

LENT

FROM ASHES TO RESURRECTION



Welcome to Lent.

Lent is a season where we intentionally slow down, quiet distractions, and turn our attention toward Jesus. Over the next forty days, this devotional guide is designed to help you walk with Christ in a steady, meaningful way by choosing reflection over hurry, surrender over control, and faithfulness over noise.

Each daily reading offers a short Scripture, a reflection, and a simple prayer intended to center our hearts on Jesus and return our focus to what matters most. The goal is not to add pressure to your schedule, but to create space for attention, surrender, and renewal.

Set aside a few quiet minutes each day. Read the Scripture slowly. Sit with the reflection. Respond honestly in prayer. Some days may resonate deeply, while others might feel ordinary. Both are part of our spiritual formation and becoming more like Christ.

Each week also includes a family practice designed to take 10-20 minutes. If you don't have kids at home, we encourage you to engage with these moments alongside a friend, roommate, or group.

May this season draw you closer to Jesus, deepen your faith, and renew your awareness of His presence.

What is Lent?

Lent is the 40 days leading up to Easter where we prepare our hearts to remember Jesus' death and celebrate His resurrection. It is patterned after Jesus' 40 days in the wilderness (Matthew 4), and it invites us into repentance, renewal, and deeper devotion to Christ.

Ways to practice Lent?

Lent has historically been shaped by three simple practices: fasting, prayer, and generosity. Together, these rhythms help us quiet distractions, center our hearts, and deepen our devotion to Jesus. You may choose to focus on one of these practices or engage with all three.

Fasting:

Fasting is the practice of intentionally laying down something that occupies our attention, appetite, or comfort. Traditionally this involved food, but it can also include anything that tends to crowd out space for God such as social media, entertainment, habits, or distractions. Remember that fasting is not about punishment or religious performance. It's about making room for Christ to fill our lives.

Prayer:

Prayer anchors the Lent season. As we remove distractions, we intentionally turn toward God through Scripture, reflection, silence, and honest conversation with Him. Lent invites us to slow our pace and deepen our awareness of God's presence.

Generosity:

Scripture reminds us that devotion to God is always connected to love for others. Lent is an opportunity to practice generosity through serving, encouraging, forgiving, and meeting needs.

We pray this devotional guide is helpful as you walk with Jesus throughout this Lent season.

Week 1 – Return to Jesus – February 18-24, 2026

Family Practice – Slow Down & Make Space – Exodus 20:8 + Psalm 46:10

Reflection: Lent invites us to slow our pace and create room for God. One simple way to practice this as a family is by setting aside a Sabbath Hour.

A Sabbath Hour is exactly what it sounds like: sixty intentional minutes where we stop striving, unplug from distractions, and rest together. This is not about being hyper-spiritual or perfectly quiet. It's about creating space to breathe, reconnect, and remember that God meets us in rest.

Practice: Pick one hour this week that works for your family. During this hour:

- turn off screens and devices
- pause chores and productive
- slow your pace.

Then simply enjoy rest together.

There is no single “right” way to do this. Choose what feels life-giving to you and your family:

- Sit and talk
- Play a game
- Color or draw
- Take a walk
- Read together
- Share highs and lows of the week

The goal is not activity. The goal is unhurried presence.

Day 1 – Dust & Desire (Ash Wednesday) – Joel 2:12-17

Reflection: God welcomes returning hearts, not polished appearances. Lent begins with honesty. This season is not about spiritual performance but about spiritual attention. Wherever you find yourself today, distracted, weary, hopeful, or searching, God invites you to draw near.

Practice: Ask: “Jesus, where have I drifted from you?” Write down what comes to mind.

Prayer: Lord, I return to You. Have mercy and make me new.

Day 2 – Clean Heart – Psalm 51:1-19

Reflection: God doesn't just forgive; He renews. Lent isn't about self-improvement but surrendering to others One who can remake our heart. Invite Jesus to create in you what you cannot manufacture.

Practice + Prayer: Sit in silence for one minute. Then pray these verses slowly:

Psalm 51:10-12 (NIV)

¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹ Do not cast me from your presence or take your Holy Spirit from me. ¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Day 3 – The Fast God Wants – Isaiah 58:6-12

Reflection: True devotion reshapes how we live and love. God reminds His people that faithfulness is more than outward practice. It is reflected in compassion, justice, mercy, and care for others. Our worship and surrender are meant to flow outward into everyday life.

Practice: Do one intentional act of kindness or generosity today. Keep it simple and quiet.

Prayer: Jesus, shape my heart toward loving You and others.

