TOWARDS THE THORNS

A guide to keeping your eyes on Jesus for a more prayerful, purposeful Lent.



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Welcome to Lent

A time of fasting, prayer, and sacrifice as means for deeper reflection and sanctification in preparation for Christ's Passion.

While many write Lent off as that time when people complain about not eating sweets, we love seeing it for the opportunity that it is - a time to intentionally lean in and self-examine your own walk with the Lord as He prepares to walk to Calvary.

Let us walk, together.

Let us lean in, learn more, and leave with deeper intimacy in our relationship with Jesus as we reflect on the meaning of the Cross.



WHAT IS LENT?

The 40 day period leading up to Easter Sunday, beginning on Ash Wednesday. Modeled after Jesus' forty-day fast in the desert, it's a prayerful, purposeful time to repent and unite ourselves with Christ's suffering.

Lent is a beautiful reminder of our earthly mortality before celebrating our heavenly eternity.

May our daily sacrifice draw us deeper in intimacy as we reflect on Christ's incomparable sacrifice on the Cross.

Friends don't let friends Lent alone!

Iron sharpens iron (Proverbs 27:17). So get accountable...together! Partner with a friend (or group!) to keep each other encouraged during Lent. Share your challenges, victories, and reflections, and pray for each other, too!

But let all that you give up and take up this Lent be done in secret.

In sharing our sacrifices and almsgiving, we risk opening the door for pride to come in. Consider *why* you are leaning into Lent? Is it to appear a certain way to others? Is it to earn approval of man for perceived righteousness? Or is it to develop a deeper, more genuine relationship with your Heavenly Father? A quick heart check is recommended before sharing what you're giving or taking up with others.

Matthew 6:16-18 - And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.



SACRIFICE

Jesus fasted in the desert for forty days. He was without food and water and was tempted by the enemy in a period that preceded great growth for his ministry. While we aren't expected to do the same, we can follow in His footsteps. If you feel called to give something up - to fast or sacrifice specifically - for forty days, ***be encouraged.*** If smaller acts of sacrifice feel more aligned for you in this season, we have multiple ideas next, organized by category. Consider making one smaller sacrifice each day and offering it up for an important intention. Feel free to mix it up or keep it consistent - so long as it feels prayerfully and purposefully chosen.

When you have the urge to get a treat or enjoy a little luxury, consider fasting from it (without telling anyone) for a special intention.

Make your suffering your offering.



Our encouragement:

- You can do hard things.
- Make it meaningful. Spend some time reflecting on what would really feel sacrificial to you - versus what feels more like virtue signaling to check a box. No one needs to know what you're giving up - let it be between you and the Lord.
- Ask the Lord what He wants this time to be for you.
- If giving something up doesn't feel like a challenge to you, consider what you may be able to add IN to your everyday rhythms or routines to further your faith life. Is it a few extra moments of prayer? A specific study in your Bible? Time spent in adoration or volunteering for a church ministry? More ideas for what to TAKE up to come!



WHAT TO GIVE UP:

FOOD/DRINK

- [ ] Your "usual"
- [ ] Chocolate or Sweets
- [ ] Coffee
- [ ] Alcohol
- [ ] Soda
- [ ] Fast Food

TECHNOLOGY

- [ ] Limit screen time
- [ ] TV - binge-watching Netflix)
- [ ] Social media
- [ ] Secular music

Save our Lent playlist!

- [ ] Your favorite apps
- [ ] Doomscrolling the news - read the Good News instead!

HABITS

- [ ] Swearing/cussing
- [ ] Complaining
- [ ] Judging others
- [ ] Gossiping
- [ ] Worrying
- [ ] Excuses

OTHER

- [ ] Shopping - Try a "No Buy 40!"
- [ ] Take shorter or colder showers
- [ ] Sleeping in
- [ ] Fear or self-doubt
- [ ] Being "too busy" - busyness
- [ ] Books, Online Courses, etc.



WHAT TO TAKE UP:

TAKE UP ONE OR TAKE THEM ALL!

