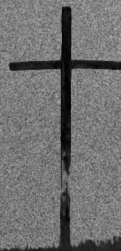


# RETURN

*Simple Rhythms  
for Returning to God*



REDEEMER ROUND ROCK LENT DEVOTIONAL



## EASTER SUNDAY SHOULD BE THE MOST CELEBRATED DAY IN THE LIFE OF A CHRISTIAN.

On Easter, we celebrate the center of our faith: Jesus Christ has been raised from the dead.  
Sin has been dealt with.  
Death has been defeated.  
The grave is empty.  
New life has begun.  
If Christ has not been raised, our faith is futile. But He **has** been raised!

And yet, for most of us, Easter comes just like any other holiday.  
Jammed between busyness. Hidden among distractions. Lost in a sea of fatigue.  
We move quickly towards it, and then through it, without ever slowing down long enough to remember why it matters in our lives.

That is where Lent comes in.

Lent is a season of preparation. A gift of time given to the Church to make our hearts ready to remember Jesus' passion and to celebrate Jesus' resurrection with clarity and joy.  
Historically, Lent has been a **season of return**. Calling back those who have grown distant, preparing new believers for baptism and a profession of faith, and inviting all Christians to deepen their devotion and attentiveness to God.  
At its heart, Lent is not about earning God's favor or proving our spiritual discipline. It is about re-orientation. About learning again to live from our identity in Christ. About cultivating what the historic Church has often called a *baptismal spirituality* - a way of life rooted in who we already are in Jesus.

This is our hope for this season at Redeemer.

That God would call us back to Himself.  
That our spiritual senses would be re-oriented to His Spirit, active in our lives and in our world.  
That we would be spurred on to live intentionally on mission, right where God has placed us.  
That our walk with Christ would deepen.  
And that as we set aside time to taste of Christ more intentionally - to linger in His Word, to fast and pray, to attend to His Spirit - we would find Him so wonderful that we would desire Him more, not only during Lent, but throughout the whole year.

This resource is designed to help you walk through Lent with intention, simplicity, and hope. Each week follows a set rhythm. Each day is meant to take about fifteen minutes. The goal is not to *do more*, but to allow Scripture, prayer, and small practices to re-center our hearts on Christ.

But Sundays are different.



Because every Sunday is a celebration of resurrection, Sundays in Lent are marked not by *doing*, but by **rest**.

Every Sunday is a little Easter in the life of a Christian.

Therefore, we rest in Christ's finished work and in the freedom He has already secured for us.

Rather than adding practices, Sundays offer a brief reflection and an invitation to receive grace, again.

As you walk through this season, don't worry about doing it perfectly.

Some days will feel focused and fruitful.

Others may feel distracted or rushed.

That's okay.

Lent is not about performance.

It is about **return**.

May this season prepare your heart to celebrate Easter, not as a day on the calendar, but as the defining reality of your life in Christ.

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## SITTING WITH SCRIPTURE

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Throughout this season, you'll be invited to spend time with Scripture in a simple and unhurried way.

You may notice that these pages don't explain the passage or tell you what it means. That is intentional. Scripture does not only inform us, it *forms* us. We simply need to pay attention.

Rather than rushing to understand or apply, begin by simply sitting with the text. Read it slowly. Read it more than once. Read it silently, then out loud. Notice what words or phrases draw your attention. Pay attention to what stirs, what comforts, or what convicts you.

You are not required to figure anything out.

There is no lesson to master, no insight or response to perform. The invitation is simply to remain present. To listen, to notice, and to make space for God to meet you through His Word.

Some days the Scriptures may feel clear and alive. Other days they may feel quiet or distant. Both are faithful ways of being with God. Do not rush past either.

Trust that the Spirit of God is at work, even when you cannot name how.

Return to the text again and again. Pray over it. Let it dwell with you.

Let God's Spirit shape you over time.

Trust the Lord to go to work in you.

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## WEEK 1: REMEMBER





*The LORD is merciful and gracious,  
slow to anger and abounding in steadfast love.  
He will not always chide,  
nor will he keep his anger forever.  
He does not deal with us according to our sins,  
nor repay us according to our iniquities.  
For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;  
as far as the east is from the west,  
so far does he remove our transgressions from us.  
As a father shows compassion to his children,  
so the LORD shows compassion to those who fear him.  
For he knows our frame;  
he remembers that we are dust.*

*Psalms 103:8-14*

As you read this Psalm during the week, notice what it reveals about God's heart towards you.

#### WEEKLY PRAYER

Lord, you are merciful and gracious,  
slow to anger and abounding in steadfast love.  
As I enter this season, help me remember what is true about you  
and let go of what keeps me from returning to you.  
Amen.