Day 4 – Walking in God's Presence – Micah 6:8

Reflection: God's desire has always been clear. He calls His people to live with humility, pursue justice, and walk closely with Him. Lent is an opportunity to realign our lives with this calling. Faithfulness is not complicated, but it is intentional. It is formed through daily choices and steady trust in Christ.

Practice: Ask yourself, "Where can I walk more humbly today?" Choose one posture of patience, listening, or grace.

Prayer: God, teach me to act justly, love mercy, and walk humbly with You.

Sunday Reflection — Psalm 95:1-7

Psalm 95 calls us to worship with both joy and humility. We are invited to sing, to shout, to bow, to kneel. Worship is celebration and surrender held together. God is the great King over all creation, yet He is also our Shepherd. This is the tension of faith: awe and intimacy. Lent draws us into that posture. We remember who God is, and we remember who we are. We come not as consumers or observers, but as His people, formed by grace and dependent on mercy.

Practice: As you come to church today, arrive with intention rather than routine. Before the Gathering begins, take a quiet moment and pray: “God, I come to worship, not to evaluate. I come to receive, not resist. I come to surrender, not spectate.” Let your presence and participation become an act of worship, not just your attendance.

Prayer: God, You are worthy of my praise and trust. As I gather with Your people, quiet my distractions and soften my heart. Shape me, speak to me, and draw me closer to you.

Day 5 — Love In Action — 1 John 3:16-24

Reflection: Love becomes visible through action. Scripture reminds us that genuine faith expresses itself through how we treat others. Lent shapes us into people whose devotion to Christ influences our words, attitudes, and responses.

Practice: Encourage someone today with specific words. Be intentional and sincere.

Prayer: Jesus, teach me to love others through words and actions.

Day 6 — Faithful in the Small — Luke 16:1-15

Reflection: Spiritual growth is built through repetition. Faithfulness is rarely dramatic. It is formed through steady obedience in everyday moments. Small acts of faithfulness shape both our present and our future.

Practice: Choose one small act of obedience today. Follow through regardless of how you feel.

Prayer: Lord, help me to be faithful to You in all that You ask of me.

Week 2 — Focus: Fixing Our Eyes on Christ — February 25 - March 3, 2026

Family Practice — Jesus Focus Moment — Hebrews 12:1-3

Our lives naturally drift toward whatever captures our attention. School, work, schedules, stress, screens, responsibilities. None of these things are bad, but they can easily become the center of our focus.

This week we practice something simple but powerful: intentionally turning our attention back to Jesus. Not with pressure or perfection, but with awareness.

A Jesus Focus Moment is a small daily pause where we slow down and remember Christ together.

Family Reflection: Fixing our eyes on Jesus is not about ignoring life. It is about remembering that Jesus walks with us no matter where we go. Jesus is present when we are happy, sad, stressed, or frustrated. He's with us in moments of kindness and fun, and with us when we face challenges. When we intentionally look for Him, we start to notice Him everywhere.

Practice: Choose one natural moment each day:

- Breakfast
- Dinner
- Bedtime
- Car Ride
- After School

Ask one simple question:

- What helped you think about Jesus today?

That's it! No long discussions required. No perfect answers expected. Some days the answers may be deep. Some days they may be funny. Some days your kids might simply shrug. Consistency matters more than intensity.

Prayer: Jesus, help us to pay attention to You this week. Open our eyes to see You in our everyday lives. In our joys, our struggles, and our ordinary moments. Teach our family to keep You at the center. In Jesus Name, amen.

Day 7 — A Different Feed — Philippians 4:4-9

Reflection: Our attention is not neutral. Whatever we stare at long enough, we start to trust. Lent invites us to choose a different focus. Not denial. Not ignoring reality. Selective vision. Choosing what is true, noble, right, pure, lovely, and praiseworthy. Choosing Jesus.

Practice: Take 2 minutes and do an "attention audit."

Write down the last 5 things that captured your attention (scrolling, stress, conversation, news, work, entertainment, etc.).

Then ask: Is this forming me toward Jesus or away from Him? Choose one small change for today.

Prayer: Jesus, help me choose a different focus. Train my mind toward what is true and steady and found in You.

Day 8 – Rearranged – Matthew 6:25-34

Reflection: Faith is not just believing God can. It’s trusting God enough to let His promises shape how you live today. Lent is a re-ordering season. A quiet rearranging. Not to earn God’s love, but because we already have it in Christ.

Practice: Notice one worry, pressure, or mental distraction pulling at you today. When you do, write it down. Then pray: Jesus, this is what keeps trying to be first. I give it to You.” Then sit quietly for 30 seconds.

Prayer: Father, teach me to seek Your Kingdom first. Shape my life around You.

Day 9 – Treasure & Heart – Matthew 6:19-24

Reflection: What we value often reveals what we trust. Lent invites us to examine our attachments and re-center our priorities on Christ.

