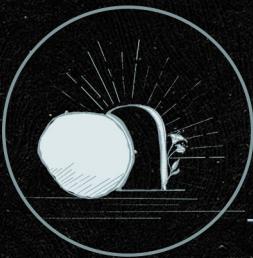


# LENT

a 40-day devotional



written by Ryan Akers



# **40 Day Lent Devotional**

By Pastor Ryan Akers

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To The Harbor community. May these pages lead you to Jesus with fresh hunger and steady hope. I pray you are **restored** and **refueled** by the words in this devotional so that you might **return** to your life with Jesus at the center changing the world one life at a time.

## Introduction

Every year, as Easter approaches, Christians around the world enter a season of slowing down and preparing their hearts—we call this season Lent. The word comes from an old English term meaning “spring,” which is fitting because Lent is about renewal and fresh growth in our walk with God.

From the earliest centuries of the church, believers have recognized the importance of this season. At first, it was just a few days of fasting before Easter, but it eventually grew into 40 days, following the pattern of Jesus in the wilderness. The heart of Lent has always been the same: drawing nearer to God through repentance, prayer, and reflection.

Lent invites us to pause, take an honest look at our hearts, and realign our lives with Christ. Many people fast or give something up—not as a rigid rule, but as a way to make more room for God, to remember our dependence on Him, and to say “yes” to what matters most. It’s also a time to lean into prayer and generosity, strengthening our relationship with God while turning our hearts outward in love for others.

Though often associated with the Catholic Church, Lent is a practice all Christians can embrace. It’s a way of centering our hearts on Jesus and preparing to celebrate the incredible hope and joy of Easter with deeper gratitude.

## How to Use This Devotional

1. Open your Bible or smart phone Bible app and read the Scripture passage multiple times slowly, even aloud.
2. Sit with the devotional thought; let a phrase stay with you through the day and mark up the book with questions, notes, and incites to your hearts content.
3. Declare the truth statement in faith.
4. Reflect on the question.
5. Pray the closing prayer and add your own words.
6. Reflect on the devotional by listening to the daily recommended worship song.

*Read the devotionals every day of Lent except on Sundays. The weekdays are considered fasting days, while Sundays are set aside as feasting days to celebrate the Resurrection.*



Scan the QR Code to go to the  
2026 Lenten Playlist on Spotify

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REPENTENCE AND RENEWAL  
**WEEK 1**



## Day 1 – Return to Me

**Scripture:** Joel 2:12-13

### **Devotional Thought:**

Joel's words get right to the point: God says, "*Turn to me now, while there is time. Give me your hearts.*" This is what Lent is really about –coming back to Him by surrendering our hearts. God isn't impressed with religious performance or how spiritual we look on the outside. He wants our hearts—real, honest, broken if they have to be, but fully His. And here's the good news: when we return, we don't find anger waiting for us. We find a God who is merciful, compassionate, slow to anger, and full of love. Lent is His invitation: *come home, my child.*

**Truth Statement:** My God is merciful and compassionate, and He welcomes me with open arms. I surrender my whole heart to Him.

**Question:** What would it look like for you to return to Him with your whole heart this Lent?

**Prayer:** Lord, I return to You with all my heart. Thank You for welcoming me with mercy and compassion. Draw me close and help me walk fully with You.

**Song of Reflection:** The Prodigal Song by Cory Asbury



## Day 2 – The God Who Forgives

**Scripture:** Psalm 51:10-12

### **Devotional Thought:**

David's prayer in Psalm 51 is one we can all relate to when he says, "Create in me a clean heart, O God." David had messed up badly, and he knew it. But instead of running from God like so many of us are tempted to do, he chose to run towards Him—because He knew that our God forgives. David had a firm grasp on the heart of repentance. We are not trying to fix ourselves or hide our failures. We're coming before the only One who can wash us clean, restore our joy, and give us strength to follow Him again. Lent is the perfect time to pray this same prayer. Not just, "Lord, forgive me," but, Lord, change me from the inside out." And the best part? He loves to answer that prayer.

**Truth Statement:** My God loves me and forgives me completely. He removes my guilt and shame and restores joy to my heart.

**Question:** Where do you need God's forgiveness and renewal in your life today?

**Prayer:** Father, thank You for being the God who forgives. Wash me clean, restore my joy, and give me strength to follow You faithfully.

**Song of Reflection:** Nothing but the Blood by Charity Gayle



## Day 3 – Bread Alone is Not Enough

**Scripture:** Matthew 4:1-4

### **Devotional Thought:**

When Jesus was tempted in the wilderness, He was hungry and weak. Satan tried to get Him to turn stones into bread, but Jesus said, *“People do not live by bread alone, but by every word that comes from the mouth of God.”* In other words, a full stomach can’t fill an empty heart. True life comes from God’s Word. Lent gives us the chance to let go of the things in this world we use to “fill up” and to remember that only God can truly satisfy. When we depend on Him first, our hearts are nourished in ways the world can’t touch.