#### WEEKLY PRACTICE

Each day, take a few moments to name before God what you are being invited to release to God as this season begins.

#### WEEKLY QUESTION

What do I need to let go of as I enter this season?



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: THEREFORE

Our rest is grounded in what has already been done.

We can't earn our rest.

We can't manufacture our rest.

We can only receive it.

Receive this truth again today.



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## WEEK 2: TURNING





*"Yet even now," declares the LORD,  
"return to me with all your heart,  
with fasting, with weeping, and with mourning;  
and rend your hearts and not your garments."*

*Return to the LORD your God,  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love;  
and he relents over disaster.*

*Joel 2:12-13*

As you read this passage throughout the week, notice both the invitation to return and the character of the God who invites you.

#### WEEKLY PRAYER

Lord, you call us to return to you,  
not by outward displays, but with honest hearts.  
Give me clarity to see where I have drifted and courage to turn back to you.  
You are gracious and merciful, slow to anger and abounding in steadfast love.  
Help me return to you again.  
Amen.

#### WEEKLY PRACTICE

Each day, take a few quiet moments to ask God to gently reveal where your heart has wandered.  
Resist the urge to justify or explain. Simply notice, name it, and turn toward Him again.

#### WEEKLY QUESTION

Where have I drifted from God, even without realizing it?

Return each day this week. If you miss one, simply return the next.



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: NOW

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Our rest is now.

It's not something that has been postponed.

It's not something we can look forward to "one day".

It doesn't come when your faith is 'finally stronger'.

It's now.

Immediate.

Today.

Receive this truth again today.



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## WEEK 3: CONFESSION





*Blessed is the one whose transgression is forgiven,  
whose sin is covered.*

*Blessed is the man against whom the LORD counts no  
iniquity,  
and in whose spirit there is no deceit.*

*For when I kept silent, my bones wasted away  
through my groaning all day long.*

*For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. Selah*

*I acknowledged my sin to you,  
and I did not cover my iniquity;*

*I said, "I will confess my transgressions to the LORD,"  
and you forgave the iniquity of my sin. Selah*

*Psalms 32:1-5*

As you read this passage throughout the week, notice the  
freedom that comes from being honest before God.

#### WEEKLY PRAYER

Lord, you already know me fully.

Give me grace to stop hiding and courage to tell the truth to you.

Thank you that confession leads not to shame, but to forgiveness and freedom.

Amen.

#### WEEKLY PRACTICE

Each day, take a few quiet moments to name honestly before God what sins you have been carrying in silence. Do not rush past it. Bring it into the light and leave it with Him.

#### WEEKLY QUESTION

What truth have I been keeping from God?



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: NO

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Not 'less' condemnation.

Not a disappointed glance.

Not a cold shoulder.

Not a harsh tone and loud voice.

No condemnation - for those who are in Christ Jesus.

Receive this truth again today.



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## WEEK 4: HUNGER



1. The first part of the text discusses the concept of hunger and its impact on the world. It mentions that hunger is a global issue affecting billions of people and that it is often linked to poverty and inequality. The text also notes that hunger is a human rights issue and that everyone has the right to food.

2. The second part of the text discusses the causes of hunger. It mentions that there are many factors that can lead to hunger, including lack of access to land, water, and resources, as well as conflict and climate change. The text also notes that hunger is often a result of systemic issues and that it is not always an individual's fault.

3. The third part of the text discusses the consequences of hunger. It mentions that hunger can lead to malnutrition, which can have serious health effects, especially on children. The text also notes that hunger can lead to social and economic instability and that it can be a barrier to education and development.

4. The fourth part of the text discusses the solutions to hunger. It mentions that there are many ways to address hunger, including improving access to land and resources, promoting sustainable agriculture, and providing social safety nets. The text also notes that addressing hunger requires a multi-sectoral approach and that it is a global challenge that requires international cooperation.

5. The fifth part of the text discusses the role of individuals in addressing hunger. It mentions that everyone has a role to play in addressing hunger, whether by donating food, volunteering, or advocating for policy changes. The text also notes that addressing hunger is a moral imperative and that it is something that we all have a responsibility to do.



*O God, you are my God; earnestly I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
in your name I will lift up my hands.  
My soul will be satisfied as with fat and rich food,  
and my mouth will praise you with joyful lips...*

*Psalms 63:1-5*

As you read this passage throughout the week, notice what it means to desire God more than everything else.

#### WEEKLY PRAYER

God, my soul longs for you.  
Yet so often my desires drift elsewhere.  
Awaken my hunger for you again.  
Teach me to seek you not out of duty, but desire.  
Help me desire you.  
Amen.