- [ ] Prayer time - ten more minutes
- [ ] Bible time - ten more minutes
- [ ] Grace - for self and others
- [ ] Intentional movement - like a Worship Walk (see below!)
- [ ] Genuinely compliment someone unexpectedly
- [ ] Pray goodness for someone who has hurt you
- [ ] Start an offering box - Collect spare change as a family to donate to a specific cause at the end of Lent
- [ ] Clean up a mess that someone else made (without complaining)
- [ ] Deliver a meal to a friend
- [ ] Choose one thing every day to donate
- [ ] Donate $1 each day to online charities
- [ ] Thank someone who has been an important influence or positive force in your life
- [ ] Ask for forgiveness from someone who you've wronged
- [ ] Start a family prayer box and pray together every night.
- [ ] Prayer journaling + gratitude journaling
- [ ] Worship walk - go on a walk where you listen to worship music and just praise God (no petitioning - just praising!)

NOTES:

REMINDER



Lent often feels like a season of waiting. Waiting for the Resurrection, yes. But we may also be waiting for Jesus' second coming. Waiting for a miracle. Waiting for victory over the grave.

We're reminded of our own waiting rooms in this life.
Waiting rooms aren't where we plan to be.
Or, rather, they're not where we plan to *stay*.

Maybe you didn't expect to be here - *to still be here* - yet here you are.

Watching, waiting, as every name around you is called.
Will it ever be your time? Have you been forgotten?

Let Lent be your reminder that your desert time will end.

His faithfulness endures forever.

LENT PLAYLIST



Music is a powerful connector. It's a uniting force and universal language. Feel free to scan and save **this** curated Lent playlist as musical accompaniment to your weekly reflections.

LENT LOCKSCREENS



Open your phone camera and scan the QR code to download the lockscreens or click HERE!

This Lent, let your phone lock screen be a daily reminder of faith and invitation for reflection. Choose Bible verses that inspire and encourage you to stay focused on prayer, fasting, and almsgiving. Each time you unlock your phone, you'll be reminded of God's love, grace, and the power of His word to guide you through this sacred season. Keep these verses close to your heart as you grow in your spiritual journey.

WEEK ONE

Beginning the Journey
(Repentance & Reflection)



Week 1: Ash Wednesday to Sunday – Beginning the Journey (Repentance & Reflection)

Scripture: Matthew 4:1-11 *(Jesus' Temptation in the Desert)*

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Then the devil took him to the holy city and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down. For it is written: “‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. “All this I will give you,” he said, “if you will bow down and worship me.” Jesus said to him, “Away from me, Satan! For it is written: ‘**Worship the Lord your God, and serve him only.**’” Then the devil left him, and angels came and attended him.

Focus: *Start with a heart of repentance and reflection on your relationship with God. Acknowledge where you’ve fallen short and seek to deepen your connection with Him.*

Week 1: Ash Wednesday to Sunday – Beginning the Journey (Repentance & Reflection)

- [ ] **PRAYER** — Begin with prayer and self-reflection. Consider what God is calling you to lay down or fast from during this season.
- [ ] **PRACTICE** — Reflect on your relationship with God. Are there areas where you've strayed or grown distant? Take time to confess and ask for His forgiveness.
- [ ] **JOURNAL** — Daily devotional or prayer time: Spend at least 10-15 minutes in prayer or journaling daily, reflecting on your spiritual health.

This week I will give up

This week I will take up

LET US PRAY...

Jesus, I come to you broken and empty. I am tired - mind, body, and spirit. But I know that you came so that we may have life and have it full. As you said in the desert, "For it is written: 'Worship the Lord your God, and serve him only." Open my eyes, Lord, to anything in my life and on my path that isn't of you. Remove any blinders and any obstacles threatening to keep me from my fullest life in you. I want to serve you only - we can't serve two masters - so illuminate anything I may be serving in my life that isn't you or of you. When I am tempted, fill me with your love, kindness, and truth so that I may not falter. Fix my eyes, hold me close, and pull me deeper towards your kind, loving embrace. You died for me. And you'd do it all again for me. Overwhelm my heart with this truth today, that I may be consumed by your all-consuming love even if for a moment. In your name I pray. ***Amen.***

MY INTENTIONS...

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WEEK 1 REFLECTION:

Where or for what do you need to repent? Are there areas where you've strayed or grown distant? Take a moment to ask for His forgiveness.

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What (or who) has become an idol in your life, taking the place of your attention or trust? _____
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What are your honest priorities? And are they as they should be in this season?_____
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What is God calling you to lay down or fast from this week?