**Truth Statement:** God’s Word is my true bread. I am sustained, strengthened, and fully satisfied by Him alone.

**Question:** Where are you tempted to rely on substitutes instead of God’s Word?

**Prayer:** Jesus, teach me to hunger for Your Word more than anything else. Remind me that bread alone is not enough—only You can satisfy my soul.

**Song of Reflection:** Only Jesus Christ by Citizens



## Day 4 – Seek Him First

**Scripture:** Matthew 4:1-11

### **Devotional Thought:**

In the wilderness, Satan tempted Jesus with power, protection, and shortcuts to glory. But each time, Jesus refused and held firmly to God's Word. His response shows us what it means to seek God first—choosing worship of Him above every other promise, temptation, or distraction. That's the challenge of Lent: to ask honestly, "What am I really seeking first?" Is it success? Comfort? Control? Or is it God's Kingdom? When we put Him first, everything else falls into its right place. Seeking Him first isn't just a command; it's the pathway to freedom, strength, and peace.

**Truth Statement:** God is my first priority. I find true life when I worship and serve Him alone.

**Question:** What are you tempted to seek first before God, and how can you surrender it to Him today?

**Prayer:** Lord, help me seek You first above everything else. Give me strength to resist temptation and keep my heart fully devoted to You.

**Song of Reflection:** Be Thou My Vision by Ascend The Hill



## Day 5 – The Lord is Merciful

**Scripture:** Isaiah 58:6-9

### **Devotional Thought:**

Through Isaiah, God reminds His people that true fasting isn't about empty rituals. It's about living out His mercy—setting people free, lifting burdens, feeding the hungry, and caring for those in need. That's the kind of repentance and renewal God desires: not just turning from sin but turning toward love in action. Lent isn't only about what we give up—it's about how we give ourselves away. When we show mercy, God's light shines through us, His healing comes, and His presence goes before us. Why? Because this is who He is. The Lord is merciful, and He calls His people to reflect His heart in the world.

**Truth Statement:** The Lord is merciful, and because I belong to Him, I will live out His mercy towards others.

**Question:** How can you reflect God's mercy to someone in need this week?

**Prayer:** Lord, thank You for showing me mercy. Help me to extend that same mercy to others in tangible, loving ways.

**Song of Reflection:** Goodness of God by Bethel Music



## Day 6 – Living sacrifice

**Scripture:** Romans 12:1–2

### **Devotional Thought:**

Paul calls us to offer our bodies as living sacrifices, holy and pleasing to God. That's what real worship looks like—not just songs on Sunday, but a life laid down daily. Repentance means turning away from the world's patterns, the ways of thinking and living that pull us from God. Surrender means allowing Him to transform us from the inside out. Lent gives us space to ask honestly: Am I conforming to the world, or am I letting God renew my mind? Living as a sacrifice isn't about loss—it's about discovering God's good, pleasing, and perfect will for our lives.

**Truth Statement:** I am a living sacrifice, set apart for God's glory, and I am being transformed daily by His Spirit.

**Question:** What part of your life needs to be placed on the altar as an offering to God today?

**Prayer:** Lord, I give You my whole life. Shape my mind, transform my heart, and help me live each day as a sacrifice that honors You.

**Song of Reflection:** Build My Life by Passion, Pat Barrett



## Day 7 – Repent and Believe

**Scripture:** Mark 1:14-15

### **Devotional Thought:**

When Jesus announced the Good News, His first call was clear: *“Repent and believe!”* Repentance and faith are two sides of the same coin. One is turning away, the other is stepping forward. We turn away from sin, but we don’t stay empty—we step into the life Jesus offers. Believing the Good News means trusting that God’s Kingdom really is here, that His grace really is enough, and that His promises really are true. Lent reminds us that repentance is not just about what we leave behind; it’s about what we take hold of. Jesus invites us to live with confidence in Him—not in fear or striving, but in faith that He is King and His Kingdom is breaking in right now.

**Truth Statement:** When Jesus commands, “Repent and believe,” He is inviting me into freedom. I respond by laying down my old life and picking up the life He gives.

**Question:** What would it look like for you to live today as if God’s Kingdom is truly here?

**Prayer:** Jesus, I turn from what pulls me away and step into the life You offer. Help me walk by faith and live in the hope of Your Kingdom.

**Song of Reflection:** Lay it All Down by United Pursuit



WAY OF THE CROSS  
WEEK 2



## Day 8 – Take Up Your Cross

**Scripture:** Luke 9:23-25

### **Devotional Thought:**

Jesus doesn't soften His call: "If anyone would come after me, let him deny himself, take up his cross daily, and follow me." Following Jesus isn't about comfort—it's about surrender. The cross isn't just something Jesus carried; it's the way He invites us to live. It means dying to our pride, our self-centeredness, and our obsession with control. At first glance, it sounds like a loss. But Jesus reminds us that in losing our lives for His sake, we actually find them. Lent challenges us to ask: Am I carrying my cross, or am I clinging to myself? The way of the cross may be costly, but it leads to true life.

