, and send up a cry for help to God. Everyone must turn around, turn back from an evil life and the violent ways that stain their hands. Who knows? Maybe God will turn around and change his mind about us, quit being angry with us and let us live!”*

*Fasting*

# Thursday – 03/05/26

## *Pt. 2*

*God saw what they had done, that they had turned away from their evil lives. He did change his mind about them. What he said he would do to them he didn't do."*

**Reflect:**

- How do you generally feel about the idea of mercy? Can you think of a recent time when you gave mercy to someone?
- How about a time when you received it?
- Are there any areas in your life right now where you need or are experiencing God's mercy?

**Table question:** Who are the people that you might find it hard to see God be merciful towards?

**Listen:** "He's Always Been Faithful," by Chelsea Moon & Uncle Daddy.  
Here's the song on YouTube.

## *Fasting*

# Friday – 03/06/26

Richard Foster writes, “More than any other discipline, fasting reveals the things that control us.” Keep fasting and reflecting deeply on what holds control over you and where you can surrender.

**Read:** Matthew 4:1-3 (MSG).

*“Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, which the Devil took advantage of in the first test: “Since you are God’s Son, speak the word that will turn these stones into loaves of bread.”*

**Reflect:**

- How might fasting and temptation be related to one another?
- Is there a temptation in your life where fasting could help you rely on the Lord for strength?

**Table Question:**

How do you typically respond to temptation?

**Listen:**

“Abide With Me,” by Jill Phillips.

Here is the song on YouTube.

## *Fasting*

# Saturday – 03/07/26

Richard Foster writes, “More than any other discipline, fasting reveals the things that control us.” Keep fasting and reflecting deeply on what holds control over you and where you can surrender.

Fasting can be a wonderful way to prepare to enter into a new season, experience, or opportunity in life.

**Read:** Acts 13:2-3 (MSG):

*“One day as they were worshiping God—they were also fasting as they waited for guidance—the Holy Spirit spoke: “Take Barnabas and Saul and commission them for the work I have called them to do.”*

*So they commissioned them. In that circle of intensity and obedience, of fasting and praying, they laid hands on their heads and sent them off.”*

**Reflect:**

- Is there some exciting possibility in your life that you could spend time in prayer and fasting about?

**Table question:** Where are you currently sensing a call to step into something new?

**Listen:** “This is My Father’s World,” by A New Liturgy.

Here is the song on YouTube.

## Third Sunday of Lent

Today is a Sunday in Lent—a sacred pause.

Sundays in Lent are a sacred pause, a time to step back from fasting and the intensity of our disciplines. They invite us to rest, celebrate God's presence, and draw closer to Him, honoring the rhythm of our souls. Make Sundays special this season: step back from your fast, embrace God's joy, and let your soul be refreshed.

**Read:** Psalm 109:24-26. (NLT)

*"My knees are weak from fasting,  
and I am skin and bones.  
I am a joke to people everywhere;  
when they see me, they shake their heads in scorn.  
Help me, O Lord my God!  
Save me because of your unfailing love."*

**Reflect:**

- What have you noticed this week through the practice of fasting?
- In what area of your life do you need God's help the most right now?

Perhaps you gave up on your fast or feel like you've failed at it. Don't beat yourself up about it! Now is a perfect time to take it up and try again, or to let it go and realize this wasn't the season for it. It might be helpful to write about your experience in a journal.

**Table question:** When have you found refreshment, hope, or clarity in the middle of a struggle?

**Listen:** "You Bring the Morning," by Andy Squyres.  
Here is the song on YouTube.

Tomorrow, we return to this week's practice: Solitude.





# Week 4: *Solitude*

## Solitude

# Monday – 03/09/26

After yesterday's Sunday pause, we return to our practice for the week: **Solitude.**

This week, as we reflect on Jesus' 40 days alone in the wilderness, we'll explore the power of solitude. Henri Nouwen describes solitude as "the furnace of transformation," an essential practice that opens us up to deep, foundational transformation. How might you set aside intentional time for solitude—even if just for a few hours—to pause, listen, and allow God's presence to renew and shape your inner life?

This week, carve out a quiet, unhurried time away from distractions... sit in stillness, breathe slowly, and simply be with God, allowing your heart to rest and your soul to be formed. In solitude, you're not simply alone. You're alone with God.

This is a short, simple statement, but it tells us so much about Jesus's personal rhythms.