Practice: Evaluate how you spent your time yesterday. Identify one adjustment that better reflects your priorities.

Prayer: Lord, align my heart with Yours.

Day 10 – Living Faith – James 2:14-17

Reflection: Faith is not merely agreement; it becomes action. The step you take is often the proof you trust God. Obedience is not earning God’s love; it’s responding to His love.

Practice: Take one step of obedience or faith that you’ve been postponing.

Prayer: Jesus, lead me in obedience and faith and give me the courage to obey.

Sunday Reflection – Ephesians 4:11-13

Ephesians 4:11-13 reminds us that Jesus did not design the Church to revolve around a few visible leaders, but a fully engaged body of believers. Leaders are gifts, not performers. Their calling is to equip God’s people so that everyone participates in the work of ministry. The goal is not activity for its own sake, but unity, maturity, and Christlikeness. Spiritual growth is not measured by attendance or knowledge alone, but by becoming people who increasingly reflect the character of Jesus.

Practice: Ask yourself two simple questions:

01) How has God shaped me to strengthen others?

- Consider your abilities, experiences, burdens, and spiritual gifting. Where might God be inviting you to serve?

02) Who am I helping grow?

- Spiritual maturity is communal. Look for someone you can encourage, support, and invest in.

Take one small, concrete step: initiate a conversation, offer to help, join a team, or intentionally encourage someone in their faith.

Prayer: Jesus, Thank You for the way You care for Your Church. Thank You for placing people in our lives who guide, teach, and equip us. Guard me from a passive faith. Help me to see that I am part of Your work, not merely an observer. Shape my heart toward unity, humility, and love. Grow me into maturity so that my life reflects You more clearly. Use my gifts, however small they may feel, to strengthen others and build up Your body.

Day 11 – Once More – Mark 8:22-26

Reflection: Jesus often works progressively. Growth and healing are frequently a journey rather than an instant event. Some of us settle for “better” because we hesitate to hope for “whole.” Jesus touches again: once more.

Practice: Name one area you want Jesus to touch “once more.”

Prayer: Jesus, continue Your work in me. I am Yours!

Day 12 — He Will Complete It — Philippians 1:3-11

Reflection: Your growth may feel slow, but Jesus is steady. Lent is not instant transformation; it is surrendered formation. God has begun a good work in you, and He will carry it through.

Practice: Thank God for one sign of progress in your life, even if it is small.

Prayer: God, thank You for the work You have begun in me. I trust You to complete what You started.

Week 3 – Obstacles, Voices, & Courage – March 4-10, 2026

Family Practice – Courage in the Middle of Obstacles – John 10:27

Family Reflection: Life is full of obstacles. Some are big. Some are small. Some are frustrating. Some are frightening. In Scripture, God’s people often faced challenges that seemed impossible. The difference was not the size of the obstacle, but whose voice they believed. Some voices produce fear. Some voices produce doubt. But God’s voice always leads us toward trust and courage. Jesus reminds us: “My sheep listen to my voice; I know them, and they follow me.” Courage is not pretending something is easy. Courage is trusting God in the middle of difficulty. Lent is a season where we intentionally quiet competing voices so we can hear Christ more clearly.

Practice: Courage vs Fear Wall

Step 1 - Create Two Columns:

- Grab a sheet of paper, poster board, or white board.
- Label two actions: Fear Says & God Says
- Place it somewhere visible during the week.

Step 2 - Name Real Obstacles & Fears:

- Invite everyone to contribute
- Write things honestly under “Fear Says:” Examples include:
 - This is too hard
 - I’m not good enough
 - What if something goes wrong
 - I’ll never figure this out
 - I’m scared

Step 3 - Speak Courage & Truth:

- Now together, fill in “God Says:” Examples include:
 - I am with you
 - Don’t be afraid
 - Be strong and courageous
 - You are never alone
 - My sheep hear my voice

Step 4 - Reflect Together:

- Ask gently:
 - What voices sound most familiar to you?
 - Which truths do we forget most easily?
 - Why is courage sometimes hard?

Then anchor the lesson: Faith is often choosing to trust what God says over what fear says.

Prayer: God, We all face things that feel difficult or overwhelming. Help our family to recognize Your voice above every other voice. When fear tries to take over, remind us that You are near. Give us courage to trust You in every situation. In Jesus name, amen.

Day 13 – God Has Been Working Ahead – Hebrews 11:8-10

Reflection: Abraham obeyed without the map. Obedience often begins with one step, not a full plan. God is already ahead of you, preparing what you can't see.

Practice: Thank God for one sign of progress in your life, even if it is small.

Prayer: God, thank You for the work You have begun in me. I trust You to complete what You started.