**Truth Statement:** I will take up my cross daily, knowing real life is found in Jesus alone.

**Question:** What would it look like for you to take up your cross and follow Jesus today?

**Prayer:** Lord, teach me to lay down my life and carry my cross with joy, trusting You every step.

**Song of Reflection:** The Wonderful Cross by The Worship Initiative, Shane & Shane



## Day 9 – Christ’s Humility

**Scripture:** Philippians 2:5-8

### **Devotional Thought:**

Paul reminds us to have the same mindset as Christ Jesus, who “humbled Himself by becoming obedient to death—even death on a cross.” The cross shows us the depth of humility: the King of heaven stooped down, setting aside His rights, so we could be lifted up. Lent calls us to reflect that humility—not living for our own interests but considering others above ourselves. Humility isn’t weakness; it’s strength under God’s control. When we walk in humility, we mirror the heart of Christ and display the Gospel to a watching world. His humility on the cross is not just an example—it’s our hope.

**Truth Statement:** I will walk humbly today, following the pattern of Jesus who humbled Himself to save me.

**Question:** Where can you practice Christlike humility in your relationships this week?

**Prayer:** Jesus, thank You for humbling Yourself for me. Help me to walk in humility that reflects your heart.

**Song of Reflection:** Jesus Paid it All by Shane & Shane



## Day 10 – Crucified with Christ

**Scripture:** Galatians 2:20

### **Devotional Thought:**

Paul's words are powerful: "I have been crucified with Christ, and I no longer live, but Christ lives in me." The cross isn't only where Jesus died—it's where our old selves were put to death too. When we come to Christ, our sin, shame, and striving are nailed to that cross. What rises is a new life, fueled by faith in the Son of God who loved us and gave Himself for us. Lent reminds us of this daily exchange: my life for His, my weakness for His strength, my sin for His righteousness. To be crucified with Christ is not loss—it's freedom.

**Truth Statement:** I have been crucified with Christ, and His presence now lives in me.

**Question:** What part of your old self do you need to leave at the cross today?

**Prayer:** Lord Jesus, thank You that my old life is gone. Help me live each day in the freedom of Your life in me.

**Song of Reflection:** Homecoming by Bethel Music



## Day 11 – Power of the Cross

**Scripture:** 1 Corinthians 1:18

### **Devotional Thought:**

Paul says, “The message of the cross is foolishness to those who are perishing, but to us who are being saved, it is the power of God.” The cross looks like weakness, but it is the very power of salvation. In the cross we see love stronger than sin, grace greater than guilt, and victory that shames the wisdom of the world. Lent calls us to remember that our hope is not in our strength, wisdom, or accomplishments— it's in Christ crucified. What seems foolish to the world is God's greatest power—the gift of life in Christ.

**Truth Statement:** The cross is the power of God, and through it I am saved and made new.

**Question:** How can you rely more on the power of the cross than on your own strength today?

**Prayer:** Lord, thank You for the power of the cross. Help me to live in its strength and boast only in You.

**Song of Reflection:** Death in His Grave by John M. McMillan



## Day 12 – Deny Yourself

**Scripture:** Matthew 16:24-26

### **Devotional Thought:**

Jesus asked His disciples a sobering question: “What good will it be for someone to gain the whole world, yet forfeit their soul?” To follow Him, He said, we must deny ourselves, take up our cross, and follow. Denying ourselves doesn’t mean rejecting who God made us to be; it means rejecting the lie that life is all about us. Lent is a season to practice this self-denial—not for the sake of misery, but for the sake of joy. Because the truth is, when we lay down our lives, we find true life.

**Truth Statement:** When I follow sin, I find emptiness; when I follow Jesus, I find life.

**Question:** What is one way you can practice self-denial this week to follow Jesus more fully?

**Prayer:** Jesus, help me to let go of myself and follow You with all of my heart.

**Song of Reflection:** Nothing Else by Cody Carnes



## Day 13 – Wounded for Our Transgressions

**Scripture:** Isaiah 53:3-5

### Devotional Thought:

Isaiah paints a vivid picture of the suffering servant: “He was pierced for our transgressions, crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.” The cross wasn’t just an idea—it was real pain, borne for us. Every wound, every stripe, every crushing blow was for our healing. Lent brings us face to face with this costly grace. Repentance reminds us why the cross was needed; surrender helps us receive its gift with gratitude. His wounds are not only a reminder of His suffering, but also of the peace and healing He secured for us.

**Truth Statement:** Jesus was wounded for my sins, and by His wounds I am healed. His love makes me whole and restores my soul.

**Question:** How does remembering Christ’s suffering change the way you see His love for you?

**Prayer:** Lord Jesus, thank You for bearing my sin and my punishment. Help me never take Your sacrifice for granted.

**Song of Reflection:** Man of Sorrows by Hillsong Worship



## Day 14 – Victory of the Cross

**Scripture:** Colossians 2:13-15

### **Devotional Thought:**

Paul declares that through the cross, God canceled the record of our sin and nailed it to the cross. But He didn't stop there: He also "disarmed the powers and authorities, triumphing over them by the cross." The cross is not just forgiveness—it is victory. Sin is canceled, death is defeated, the enemy has no claim. Lent prepares us to live not for victory, but from victory. The battle has already been won. The cross stands as proof that nothing can separate us from God's love and that Christ reigns victorious.