**Read:** Luke 5:16 (NASB).

*"But Jesus Himself would often slip away to the wilderness and pray."*

### Reflect:

- Reread this single verse a few times and journal about which single word stands out to you. What does this verse say to you about the practice of solitude?
- If you have ever spent extended time on your own with God, away from people, what was that experience like for you? Hard? Easy? How do you sense the experience impacted you?

**Table question:** How do you make space for quiet or reflection in your life?

**Listen:** "Faith My Eyes," by Caedmon's Call.

Here is the song on YouTube.

## Solitude

# Tuesday – 03/10/26

This week, as we reflect on Jesus' 40 days alone in the wilderness, we'll explore the power of solitude. Henri Nouwen describes solitude as "the furnace of transformation."

Be sure to set aside some time for solitude this week, even if just for part of a day. It is vital to our soul's health to pull away from everything that otherwise drives us, and spend unstructured time with our gentle shepherd.

**Read:** Matthew 4:1-3 (MSG):

*"Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, which the Devil took advantage of in the first test: "Since you are God's Son, speak the word that will turn these stones into loaves of bread."*

**Reflect:**

- Write about ways in which you are tempted to try to provide for yourself instead of trusting in God's provision.
- How God has provided for you in the past when you thought a situation was hopeless or impossible.

**Table question:** Tell about a time when you were surprised by help, support, or resources when you thought things were impossible.

**Listen:** "House of Gold," by Patty Griffin.

Here is the song on YouTube.

## *Solitude*

# Wednesday – 03/11/26

Henri Nouwen describes solitude as “the furnace of transformation.” Continue to set aside time for solitude this week, to pause, listen, and allow God’s presence to renew and shape your inner life.

**Read:** Matthew 4:4 (MSG)

“Jesus answered by quoting Deuteronomy: “It takes more than bread to stay alive. It takes a steady stream of words from God’s mouth.”

**Reflect:**

- What do you envision when you read about “a steady stream of words from God’s mouth”?
- What helps you remember that your life is about more than the material world?

**Table question:** What helps you keep a sense of meaning or purpose in your daily life?

**Listen** to “Lord, I Need You,” by Matt Maher.

Here is the song on YouTube.

# MIDWAY CHECK-IN

**Hello friends! We're halfway through Lent—how is your soul doing?**

**Reflect:**

- What rhythms or practices have been most meaningful to you so far?
- What, if anything, feels different in your life as you've engaged this experience?

## Solitude

# Thursday – 03/12/26

Henri Nouwen describes solitude as “the furnace of transformation.” Continue to set aside time for solitude this week, to pause, listen, and allow God’s presence to renew and form your inner life.

**Read:** Matthew 4:5-6 (MSG):

*“For the second test the Devil took him to the Holy City. He sat him on top of the Temple and said, “Since you are God’s Son, jump.” The Devil goaded him by quoting Psalm 91: “He has placed you in the care of angels. They will catch you so that you won’t so much as stub your toe on a stone.””*

*In this passage, it seems like the Devil is testing Jesus’ belief and trust in God’s love for him. “You can find out if God loves you...” he seems to be saying. “Just jump and see if the angels will save you.”*

**Reflect:**

- When do you tend to doubt God’s love for you?
- What got you through that time?

**Table question:** How do you find reassurance and comfort when things feel really tough?

**Listen:** “O Rubor Sanguinis,” by Hildegard von Bingen.  
Here is the song on YouTube.

## Solitude

# Friday – 03/13/26

Henri Nouwen describes solitude as “the furnace of transformation.” Continue to set aside time for solitude this week, to pause, listen, and allow God’s presence to renew and form your inner life.

**Read:** Matthew 4:7 (MSG)

*“Jesus countered with another citation from Deuteronomy: “Don’t you dare test the Lord your God.”*

**Reflect:**

- What stands out to you in Jesus’ response?
- Why do you think the devil tried to tempt Jesus after he had been fasting and alone for 40 days? What can we learn from this?

**Table question:** What helps you make good choices when you’re under pressure or temptation?

**Listen:** “Goodness of God,” by Bethel Music.

Here is the song on YouTube.

## Solitude

# Saturday – 03/14/26

Henri Nouwen describes solitude as “the furnace of transformation.” Continue to set aside time for solitude this week, to pause, listen, and allow God’s presence to renew and form your inner life.