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What is God encouraging you to take up ?

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WEEK 1 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

WEEK TWO

Temptation & Sacrifice
(Overcoming Obstacles)



Week 2: Temptation & Sacrifice (Overcoming Obstacles)

Scripture: Matthew 16:21-28 *(Jesus Predicts His Death)*

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!” Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.” Then Jesus said to his disciples, **“Whoever wants to be my disciple must deny themselves and take up their cross and follow me.** For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? For the Son of Man is going to come in his Father’s glory with his angels, and then he will reward each person according to what they have done. “Truly I tell you, some who are standing here will not taste death before they see the Son of Man coming in his kingdom.”

Focus: *What does dying to self mean to you? And how might that look in your life today?*

Week 2: Temptation & Sacrifice (Overcoming Obstacles)

☐ PRAYER	Begin with prayer and self-reflection. Consider what God is calling you to lay down or fast from during this season.
☐ PRACTICE	Write down three things that God might be calling you to sacrifice for deeper relationship with Him.
☐ JOURNAL	Daily devotional or prayer time: Spend at least 10-15 minutes in prayer or journaling daily, reflecting on your spiritual health.

This week I will give up

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This week I will take up

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LET US PRAY...

Lord, your cross was heavy. It was heavy and clunky, splintered and painful, and you were completely undeserving of its weight. You know how it feels to carry a cross that feels undeserving - yet you truly were. For the crosses I carry in this life, let me see them in new light. Where I was once burdened by their heaviness or even carried a silent, invisible load, let me feel newfound freedom and supernatural levity that can only be from you. Even more, can the joy of the Lord be mine on this walk? Where once my cross was an upsetting and overwhelming hardship to carry, where I may have been tempted to give in to despair and even lose hope, help me find joy in what feels like an impossible journey. Give me strength and courage to take up my cross, knowing that it pales in comparison to yours. Give me the grace and guidance to follow you faithfully, all the way to Calvary. In Jesus' name I pray, ***Amen.***

MY INTENTIONS...

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WEEK 2 REFLECTION:

What stumbling blocks are in your way today?_____
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What crosses do you currently carry? Are they physical? Emotional? Mental? Social? How heavy do they weigh on you? Close your eyes and picture each cross. Picture yourself carrying them - going through the motions of your everyday life with these invisible weights on your shoulders. Now, picture Jesus. He's carrying His cross - and He's right beside you._____
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What is God calling you to lay down or fast from this week?
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What is God encouraging you to take up? _____
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WEEK 2 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

WEEK THREE

Charity & Service
(Serving Others)



Week 3: Charity & Service (Serving Others)

Scripture: Matthew 25:31-46 *(The Parable of the Sheep and the Goats)*

"When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left. "Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, **'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'** "Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.' "They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' "He will reply, 'Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.' "Then they will go away to eternal punishment, but the righteous to eternal life."

Focus: *Consider how you can serve others during this time. Jesus calls us to love our neighbors, especially the marginalized and those in need.*

Week 3: Charity & Service (Serving Others)

☐ PRAYER	Begin with prayer and self-reflection. Consider what God is calling you to lay down or fast from during this season.
☐ PRACTICE	Do something selfless without expecting anything in return. Nothing is “too small” to be used by God.
☐ JOURNAL	Journal about a time you’ve served or helped someone. How did it impact them? And how did it impact you? Did it affect your faith or perspective?

This week I will give up

This week I will take up

LET US PRAY...

Open my eyes, Lord. Open my eyes to see your face in the face of those around me. Open my heart to feel others' pains and see others' needs. Equip me graciously and generously to be your hands and feet. May I never miss an opportunity to do the good that is placed before me. May we have the innocence of the righteous, doing good because it's the right thing to do, without expectation of anything in return. Take away any discrimination or preconceived notions - take away any hardness in my heart. Mold me and use me exactly as you need me - wherever, whenever, however - for your glory. Open my eyes, Lord. I want to see you. In your name I pray. ***Amen.***

MY INTENTIONS...