**Truth Statement:** Through the cross, the record of my sin is canceled, and Christ has won the victory.

**Question:** Where do you need to live more confidently in the victory of the cross today?

**Prayer:** Jesus, thank You for the victory of the cross. Help me walk in freedom and confidence, knowing You have already won.

**Song of Reflection:** Glorious Day by Passion, Kristan Stanfill



PRAYER & INTIMACY WITH GOD  
WEEK 3



## Day 15 – Pray in Secret

**Scripture:** Matthew 6:5-8

### **Devotional Thought:**

Jesus warns against praying for show. He says, “When you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” Real prayer isn’t about impressing people—it’s about intimacy with God. The Father already knows our needs, but He invites us to come anyway, not with empty words, but with open hearts. Prayer in secret is where relationship grows, where burdens are lifted, and where we learn to rest in His presence. Lent invites us to step away from distractions and rediscover prayer that is simple, honest, and real.

**Truth Statement:** My Father sees me in secret, and He delights to hear my prayers.

**Question:** How can you create space to meet God in secret prayer this week?

**Prayer:** Father, draw me close in secret places. Teach me to pray with honesty and intimacy, not performance.

**Song of Reflection:** The Secret Place by Phil Wickham



## Day 16 – The Lord’s Prayer

**Scripture:** Matthew 6:9-13

### **Devotional Thought:**

When the disciples asked Jesus how to pray, He gave them the Lord’s Prayer. It’s not just words to recite—it’s a model for how to approach God. We begin with worship: “Our Father in heaven, hallowed be Your name.” Then we surrender: “Your kingdom come, Your will be done.” We bring our needs: “Give us today our daily bread.” We confess and forgive: “Forgive us our debts, as we forgive our debtors.” And we depend on Him for protection: “Deliver us from evil.” Every part of life—worship, surrender, provision, forgiveness, and protection—is covered in these simple, powerful lines. Lent is a season to let this prayer shape our own.

**Truth Statement:** God is my loving Heavenly Father, and He invites me to pray for His Kingdom, His provision, and His protection.

**Question:** Which part of the Lord’s Prayer do you need to lean on most right now?

**Prayer:** Our Father in heaven, may Your name be honored, Your will be done, and Your Kingdom come in my life today.

**Song of Reflection:** The Lord’s Prayer by Matt Maher



## Day 17 – Ask, Seek, Knock

**Scripture:** Luke 11:9-10

### **Devotional Thought:**

Jesus gives us a bold promise: “Ask and it will be given to you; seek and you will find; knock and the door will be opened.” God is not distant or indifferent—He is a Father who loves to give good gifts to His children, to you. Prayer is not about twisting God’s arm; it’s about persistence, trust, and faith that He hears us. Sometimes answers come quickly, and other times we wait. But Jesus assures us: no prayer is wasted. Lent encourages us to keep pressing in—not to give up, but to draw closer to the heart of the Father who listens.

**Truth Statement:** My Father hears my prayers. I can come to Him with confidence, knowing He delights to give good gifts to His children.

**Question:** Where is God inviting you to keep asking, seeking, and knocking in prayer?

**Prayer:** Father, give me faith to keep asking, courage to keep seeking, and perseverance to keep knocking.

**Song of Reflection:** Find Me in The River by Delirious?



## Day 18 – Prayer and Peace

**Scripture:** Philippians 4:6-7

### **Devotional Thought:**

Paul writes, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” The promise is that God’s peace, which is beyond understanding, will guard our hearts and minds in Christ. Prayer is the great exchange: we give God our worries, and He gives us His peace. Lent is a time to practice this surrender daily—bringing our fears, our needs, and our struggles before Him. The peace He offers doesn’t depend on circumstances; it flows from His presence. When we pray with thanksgiving, our hearts find rest, even in the middle of chaos.

**Truth Statement:** When I pray with thanksgiving, God replaces my anxiety with His peace.

**Question:** What anxiety do you need to place in God’s hands in exchange for His peace today?

**Prayer:** Lord, I give You my worries and fears. Fill me with Your peace that surpasses understanding.

**Song of Reflection:** Peace Be Still by The Belonging Co.



## Day 19 – Never Stop Praying

**Scripture:** I Thessalonians 5:16-18

### Devotional Thought:

Paul gives three short commands: “Rejoice always, pray continually, give thanks in all circumstances.” Prayer is more than a moment—it’s a lifestyle. To pray continually doesn’t mean we’re on our knees 24/7; it means living with constant awareness of God’s presence, talking with Him throughout the day. Yet this continual prayer doesn’t replace intentional, set apart times of prayer—it flows out of them. Dedicated moments of prayer anchor us, and continual prayer carries that fellowship into the ordinary spaces of life. Gratitude fuels this kind of prayer, reminding us that God is at work in every circumstance. Lent is an opportunity to practice unbroken fellowship with God—not compartmentalizing Him into “church time,” but inviting Him into the ordinary moments. This is God’s will: joy, prayer, and thanksgiving woven into daily life.