**Read:** Matthew 4:8-9 (MSG).

*“For the third test, the Devil took him to the peak of a huge mountain. He gestured expansively, pointing out all the earth’s kingdoms, how glorious they all were. Then he said, “They’re yours—lock, stock, and barrel. Just go down on your knees and worship me, and they’re yours.”*

**Reflect:**

- Where are you most tempted to try to rule your own life as a little kingdom that is completely under your control?
- Can you think of a time when resisting an easy option led to a better outcome?

**Table question:** What’s one area of your life where it would be freeing to give up control and trust God?

**Listen:** “Jireh” (feat. Chandler Moore & Naomi Raine), by Elevation Worship. Here is the song on YouTube.



03/15/26

## Fourth Sunday of Lent

Today is a Sunday in Lent—a sacred pause.

Sundays in Lent are a sacred pause, a time to step back from fasting and the intensity of our disciplines. They invite us to rest, celebrate God's presence, and draw closer to Him, honoring the rhythm of our souls.

Make Sundays special this season: step back from your fast, embrace God's joy, and let your soul be refreshed.

**Page:** Read [Matthew 4:10](#) (MSG).

*"Jesus' refusal was curt: 'Beat it, Satan!' He backed his rebuke with a third quotation from Deuteronomy: 'Worship the Lord your God, and only him. Serve him with absolute single-heartedness.'"*

### Reflect:

- What have you noticed this week through the practice of solitude?
- What things might you actually be worshiping in life, perhaps unintentionally? If you're not sure, think about what you spend your money, your worrying, or your time on.
- Why do you suppose this was the statement ("Worship the Lord your God, and only him") that caused the devil to finally leave Jesus?

### Table Question:

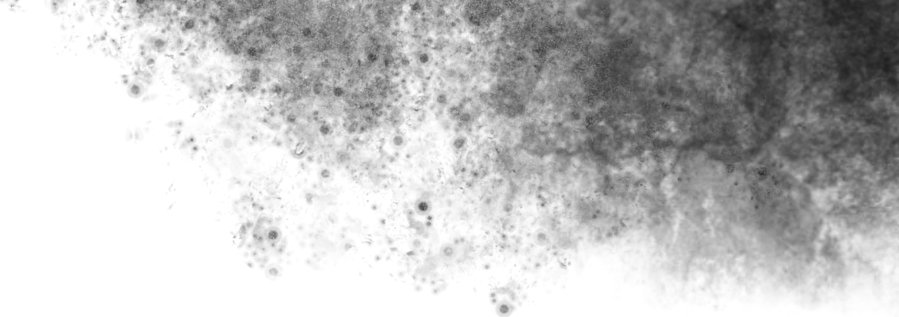
Have you ever faced a situation that tested your values? How did you respond?

### Listen:

["Do Not Worry," by Rain for Roots, Ellie Holcomb.](#)

Here is the song on [YouTube](#).

Tomorrow, we return to this week's practice: Giving.



# Week 5: *Giving*

# Giving

## Monday – 03/16/26

After yesterday's Sunday pause, we return to our practice for the week: **Giving.**

Historically, generosity has been a cornerstone of the Lenten season, with Christians making a special effort to support those in need. Eugene Peterson paraphrased Proverbs 11:25 as, "The world of the generous grows larger and larger." (MSG)

As we enter our fifth week together, let us reflect on how generosity can become or remain a priority in our lives... a practice that opens our hearts, opens our hands, and expands the space where God's love can flow through us.

This week, offer some deliberate acts of generosity—whether your time, resources, or kindness—and notice how giving shapes your heart and deepens your connection with God and others.

**Read:** 1 John 3:16-18. (MSG)

*"This is how we've come to understand and experience love: Christ sacrificed his life for us. This is why we ought to live sacrificially for our fellow believers, and not just be out for ourselves. If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love? It disappears. And you made it disappear. My dear children, let's not just talk about love; let's practice real love."*

### **Reflect:**

- What does the phrase, "we ought to live sacrificially for our fellow believers," mean to you?
- Has someone in your life sacrificed to support you or serve you in some way?
- Or have you witnessed such selflessness in the world? Reflect on how this has influenced you.

**Table question:** Who has shown you unexpected kindness recently?

**Listen:** "Be Still," by Simon Wester.

Here is the song on YouTube.

## *Giving*

# Tuesday – 03/17/26

Continue reflecting on how generosity can become a sacred rhythm in your life... an intentional practice that opens your heart, opens your hands, and expands the space where God's love can flow through you.