#### WEEKLY PRACTICE

Each day, notice what you reach for first when you feel tired, anxious, or empty.  
Ask God to reorient your desires toward Him.

#### WEEKLY QUESTION

What do I tend to hunger for more than God?



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: CONDEMNATION

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Condemnation is the verdict itself.

Guilty.

Doomed.

Accursed.

Separated from God - forever.

And because of Christ - you won't be.  
it's been removed from you.

Receive this truth again today.



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## WEEK 5: ABIDING





*"I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full."*

*John 15:1-11*

As you read this passage throughout the week, notice what it means to remain with Christ, rather than rely on yourself.

#### WEEKLY PRAYER

Christ Jesus, you invite me to remain in you.  
Not to prove myself. Not to produce results.  
But to stay close.  
Teach me what it means to abide in you.  
Amen.

#### WEEKLY PRACTICE

Each day, practice staying present with Christ without agenda or outcome. Rest your thoughts on Him. Resist the urge to measure your spiritual production.  
Simply remain.

#### WEEKLY QUESTION

What pulls me away from abiding with Christ?

Return each day this week. If you miss one, simply return the next.



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: IN

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Our rest and freedom are not in our efforts.  
Not in our ability to remain clean.  
Not in the works of our heart or our hands.  
Not in the things of this world.

Our rest and freedom are in our union with Christ.  
They are in Him.


Receive this truth again today.

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## WEEK 5: LISTENING





*“There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?”*

*1 Kings 19:9-13*

As you read this passage throughout the week, notice how God makes Himself known.

#### WEEKLY PRAYER

God, so much noise fills my life.  
Slow me down enough to listen.  
Quiet my heart.  
Help me hear you underneath everything else.  
Help me attend to your Spirit who speaks to me.  
Amen.

#### WEEKLY PRACTICE

Each day, create a few minutes of intentional silence.  
Resist the urge to fill it.  
Simply listen.

#### WEEKLY QUESTION

What keeps me from listening for God's voice?

Return each day this week. If you miss one, simply return the next.



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...



*There is therefore now no condemnation  
for those who are in Christ Jesus.*

*Romans 8:1*

Word for Today: CHRIST JESUS

Our rest and freedom are found in a person.  
Not a concept.  
Not a religion.  
Not a set of rules.  
But in Christ Jesus.

Receive this truth again today.



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## WEEK 6: HOLY WEEK





*Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." For he knew who was to betray him; that was why he said, "Not all of you are clean." When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you. Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. If you know these things, blessed are you if you do them.*

*John 13:1-17*

This week, we stay close to Jesus as He moves toward the cross.

#### WEEKLY PRAYER

Jesus, as you walk the road toward suffering and death, keep me near.  
When I am tempted to rush ahead, slow me down. Teach me how to remain with you.  
Amen.

#### WEEKLY PRACTICE

Each day this week, practice staying present. Resist the urge to move quickly from the Spirit. Notice where Jesus is going in your day, and choose to remain with Him.

This week, we stay close to Him.

Return each day this week. If you miss one, simply return the next.



WHAT AM I NOTICING AS I RETURN TO GOD THIS WEEK...







*He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned – every one – to his own way; and the LORD has laid on him the iniquity of us all.*

*Isaiah 53:3-6*

Today - we don't hurry.  
We don't explain.  
We don't resolve.

We stay with the cross.  
The moment in front of us.  
We remember.  
We grieve our sin that put Christ there.

See how He bears its weight.  
See how He takes our shame.  
See how it is all laid upon Him.

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#### PRAYER

Jesus, help me sit beneath the weight of your love for me.  
Help me see the cost of my redemption.  
Amen.







*When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body and wrapped it in a clean linen shroud and laid it in his own new tomb, which he had cut in the rock. And he rolled a great stone to the entrance of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb. The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, "Sir, we remember how that impostor said, while he was still alive, 'After three days I will rise.' Therefore order the tomb to be made secure until the third day, lest his disciples go and steal him away and tell the people, 'He has risen from the dead,' and the last fraud will be worse than the first." Pilate said to them, "You have a guard of soldiers. Go, make it as secure as you can." So they went and made the tomb secure by sealing the stone and setting a guard.*

*Matthew 27:57-66*

Today - we wait.

The space between promise and fulfillment.

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*Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me."*

*Matthew 28:1-10*

Christ is risen.  
Death has been defeated.  
The grave is empty.

What was broken has been restored.  
What was lost has been found.  
What once was dead is now alive.

Our God redeems.  
He makes new.  
He gives hope.  
He gives life.

**CHRIST IS RISEN!**

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