**Truth Statement:** I will walk in constant prayer, joy, and gratitude, knowing God is always with me.

**Question:** What would it look like for you to carry on a conversation with God throughout your day?

**Prayer:** Father, teach me to rejoice, to pray without ceasing, and to give thanks in all things.

**Song of Reflection:** Abide (Live) by The Worship Initiative, Aaron Williams



## Day 20 – In the Spirit

**Scripture:** Romans 8:26-27

### **Devotional Thought:**

Paul says, “The Spirit helps us in our weakness... the Spirit Himself intercedes for us through wordless groans.” Sometimes we don’t even know how to pray. Our words feel clumsy, or our hearts are too heavy. But God has given us His Spirit, who prays on our behalf according to the will of God. That means our prayers don’t depend on eloquence—they depend on God’s Spirit interceding for us. And because the Spirit always intercedes according to God’s will, He aligns our hearts with God’s purposes rather than replacing our prayers. Lent reminds us that prayer is never something we do alone. Even in our weakness, God meets us with His strength, carrying our prayers to the Father.

**Truth Statement:** The Holy Spirit helps me in my weakness and intercedes for me according to God’s will.

**Question:** How does knowing the Spirit intercedes for you increase your confidence in God’s care?

**Prayer:** Holy Spirit, thank You for praying for me in my weakness. Teach me to lean on Your strength in prayer.

**Song of Reflection:** Holy Spirit by Jesus Culture



## Day 21 – Prayers of Faith

**Scripture:** James 5:13-17

### **Devotional Thought:**

James reminds us of the power of prayer: “The prayer of a righteous person is powerful and effective.” Prayer is not a ritual—it’s a lifeline. When we are in trouble, we pray. When we are joyful, we sing. When we are sick, we ask for prayer and healing. James even points us to Elijah, whose prayers changed the weather, reminding us that prayer connects us to God’s power. Lent calls us to pray with faith—not timid, halfhearted prayers, but bold ones that believe God still moves. Prayer may not always change our circumstances immediately, but it always draws us closer to the God who can.

**Truth Statement:** My prayers, offered in faith, are powerful and effective because of God’s power at work.

**Question:** Where is God calling you to pray bold, faith-filled prayers today?

**Prayer:** Lord, teach me to pray with faith, trusting that You hear me and that my prayers are powerful in Your hands.

**Song of Reflection:** Tis So Sweet by Shane & Shane



TRUST & OBEDIENCE  
WEEK 4



## Day 22 – Trust in the Lord

**Scripture:** Proverbs 3:5–6

### Devotional Thought:

*“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”* These words remind us that faith isn’t partial—it’s wholehearted. Trusting God means leaning on Him when life feels uncertain, confusing, or out of control. Our understanding is limited, but His wisdom is infinite. Lent calls us to lay down our need for control and rest in His guidance. When we trust Him fully, He promises to direct our paths—not always the easiest way, but the best way.

**Truth Statement:** I will walk today fully trusting in Jesus who always directs me down the right path.

**Question:** Where are you tempted to lean on your own understanding instead of trusting God?

**Prayer:** Lord, help me to trust You fully and surrender my plans, knowing You will guide my steps.

**Song of Reflection:** Trust in God by Elevation Worship



## Day 23– Love Means Obedience

**Scripture:** John 14:15

### **Devotional Thought:**

Jesus said, “*If you love me, keep my commands.*” Obedience isn’t about earning God’s love—it’s a response to it. When we truly love Jesus, obedience flows naturally. Love and obedience are inseparable: to love Him is to follow Him. During Lent, we’re reminded that obedience often costs us something—our comfort, our preferences, our pride. But obedience is also freedom, because it keeps us close to the heart of God. The more we love Him, the more we desire to walk in His ways.

**Truth Statement:** Because my Lord loves me, I will show my love for Him today by joyfully obeying His commands.

**Question:** What is one area where obedience to Jesus is challenging you right now?

**Prayer:** Jesus, I love You. Help me to show that love not only in words, but in joyful obedience.

**Song of Reflection:** If You Say Go I'll Go by Caleb Bachtel



## Day 24– Doers of the Word

**Scripture:** James 1:22-25

### **Devotional Thought:**

James writes, *“Do not merely listen to the word, and so deceive yourselves. Do what it says.”* God’s Word isn’t meant to just be studied or admired—it’s meant to be lived. Hearing truth without practicing it leaves us unchanged, like looking in a mirror and walking away without fixing what we saw. But when we act on God’s Word, it takes root in us, shaping our character and bringing blessing. Lent invites us not just to hear Scripture, but to let it transform how we live.

**Truth Statement:** God’s Word is living and active in me! I will boldly live it out and excitedly allow it to change all of me.

**Question:** Where is God calling you to move from hearing to doing His Word?

**Prayer:** Lord, don’t let me be a hearer only. Help me to obey Your Word and put it into action.

**Song of Reflection:** Act Justly, Love Mercy, Walk Humbly by Patt Barrett



## Day 25– Wise Builder

**Scripture:** Matthew 7:24-27

### **Devotional Thought:**

Jesus told a story of two builders: one built his house on rock, the other on sand. When storms came, only the house on the rock stood firm. The difference? Obedience. *“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”* Life’s storms will come, but obedience anchors us to Christ, our solid foundation. Lent reminds us to examine what we’re building on. Hearing without obeying leaves us vulnerable; obeying builds a life that endures.