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WEEK 3 REFLECTION:

Upon reading this week's Scripture passage, which did you relate to most: the sheep or the goats? _____
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How might God be calling you to serve more selflessly in this season?
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What is God calling you to lay down or fast from this week?
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What is God encouraging you to take up? _____
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WEEK 3 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

WEEK FOUR

Rest & Renewal
(Spiritual Refueling)



Week 4: Rest & Renewal (Spiritual Refueling)

Scripture: Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

The following is a breath prayer. With each inhale, meditate on or say aloud the corresponding words. Do the same on your exhale. Repeat the process as often as you’d like until you feel more rested.

INHALE: “Holy Spirit”

EXHALE: “Bring me peace.”

Focus: *This week is about rest and renewal. Lent is not just about giving things up, but about drawing closer to God and rejuvenating your soul.*

Week 4: Rest & Renewal (Spiritual Refueling)

- [ ] **PRAYER**

Begin with prayer and self-reflection. Consider what God is calling you to lay down or fast from during this season.

- [ ] **PRACTICE**

Schedule intentional time of rest to recharge spiritually and physically. *Ex:* a quiet walk, reading a book, or unplugging from social media for an afternoon.

- [ ] **JOURNAL**

How can you cultivate rest in your life while remaining committed to God's work? What can that look like for you?

This week I will give up

This week I will take up

LET US PRAY...

Jesus, you invite us personally to come to you when we are weary and burdened. You promise us rest for our souls - that is deep and you are faithful. I come to you now faithfully asking for that soul-deep rest that only you can provide. Renew my heart. Revive my spirit. Where things feel dead and painfully tired, bring new life. When you were in the desert for 40 days without food or water, being tempted nonstop by Satan...were you tired? Did you grow weary? When you were without sustenance, you still reminded us that our Heavenly Father sustains. When I'm tempted to think otherwise, when I'm feeling without and in lack, remind me that in You I lack nothing. When I'm tired from the world being too much, remind me that you have everything I need. In your name I pray. ***Amen.***

MY INTENTIONS...

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WEEK 4 REFLECTION:

Where do you feel spiritually tired? Where might you need spiritual renewal and healing?_____
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On a scale of 1 to 10, how rested do you feel: physically, mentally, emotionally, spiritually?_____
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How can you cultivate rest in your life as is? If your schedule “has” to stay the same - work, family, commitments, etc - how can you intentionally schedule in time to rest?

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What is God calling you to lay down or fast from this week?

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What is God encouraging you to take up? _____
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WEEK 4 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

WEEK FIVE

The Cross & Forgiveness
(The Power of the Cross)



Week 5: The Cross & Forgiveness (The Power of the Cross)

Scripture: John 12:20-33 *(Jesus Foretells His Death)*

Now there were some Greeks among those who went up to worship at the festival. They came to Philip, who was from Bethsaida in Galilee, with a request. “Sir,” they said, “we would like to see Jesus.” Philip went to tell Andrew; Andrew and Philip in turn told Jesus. Jesus replied, “The hour has come for the Son of Man to be glorified. Very truly I tell you, **unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.** Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me. “Now my soul is troubled, and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour. Father, glorify your name!” Then a voice came from heaven, “I have glorified it, and will glorify it again.” The crowd that was there and heard it said it had thundered; others said an angel had spoken to him. Jesus said, “This voice was for your benefit, not mine. Now is the time for judgment on this world; now the prince of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to show the kind of death he was going to die.

Focus: *Reflect on the significance of the cross, Jesus’ ultimate sacrifice, and the gift of forgiveness that He offers.*

Week 5: The Cross & Forgiveness (The Power of the Cross)

- [ ] **PRAYER** — Begin with prayer and self-reflection. Consider what God is calling you to lay down or fast from during this season.
- [ ] **PRACTICE** — Is there anyone you need to forgive, or anyone from whom you need to ask forgiveness? Take time to reflect on God's immense grace toward you.
- [ ] **JOURNAL** — Write a letter (to yourself or someone else) reflecting on forgiveness. You don't have to send it, but consider the power of releasing bitterness.

This week I will give up

This week I will take up

LET US PRAY...

Lord Jesus, let me die to my flesh. Let me be comforted knowing that you, too, felt troubled. You feel my pain, you know my inner turmoil, and you're with me through it all. When I instinctively say, "Father, save me from this hour!" in my own times of hardship, give me the courage and grace to also say, "Father, glorify your name!" - to lean into the hour as means for my sanctification and your glorification. You knew what was to come for you, and still you said Yes. You know what is to come for me, too - give me the courage to say Yes like you did. In your Holy name I pray. ***Amen.***

MY INTENTIONS...