**Read:** Matthew 6:19-21 (MSG).

*"Don't hoard treasure down here where it gets eaten by moths and corroded by rust or—worse!—stolen by burglars. Stockpile treasure in heaven, where it's safe from moth and rust and burglars. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being."*

**Reflect:**

- What do you value most, and what does it reveal about your heart?
- How will what you treasure impact the choices you make today?

**Table Question:**

What do you value most in life, and why?

**Listen:**

"40," by U2.

Here is the song on YouTube.

## *Giving*

# Wednesday – 03/18/26

Continue reflecting on how generosity can become a sacred rhythm in your life... an intentional practice that opens your heart, opens your hands, and expands the space where God's love can flow through you.

**Read:** Matthew 6:1-4 (MSG).

*"Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding. When you do something for someone else, don't call attention to yourself..."*

### **Reflect:**

- How do you feel when you give in secret compared to when your generosity is acknowledged?
- How might you incorporate secret giving into the remaining weeks of Lent?

### **Table Question:**

When have you helped someone in a small way that made a difference?

### **Listen:**

"The Sound of Spirit," by Los Angeles Master Chorale.

Here is the song on YouTube.

## Giving

# Thursday – 03/19/26

Continue reflecting on how generosity can become a sacred rhythm in your life... an intentional practice that opens your heart, opens your hands, and expands the space where God's love can flow through you.

**Read:** 2 Corinthians 8:7 (NIV)

*"But since you excel in everything—in faith, in speech, in knowledge, in complete earnestness and in the love we have kindled in you—see that you also excel in this grace of giving."*

### **Reflect:**

- Have you ever thought of giving as something you can excel in? What would your life look like if you excelled in giving?
- Who do you know that excels at giving? What fruit have you seen in their life because of this?

### **Table Question:**

Where do you focus your energy or attention, and what does that tell you about what matters to you?

### **Listen:**

"May You Find a Light," by Josh Garrels.

Here is the song on YouTube.

## Giving

# Friday – 03/20/26

Continue reflecting on how generosity can become a sacred rhythm in your life... an intentional practice that opens your heart, opens your hands, and expands the space where God's love can flow through you.

**Read:** Mark 12:41-44 (NIV)

*"Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents."*

*"Calling his disciples to him, Jesus said, 'Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.'"*

Here, Jesus talks about giving out of our wealth versus giving out of our poverty.

### **Reflect:**

- Can you think of ways you give out of your wealth? Ways you give out of your poverty?
- How might, or does, living a generous life change your way of viewing the world?

### **Table Question:**

When has someone's generosity made a difference in your life?

### **Listen:**

"For All That You Have Done," by Rend Collective.

Here is the song on YouTube.

## Giving

# Saturday – 03/21/26

Continue reflecting on how generosity can become a sacred rhythm in your life... an intentional practice that opens your heart, opens your hands, and expands the space where God's love can flow through you.

**Read:** Luke 6:38, 43-45 (TPT)

*"Give generously and generous gifts will be given back to you, shaken down to make room for more. Abundant gifts will pour out upon you with such an overflowing measure that it will run over the top! The measurement of your generosity becomes the measurement of your return."*

**Reflect:**

- How do you measure your generosity when you give? In other words, how generous are you? Imagine if you could only receive as much as you give... would your life be abundant because of your generosity, or would you struggle due to giving little?
- How would you like to practice generosity in your life?

**Table question:** How do you decide when and how to help someone?

**Listen:** "Song Of My Father," by Urban Rescue.

Here is the song on YouTube.



03/22/26

## Fifth Sunday of Lent

Today is a Sunday in Lent—a sacred pause.

Sundays in Lent are a gift... a pause to rest, notice God's presence, and breathe. Let today refresh your soul and renew your heart for the journey ahead.

**Read:** [1 Timothy 6:17-19](#) (MSG)

*"Tell those rich in this world's wealth to quit being so full of themselves and so obsessed with money, which is here today and gone tomorrow. Tell them to go after God, who piles on all the riches we could ever manage—to do good, to be rich in helping others, to be extravagantly generous. If they do that, they'll build a treasury that will last, gaining life that is truly life."*

**Reflect:**

- What have you noticed this week through the practice of giving?
- In what ways do you put your hope in material things or wealth?
- How are you being invited to more fully place hope in God?