**Truth Statement:** Christ is my firm foundation. I will build my life on Him through obedience to His Word.

**Question:** What foundation are you building your life on—sand or rock?

**Prayer:** Jesus, be my firm foundation. Help me to build my life on obedience to Your Word today.

**Song of Reflection:** How Firm a Foundation by Norton Hall Band



## Day 26– Choose Life

**Scripture:** Deuteronomy 30:19-20

### **Devotional Thought:**

God sets before His people a choice: *“I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to His voice, and hold fast to Him.”*

Choosing life means choosing God—loving Him, listening to Him, clinging to Him. Every day we face choices that lead us closer to life in Christ or further away. Lent reminds us that following Jesus is not just a onetime decision but a daily choice to walk in His ways.

**Truth Statement:** Choosing Christ is choosing life. Today I choose Him by loving, listening to, and holding fast to God.

**Question:** What choice can you make today that leads you closer to God’s life and blessing?

**Prayer:** Lord, help me to choose life every day by loving You and walking in Your ways.

**Song of Reflection:** Yes and Amen by Housefires



## Day 27– Be Strong and Courageous

**Scripture:** Joshua 1:8-9

### **Devotional Thought:**

As Joshua prepared to lead Israel, God told him, *“Be strong and courageous... do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

Strength and courage don't come from us—they come from God's presence. Obedience to His Word brings confidence because we know He goes with us. Lent reminds us that courage is not the absence of fear, but trust in God's promises. When we meditate on His Word and walk in His ways, we can face any challenge with courage, knowing we are not alone.

**Truth Statement:** God is with me wherever I go, giving me strength and courage to obey Him. I will not be afraid.

**Question:** Where do you need God's courage to obey Him today?

**Prayer:** Lord, give me strength and courage to obey You, knowing You are always with me.

**Song of Reflection:** Take Courage (Live) by Bethel Music, Kristene Dimarco



## Day 28– Faith is Assurance

**Scripture:** Hebrews 11:1-2

### **Devotional Thought:**

The writer of Hebrews defines faith as *“confidence in what we hope for and assurance about what we do not see.”* Faith is trusting God even when we can’t see the outcome. It’s living as though His promises are certain, because they are. The great examples of faith in Hebrews 11 weren’t perfect people—they were ordinary people who trusted an extraordinary God. Lent invites us to grow in that same faith, letting go of control and choosing to rest in God’s promises. Faith is not wishful thinking—it’s assurance rooted in the faithfulness of God.

**Truth Statement:** I will lean on faith today, knowing God is close and His promises are real, even when they’re not visible to me.

**Question:** Where is God asking you to trust Him with what you cannot see?

**Prayer:** Lord, grow my faith. Help me trust Your promises even when I cannot see the outcome.

**Song of Reflection:** Do It Again by Elevation Worship



SACRIFICE AND SERVANTHOOD  
**WEEK 5**



## Day 29– Wash One Another’s Feet

**Scripture:** John 13:12-15

### **Devotional Thought:**

After washing His disciples' feet, Jesus asked, *“Do you understand what I have done for you?... I have set you an example that you should do as I have done for you.”* The Son of God took the role of a servant, showing that true love stoops low. Washing feet was dirty, humbling work, yet Jesus did it gladly. He reminds us that following Him isn’t about titles or position—it’s about serving. Lent calls us to take up the towel, not for recognition, but out of love. When we serve, we reflect the heart of Jesus, who came not to be served but to serve.

**Truth Statement:** Jesus served me, so I can serve others with love and humility.

**Question:** Where is God asking you to “pick up the towel” and serve someone this week?

**Prayer:** Lord, help me follow Your example and serve others with humility and love.

**Song of Reflection:** Brother by NEEDTOBREATH



## Day 30– Greatness is Serving

**Scripture:** Matthew 20:26-28

### **Devotional Thought:**

Jesus turned the world's definition of greatness upside down: "*Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave.*" In God's kingdom, greatness is measured not by power or recognition, but by humility and service. Jesus modeled this perfectly, saying He came "*not to be served, but to serve.*" Lent challenges us to redefine success—not by what we gain, but by how we give. True greatness is found when we lay down our pride and live for others.

**Truth Statement:** True greatness is found in serving others the way Jesus served me. Today, I will be great by stooping low. For God's glory, not my own.

**Question:** How can you choose service over recognition in your life this week?

**Prayer:** Jesus, free me from chasing status. Teach me that true greatness comes from serving like You.

**Song of Reflection:** To Be Like You by Hillsong Worship, Matt Crotcher



## Day 31– Christ Died for Us

**Scripture:** Romans 5:6-8

### **Devotional Thought:**

Paul reminds us of the depth of God's love: "*While we were still sinners, Christ died for us.*" Jesus didn't wait until we got it together, cleaned ourselves up, or proved we deserved Him. He gave His life for us at our worst. That's grace—love that's unearned and undeserved. Lent brings us back to the center of our faith: the cross. Christ's death is not just a fact of history—it's the proof of God's love for you, right now. If He gave His life for us when we were enemies, how much more can we trust His love today?