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WEEK 5 REFLECTION:

What does the cross mean to you?_____
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Reflect on the metaphor Jesus shares in this passage of John - of a seed dying to bring new, multiplied life. _____
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What of the flesh must die in you for the glory of God to be magnified?
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What is God calling you to lay down or fast from this week?
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What is God encouraging you to take up? _____
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WEEK 5 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

WEEK SIX

Holy Week
(The Passion of Christ)



As you read through this week's scripture (*and consider the Passion in each Gospel text, as each has additional details*), mark each moment of suffering that Christ endured. Not just the more obvious brutalities like the scouring or the crucifixion itself, but every single moment of suffering. Being betrayed by his friend. Being abandoned and denied by his other friends. Being led out amongst criminals, an innocent man condemned. Being mocked and taunted, spit at and whipped. What an unimaginably excruciating 48 hours Christ endured for us. He was humiliated, tortured, and murdered in our place. *Thank you, Jesus.*

Consider, too, the tender mercies along Christ's path. Simon of Cyrene who helped carry the cross. Veronica, who used her veil to wipe Jesus' face (*famously, the Shroud of Turin - which was recently used to create an AI-generated recreation of Jesus' face, believed by many to be the most historically accurate to date!*).

Week 6: Holy Week
(Reflection on the Passion of Christ)

Scripture: Luke 23:32-49 *(The Crucifixion of Jesus)*

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots. The people stood watching, and the rulers even sneered at him. They said, “He saved others; let him save himself if he is God’s Messiah, the Chosen One.” The soldiers also came up and mocked him. They offered him wine vinegar and said, “If you are the king of the Jews, save yourself.” There was a written notice above him, which read: THIS IS THE KING OF THE JEWS. One of the criminals who hung there hurled insults at him: “Aren’t you the Messiah? Save yourself and us!” But the other criminal rebuked him. “Don’t you fear God,” he said, “since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.” Then he said, **“Jesus, remember me when you come into your kingdom.”** Jesus answered him, “Truly I tell you, today you will be with me in paradise.” It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

Focus: *Reflect on Jesus’ Passion—the suffering He endured for our salvation. Contemplate the weight of the cross and prepare for the joy of Easter.*

Week 6: Holy Week
(Reflection on the Passion of Christ)

☐	HOLY THURSDAY	Wash a loved one's feet as Jesus did with His disciples. Reflect on His Last Supper and His time of agony in the Garden of Gethsemene.
☐	GOOD FRIDAY	Attend a service or participate in a time of meditation on Christ's death and the significance of His suffering.
☐	HOLY SATURDAY	Sit in the silence between Good Friday and Easter Sunday. This time is filled with both grief and hope, in anticipation of Jesus' resurrection.

This week I will give up

This week I will take up

LET US PRAY...

Jesus, thank you for your Passion. Thank you for enduring the Cross that I might have eternal life. Thank you for loving me - for choosing me and chasing me without ceasing. In the stillness of my heart, I remember the weight of your Love, the depth of your sacrifice, and the power of your grace. You walked the road to Calvary with humility and surrender. Help me to follow in your footsteps with courage and conviction. Let me love as you love, serve as you serve, and trust as you trusted the Father's will. Search my heart, Lord. Reveal anything that keeps me from You, and give me the strength to lay it down. Where there is doubt, fill me with faith. Where is fear, cover me with peace. Where there is weariness, renew my spirit. As I prepare for the joy of Easter, may I not rush past the beauty of this Holy Week. Help me to sit in the weight of the cross, to embrace the silence of the tomb, and to rejoice in the victory of the resurrection. Make my life a worthy offering. I unite my suffering to your own and offer it up in your Holy name so that all might be saved. You are my Hope, my Redeemer, and my Kind. I surrender this week, and my whole life, into Your hands. In your Holy name I pray. ***Amen.***

MY INTENTIONS...