**Table Question:**

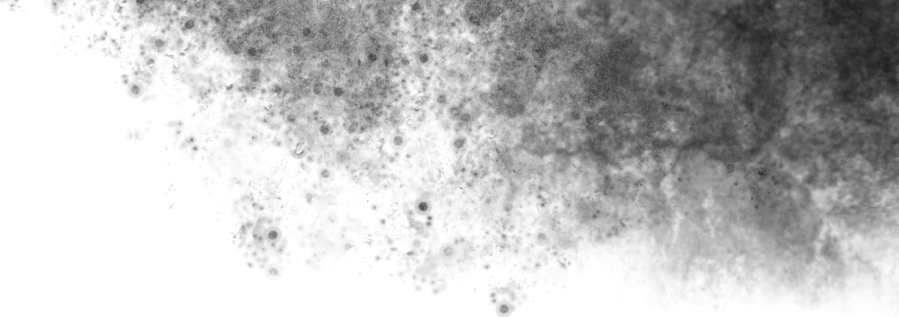
How does giving time, attention, or resources make life feel richer?

**Listen:**

["Hope," by The Brilliance.](#)

[Here is the song on YouTube.](#)

Tomorrow, we return to this week's practice: Silence.



# Week 6: *Silence*

## Silence

# Monday – 03/23/26

After yesterday's Sunday pause, we return to our practice for the week: **Silence.**

Richard Foster writes, "One reason we can hardly bear to remain silent is that it makes us feel so helpless" (Celebration of Discipline). This week, take two minutes of intentional silence before or after reading the selection, allowing yourself to simply be present with God. Notice how your body and mind respond in the stillness, and lean into the gentle rhythm of deep quiet.

**Read:** Psalm 62:5, TPT

*"I am standing in absolute stillness, silent before the one I love, waiting as long as it takes for him to rescue me. Only God is my Savior, and he will not fail me."*

### Reflect:

- What is something you're waiting for? As you reflect, intentionally place your hope in the Lord, trusting His timing and guidance.
- When was a time when you felt truly hopeful? What supported that sense of pervasive hope?

**Table question:** How does spending a few minutes in silence affect your mood or perspective?

### Listen:

"We Shall All Be Reunited," by Patti Griffin.

Here is the song on YouTube.

## Silence

# Tuesday – 03/24/26

Continue to notice how your body and mind respond to moments of silence throughout the week.

**Read:** Ecclesiastes 3:1-8 (NIV)

*“There is a time for everything,  
and a season for every activity under the heavens:  
a time to be born and a time to die,  
a time to plant and a time to uproot,  
a time to kill and a time to heal,  
a time to tear down and a time to build,  
a time to weep and a time to laugh,  
a time to mourn and a time to dance,  
a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain from embracing,  
a time to search and a time to give up,  
a time to keep and a time to throw away,  
a time to tear and a time to mend,  
a time to be silent and a time to speak,  
a time to love and a time to hate,  
a time for war and a time for peace.”*

**Reflect:**

- What are your general thoughts about silence? Do you see it as primarily positive or negative? Comfortable or awkward?
- Consider the times in your life when you are/were silent. Why were you silent? What purpose did it serve?

**Table Question:** Which season of life do you feel you’re in right now?

**Listen:**

“How Can I Keep From Singing,” by Audrey Assad.

Here is the song on YouTube.

## Silence

# Wednesday – 03/25/26

Continue to notice how your body and mind respond to moments of silence throughout the week.

**Read:** Isaiah 30:15 (ESV)

*“For thus said the Lord GOD, the Holy One of Israel, “In returning and rest you shall be saved; in quietness and in trust shall be your strength.”*

**Reflect:**

- How can quietness and trust be a strength?
- How could these things be a strength in your current situation?

**Table Question:**

How do you notice the right timing for different things in your life?

**Listen:**

“Give Us the Wings of Faith,” by James Whitbourn.

Here is the song on YouTube.

## *Silence*

# Thursday – 03/26/26

Continue to notice how your body and mind respond to moments of silence throughout the week.

**Read:** Psalm 37:7 (MSG):

*Quiet down before God,*

*be prayerful before him.*

*Don't bother with those who climb the ladder,*

*who elbow their way to the top.*

**Reflect:**

- What situations or feelings tend to make you talk more than necessary?
- When do you notice that you've said more than was needed?
- If you're usually quiet, when have you wished you had spoken up instead?