**Truth Statement:** At my worst, Jesus still loved me and gave His life for me. His love proves my worth and secures my future.

**Question:** How does knowing Christ died for you while you were still a sinner change the way you see His love?

**Prayer:** Lord, thank You for dying for me even though I was undeserving. Help me live in the freedom of Your love.

**Song of Reflection:** Lamb of God by Kings Kaleidoscope



## Day 32– Imitate God

**Scripture:** Ephesians 5:1-2

### **Devotional Thought:**

Paul writes, *“Follow God’s example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God.”* As children imitate their parents, we’re called to imitate our Heavenly Father. And what does that look like? Walking in love—sacrificial, self-giving love, the same kind Christ showed us on the cross. Lent reminds us that being like Jesus means more than words—it means living a life of love that costs something.

**Truth Statement:** God has loved me fully, so I will follow Jesus by loving others fully.

**Question:** What would it look like for you to imitate Christ’s sacrificial love this week?

**Prayer:** Father, thank You for calling me Your child. Help me to imitate You by walking in the way of love.

**Song of Reflection:** Day by Day by Citizens



## Day 33– Walk Humbly with God

**Scripture:** Micah 6:8

### **Devotional Thought:**

The prophet Micah sums up God's desire for His people: *"Act justly, love mercy, and walk humbly with your God."* God isn't after empty rituals—He's after transformed lives. To act justly means treating people with fairness and integrity. To love mercy means showing compassion, even when it's not deserved. To walk humbly with God means daily surrender, recognizing that He is God and we are not. Lent reminds us that faith isn't complicated—it's lived out in justice, mercy, and humility. This is what pleases the Lord.

**Truth Statement:** Walking with God enables me to live with justice, to love mercy, and to remain humble. His strength makes it possible for my life to reflect His heart.

**Question:** Which of these—justice, mercy, or humility—do you most need to practice today?

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

**Song of Reflection:** IN THE ROOM by Forrest Frank



## Day 34– A Ransom for Many

**Scripture:** Mark 10:45

### **Devotional Thought:**

Jesus said, *“The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.”* His mission was clear: service and sacrifice. A ransom is the price paid to set someone free, and that’s exactly what Jesus did for us. His life was the payment that secured our freedom from sin and death. Lent points us back to this ransom—freedom that cost Jesus everything. Because He gave His life, we are set free to live for Him and serve others with joy.

**Truth Statement:** Jesus gave His life to set me free, and now I can live for Him. Because of His love, my life has meaning and direction.

**Question:** How can you use your freedom in Christ to serve others this week?

**Prayer:** Jesus, thank You for giving Your life as a ransom for me. Help me use my freedom to serve others with joy.

**Song of Reflection:** Come Thou Fount by Kings Kaleidoscope



## Day 35— Everything is Worthless

**Scripture:** Philippians 3:7-11

### **Devotional Thought:**

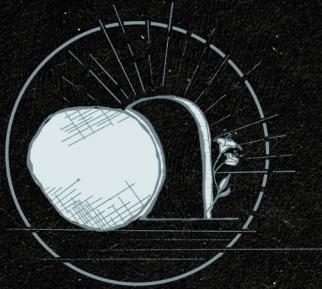
Paul writes, *“Whatever were gains to me I now consider loss for the sake of Christ... I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord.”* Compared to Christ, everything else is worthless. Success, recognition, even religious accomplishments—all pale in comparison to knowing Him. Lent calls us to lay aside anything we cling to more tightly than Jesus. The world may see loss, but we see gain—because knowing Christ is worth it all.

**Truth Statement:** Knowing Jesus is worth more than anything else in my life. With Him, I have everything I truly need.

**Question:** What are you holding onto that keeps you from fully treasuring Christ?

**Prayer:** Lord, help me to count everything else as loss compared to the surpassing worth of knowing You.

**Song of Reflection:** What a God by SEU Worship, Kenzie Walker



HOLY WEEK AND RESURRECTION  
**WEEK 6**



## Day 36—Palm Sunday: Hosanna!

**Scripture:** Matthew 21:9

### **Devotional Thought:**

As Jesus entered Jerusalem, the crowds shouted, *“Hosanna to the Son of David! Blessed is He who comes in the name of the Lord!”* They waved palm branches, celebrating the arrival of a King. Yet the same voices that cried “Hosanna” would soon cry “Crucify Him!” Palm Sunday reminds us that following Jesus isn’t about excitement or emotion—it’s about surrender. The crowd wanted a political savior; Jesus came to bring salvation from sin. Hosanna means “Save us!” and that’s exactly what He came to do. Lent prepares us to move beyond surface level enthusiasm into deep devotion. Jesus is not just a King we cheer for—He is the Savior we surrender to.

**Truth Statement:** Jesus is my Savior and King who came to bring true salvation, not just temporary rescue. Because He reigns, I can trust Him with every part of my life.