**Table question:** Where do you notice stillness or rest making a difference in your day-to-day life?

**Listen:** "Even in the Silence," by Novum Collective.

Here is the song on YouTube.

## Silence

# Friday 03/27/26

Continue to notice how your body and mind respond to moments of silence throughout the week.

**Read:** James 1:19 (MSG) Read this verse three or four times.

*“Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God’s righteousness doesn’t grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life.”*

**Reflect:**

- Which word stands out to you from this reading? Take a moment to journal about that word and why it caught your attention.
- Why do you think James groups together listening, talking, and anger? How are these three interrelated?

**Table question:** Tell about a time when listening carefully changed the outcome of a conversation.

**Listen:** “Always Loved,” by Simon Wester.

Here is the song on YouTube.

## Silence

# Saturday – 03/28/26

Continue to notice how your body and mind respond to moments of silence throughout the week.

**Read:** John 12:1-8 (NIV):

This story takes place about one week before Easter, about where we are in our Lenten journey. Envision this scene from one of the characters' point of view: Jesus, Martha, Mary, or Judas.

*"Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.*

*But one of his disciples, Judas Iscariot, who was later to betray him, objected, "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.*

*"Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. You will always have the poor among you, but you will not always have me."*

**Reflect:**

- What are you seeing? Noticing? Thinking?
- Which character in the story do you resonate with the most? Why?

**Table question:** When was a time when something in your life ended, and then unexpectedly something new began?

**Listen:** "The Blessing," by Kari Jobe.

Here is the song on YouTube.





# Week 7: *Holy Week*

03/29/26

# Sixth Sunday of Lent

*Pt. 1*

Today marks the beginning of Holy Week.

Together, we have journeyed through Lent toward Holy Week. This week, take time to enter each story slowly and attentively. Walk alongside those who lived it, noticing the small details, the emotions, and the movements of God at work.

Let God's unhurried Presence guide you through the triumphs, the tension, and the sorrow, opening your heart to the full depth of Christ's journey to the cross and beyond.

**Read:** John 12:12-16 (MSG). Imagine you are in the place of the disciples.

*"The next day the huge crowd that had arrived for the Feast heard that Jesus was entering Jerusalem. They broke off palm branches and went out to meet him. And they cheered: Hosanna! Blessed is he who comes in God's name! Yes! The King of Israel!"*

*Jesus got a young donkey and rode it, just as the Scripture has it:*

*No fear, Daughter Zion:*

*See how your king comes,  
riding a donkey's colt.*

*The disciples didn't notice the fulfillment of many Scriptures at the time, but after Jesus was glorified, they remembered that what was written about him matched what was done to him."*

03/29/26

# Sixth Sunday of Lent

*Pt. 2*

**Reflect:**

- What have you noticed this week through the practice of silence?
- How does it feel to finally see people worshiping Jesus?
- What is going through your mind? What are you expecting will happen during the coming Passover feast?

**Table question:** When have you felt strongly that something needed to change?

**Listen:** "Is He Worthy," by Andrew Peterson.

Here is the song on YouTube.

Tomorrow, we return to our final focus on Holy Week and the practice of engaging immersively in Jesus' experiences this week.

## *Holy Week*

# Monday – 03/30/26

After yesterday's Sunday pause, we return to our focus for the week: Holy Week.

This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

**Read:** John 12:24-26 (NLT):

*"I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives. Those who love their life in this world will lose it. Those who care nothing for their life in this world will keep it for eternity. Anyone who wants to serve me must follow me, because my servants must be where I am. And the Father will honor anyone who serves me."*

**Reflect:**

- How do you feel, realizing that it is only through death that seeds can live?
- What might "dying" to your own desires or comfort look like in your life, and how could embracing this kind of surrender allow new life or growth to emerge?
- How have you seen things that died in your own life lead to a harvest?

**Table question:** Which of your friends or family members has seen a "plentiful harvest" come from extreme loss?

**Listen:** "It is Well With My Soul," by The Innocence Mission.

Here is the song on YouTube.