**Question:** In what areas of your life do you need to cry “Hosanna—Lord, save me!” today?

**Prayer:** King Jesus, I welcome You with all my heart. Save me, lead me, and help me follow You in full surrender.

**Song of Reflection:** Hosanna (Live) by Hillsong UNITED, Brooke Ligertwood



## Day 37– Cleansing the Temple

**Scripture:** Mark 11:15-17

**Devotional Thought:**

When Jesus entered the temple courts, He drove out those buying and selling, overturning tables and declaring, *“My house will be called a house of prayer for all nations.”* The temple was meant to be a place of worship, but it had been turned into a marketplace. Jesus’ actions show His passion for pure devotion. He doesn’t want halfhearted worship or distracted hearts—He wants a people set apart for prayer and communion with Him. During Lent, we’re reminded to let Jesus cleanse the “temple” of our own lives. What distractions, sins, or misplaced priorities need to be overturned so that our hearts can be a true house of prayer?

**Truth Statement:** Jesus has authority to cleanse my heart, and He calls me to be a dwelling place for His Spirit. Because of Him, my life can be a place of prayer and worship.

**Question:** What needs to be “overturned” in your life so you can worship God wholeheartedly?

**Prayer:** Lord, cleanse my heart of anything that keeps me from You. Make my life a place of prayer and worship.

**Song of Reflection:** Refiner by Maverick City Music, Chandler Moore



## Day 38– Teachings in Jerusalem

**Scripture:** Mark 12:28-31

### **Devotional Thought:**

When asked what commandment was most important, Jesus replied, *“Love the Lord your God with all your heart, soul, mind, and strength. And love your neighbor as yourself.”* In those words, He summed up the entire law and prophets. Love for God and love for people are inseparable—one flows into the other. Holy Week reminds us that Jesus didn’t just teach this commandment; He lived it. He loved His Father with perfect obedience, and He loved us by laying down His life. Lent calls us to realign our hearts around this simple yet life changing truth: faith is about love. Everything else flows from these two great commands.

**Truth Statement:** God calls me to love Him fully and to love others freely. Because Jesus loved me first, I can live a life of love that reflects His heart.

**Question:** How can you love God with greater devotion and love your neighbor in a practical way this week?

**Prayer:** Lord, help me to love You with all I am, and let that love overflow to those around me.

**Song of Reflection:** Prince of Peace by Hillsong UNITED, Joel Houston



## Day 39– Good Friday: It is Finished

**Scripture:** John 19:30

### **Devotional Thought:**

As Jesus hung on the cross, His final words were, “*It is finished.*” With that declaration, the work of salvation was complete. Sin was paid for, death was defeated, and the power of the enemy was broken. Good Friday is not just a day of sorrow—it is a day of victory. The cross looked like failure to the world, but in reality it was the greatest triumph in history. When Jesus said, “It is finished,” He meant that nothing more needs to be added. Our forgiveness is secure, our debt is canceled, and our hope is certain. Lent leads us to the cross, where we see the full measure of God’s love poured out.

**Truth Statement:** Jesus finished the word of salvation on the cross once and for all. Because of His sacrifice, I am forgiven, free, and secure in His love.

**Question:** What does it mean for you to live as though “It is finished” is true for your life today?

**Prayer:** Jesus, thank You for finishing the work of salvation. Help me to live in the freedom and forgiveness of the cross.

**Song of Reflection:** Blown Away by Hillsong UNITED, Matt Crocker



## Day 40– Easter is Coming!

**Scripture:** Matthew 28:5-6

### **Devotional Thought:**

The angel's words on that first Easter morning still echo with power: *"He is not here; He has risen, just as He said."* The resurrection changes everything. Sin is overcome, death is defeated, and hope is alive. Easter is not just a story we celebrate—it's a reality we live in. Because Jesus rose, we can face tomorrow with confidence. Because He lives, we have victory over sin, hope beyond the grave, and joy that cannot be shaken. Lent leads us to this moment—not just to remember, but to rejoice! The empty tomb is our assurance that God keeps His promises and that life, not death, has the final word.

**Truth Statement:** Jesus is risen, and because He lives, I have victory, hope, and eternal life. His resurrection power is at work in me today!

**Question:** How does the reality of Jesus' resurrection bring hope to your life right now?

**Prayer:** Risen Savior, thank You for the victory evidenced by the empty tomb. Help me live each day in the power and joy of Your resurrection.

**Song of Reflection:** Living Hope by Bethel Music, Brian Johnson

## Notes

## Notes

## About the Author

Ryan Akers serves as the Discipleship Pastor at The Harbor in Friendswood, Texas. He has been in ministry since 2003. He received his Bachelors in Pastoral Ministry from Oklahoma Wesleyan University and his Master of Arts from Wesley Seminary at Indiana Wesleyan University. Ryan and his wife, Taylor, have been married since 2001 and have five children and two dogs.

And now, may you be **restored** by the presence of Jesus – the One who fills us with joy. May you be **refueled** by His peace through the power of the Holy Spirit. And just as the Father sent Jesus, now Jesus is sending you – to **return** to your life carrying His peace, His joy, and His presence wherever you go.





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