## *Holy Week*

# **Tuesday – 03/31/26**

This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

**Read:** John 12:34-36a. (MSG):

*“Voices from the crowd answered, “We heard from God’s Law that the Messiah lasts forever. How can it be necessary, as you put it, that the Son of Man ‘be lifted up’? Who is this ‘Son of Man’?”*

*Jesus said, “For a brief time still, the light is among you. Walk by the light you have so darkness doesn’t destroy you. If you walk in darkness, you don’t know where you’re going. As you have the light, believe in the light. Then the light will be within you, and shining through your lives. You’ll be children of light.”*

**Reflect:**

- How does even a small light change the way we see a situation?
- How might you “walk by the light you have” in your own life—paying attention to the moments of clarity, guidance, or insight before they fade; allowing them to shape your choices?

**Table question:** Who has given you light to see something in a new way?

**Listen:** “Morning Has Broken,” by Cat Stevens.

‘Here is the song on YouTube.

## Holy Week

# Wednesday – 04/01/26

This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

Much of Lent is somber, a kind of reliving of Jesus' arrest, death, and crucifixion. But let's also remember, Jesus says our grief will turn to joy.

**Read:** John 16:20-22 (NIV):

*"Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."*

**Reflect:**

- What have you grieved over recently?
- When have you experienced a grief that turned to joy?

**Table question:** Has there been a moment in life when joy and sadness were mixed together for you?

**Listen:** "Learning How to Die," by Jon Foreman.

Here is the song on YouTube.

## Holy Week

# Maundy Thursday – 04/02/26

This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

If possible, attend a Maundy Thursday foot washing service today, or create an opportunity to do this with some trusted friends.

**Read:** John 13:5-9 (MSG)

*“Jesus knew that the Father had put him in complete charge of everything, that he came from God and was on his way back to God. So he got up from the supper table, set aside his robe, and put on an apron. Then he poured water into a basin and began to wash the feet of the disciples, drying them with his apron. When he got to Simon Peter, Peter said, “Master, you wash my feet?”*

*Jesus answered, “You don’t understand now what I’m doing, but it will be clear enough to you later.”*

*Peter persisted, “You’re not going to wash my feet—ever!”*

*Jesus said, “If I don’t wash you, you can’t be part of what I’m doing.”*

*“Master!” said Peter. “Not only my feet, then. Wash my hands! Wash my head!”*

**Reflect:**

- Has anyone ever washed your feet? How did it feel (physically, emotionally)?
- How do you imagine it would feel to have Jesus wash your feet?
- If you participate in a foot washing service today, what about it, if anything, makes you feel uncomfortable?

**Table question:** Who has helped you when you needed it most?

**Listen:** “Maundy Thursday: Washer of Feet” by Liturgical Folk.

Here is the song on YouTube.

## Holy Week

# Good Friday – 04/03/26

### Pt. 1

This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

Read today's selection three times.

**Read:** Luke 23:33-46 (MSG):

*"When they got to the place called Skull Hill, they crucified him, along with the criminals, one on his right, the other on his left.*

*Jesus prayed, "Father, forgive them; they don't know what they're doing."*

*Dividing up his clothes, they threw dice for them. The people stood there staring at Jesus, and the ringleaders made faces, taunting, "He saved others. Let's see him save himself! The Messiah of God—ha! The Chosen—ha!"*

*The soldiers also came up and poked fun at him, making a game of it. They toasted him with sour wine: "So you're King of the Jews! Save yourself!"*

*Printed over him was a sign: THIS IS THE KING OF THE JEWS..*

*One of the criminals hanging alongside cursed him: "Some Messiah you are! Save yourself! Save us!"*



*Holy Week*

# **Good Friday – 04/03/26**

*Pt. 2*



*“But the other one made him shut up: “Have you no fear of God? You’re getting the same as him. We deserve this, but not him—he did nothing to deserve this.”*

*Then he said, “Jesus, remember me when you enter your kingdom.”*

*He said, “Don’t worry, I will. Today you will join me in paradise.”*

*By now it was noon. The whole earth became dark, the darkness lasting three hours—a total blackout. The Temple curtain split right down the middle. Jesus called loudly, “Father, I place my life in your hands!” Then he breathed his last.”*

**Reflect:**

- What word or phrase remains in your mind?
- Why do you think this stood out to you?
- What do you want to say to Jesus right now?

**Table question:** What does Good Friday mean to you?

**Listen:** [“In monte Oliveti, IGM 4,” by Giovanni Battista Martini.](#)

Here is the song on [YouTube](#).

## Holy Week

# Holy Saturday – 04/04/26



This week, reflect on the practices and readings that have been most meaningful to you on this journey. As you journey through Holy Week, try to be aware of all that is at stake in the stories that take place, and put yourself in the shoes of those who are living through these stories.

In this passage, Jesus has died and is laid in the tomb—the deepest, quietest shadow of Lent.

**Read:** Matthew 27:57-60 (MSG)

*“Late in the afternoon a wealthy man from Arimathea, a disciple of Jesus, arrived. His name was Joseph. He went to Pilate and asked for Jesus’ body. Pilate granted his request. Joseph took the body and wrapped it in clean linens, put it in his own tomb, a new tomb only recently cut into the rock, and rolled a large stone across the entrance. Then he went off. But Mary Magdalene and the other Mary stayed, sitting in plain view of the tomb.”*

### Reflect:

- What is something in your life in which you have lost hope?
- Take time to sit with this loss, allowing yourself to grieve fully and gently, in the stillness, invite God’s presence to be with you, tending your heart and shaping your soul even in the darkness.
- What has died in your life that brought grief, or caused tears to fall? Sit with these memories slowly, allowing God’s presence to meet you in them.

If possible, make some time for silence today.

**Listen:** “Canon of Holy Saturday,” by Archangel Voices.

Here is the song on YouTube.

## Holy Week

# Easter Sunday – 04/05/26

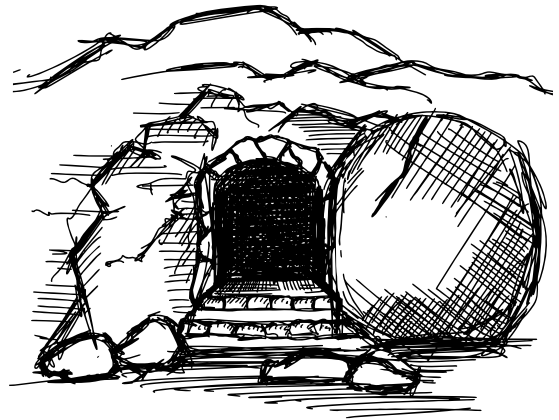
Following Lent, we enter into the feasting and rejoicing at the news that death has been defeated; that Jesus is risen!

**He is Risen!**

**He is Risen Indeed!**

**Read:** Isaiah 25:7-8 (NIV)

*“On this mountain he will destroy  
the shroud that enfolds all peoples,  
the sheet that covers all nations;  
he will swallow up death forever.  
The Sovereign Lord will wipe away the tears  
from all faces;  
he will remove his people’s disgrace  
from all the earth.  
The Lord has spoken. “*



### Reflect:

- What does it mean to you personally that ultimately “God will swallow up death forever. The Sovereign Lord will wipe away the tears from all faces...”
- In what areas of life do you long for resurrection, restoration, hope, and joy to take hold? Let yourself linger in this vision of renewal... What might God be saying to you about those areas of your life?
- If nothing more were ever to change... what does the resurrection of Jesus mean for you in that circumstance?

**Table question:** How does the resurrection of Jesus help you hold on to hope?

**Listen:** Easter Song by Keith Green.

Here is the song on YouTube

# Thank you! Blessings!

**A heartfelt and huge THANK YOU for journeying with us through Lent!**

Thank you for your participation, your reflections, and your presence.

We hope this season has deeply blessed you as we tended our souls together... slowing down, practicing rhythms of life, and opening ourselves to God through scripture, practices, reflection, and song.

May the experiences we've shared in Lament, Prayer, Fasting, Solitude, Giving, and Silence continue to lay the foundation for your soul's health.

Walk forward today in the JOY and CELEBRATION of the death-defeating, history-making resurrection of Jesus! May it be well with your soul!



Engaging in rhythms of check-in, reflection, and practices is a long term life-saver and soul-anchoring thing. We hope the rhythm of Lent engagement has been a blessing to you!

If you're craving more guidance and resources for your spiritual life, you may be a good fit for **Soul Care Rhythms**. We created this membership for anyone who wants to bring a new level of intentionality to the care of their soul.

## Our Rhythms:



Weekly Reflections

15-minute check-in in your inbox to help you stay grounded



Monthly Guided Retreats

Space to pause, reflect, and reset with others



Quarterly Guidance

Four 1 on 1 Sessions with a Soul Care Guide per year



Annual Day Retreat Guide

Take one day a year to fully step back, reflect, and plan ahead



[Learn More About  
Soul Care Rhythms](#)