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WEEK 6 REFLECTION:

When you think about Jesus' Passion, what events do you think of first? What details are you drawn to? What emotionally pulls you?_____
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Which character in the Passion do you see yourself in the most? Who do you think you would've been if you were there? Peter denying Jesus three times? Veronica wiping his face? The women following from afar?
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What is God calling you to lay down or fast from this week?
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What is God encouraging you to take up? _____
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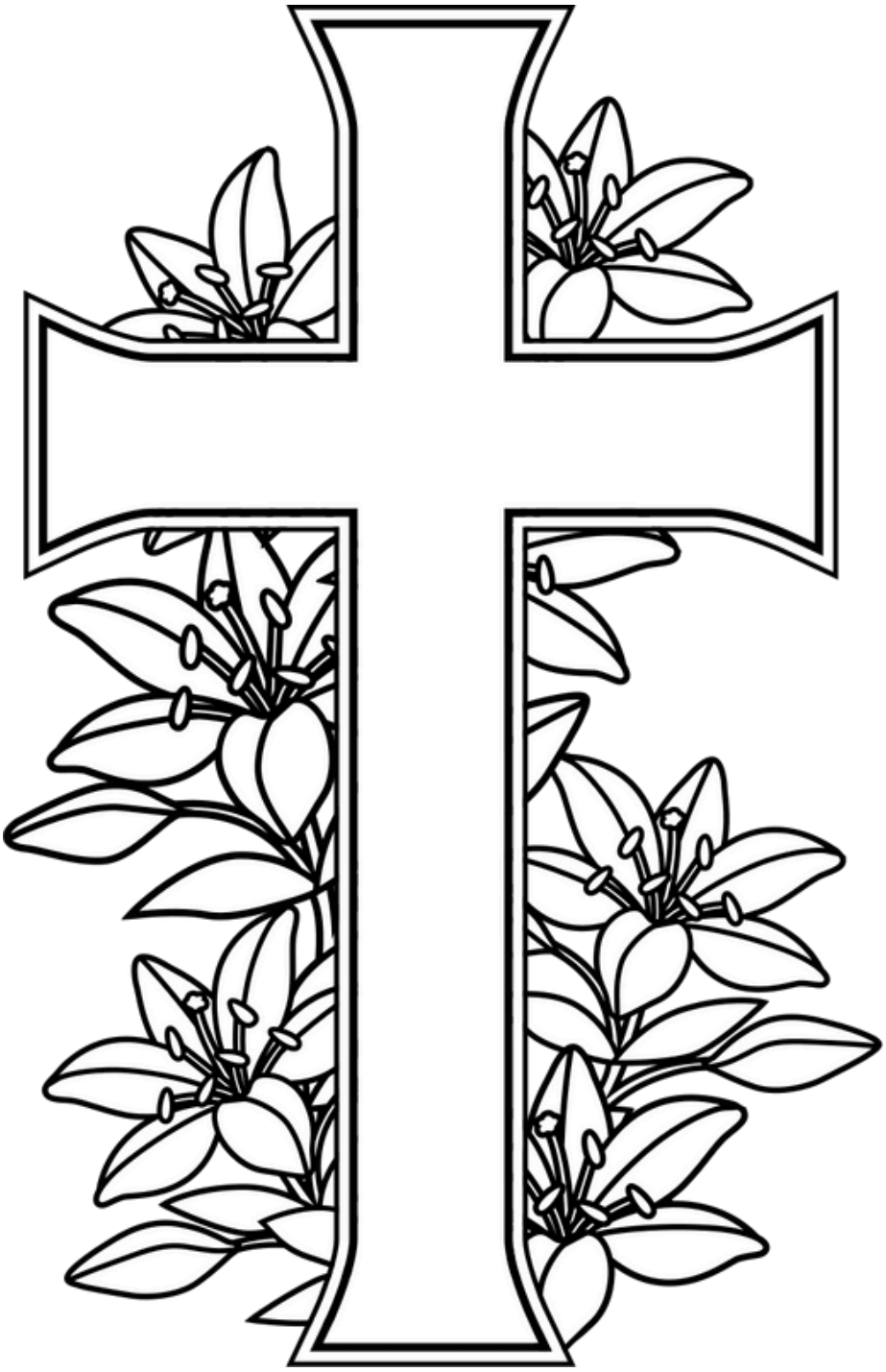
WEEK 6 JOURNAL ENTRY

How have I seen God's faithfulness this week?

What is God calling me to change in my life?

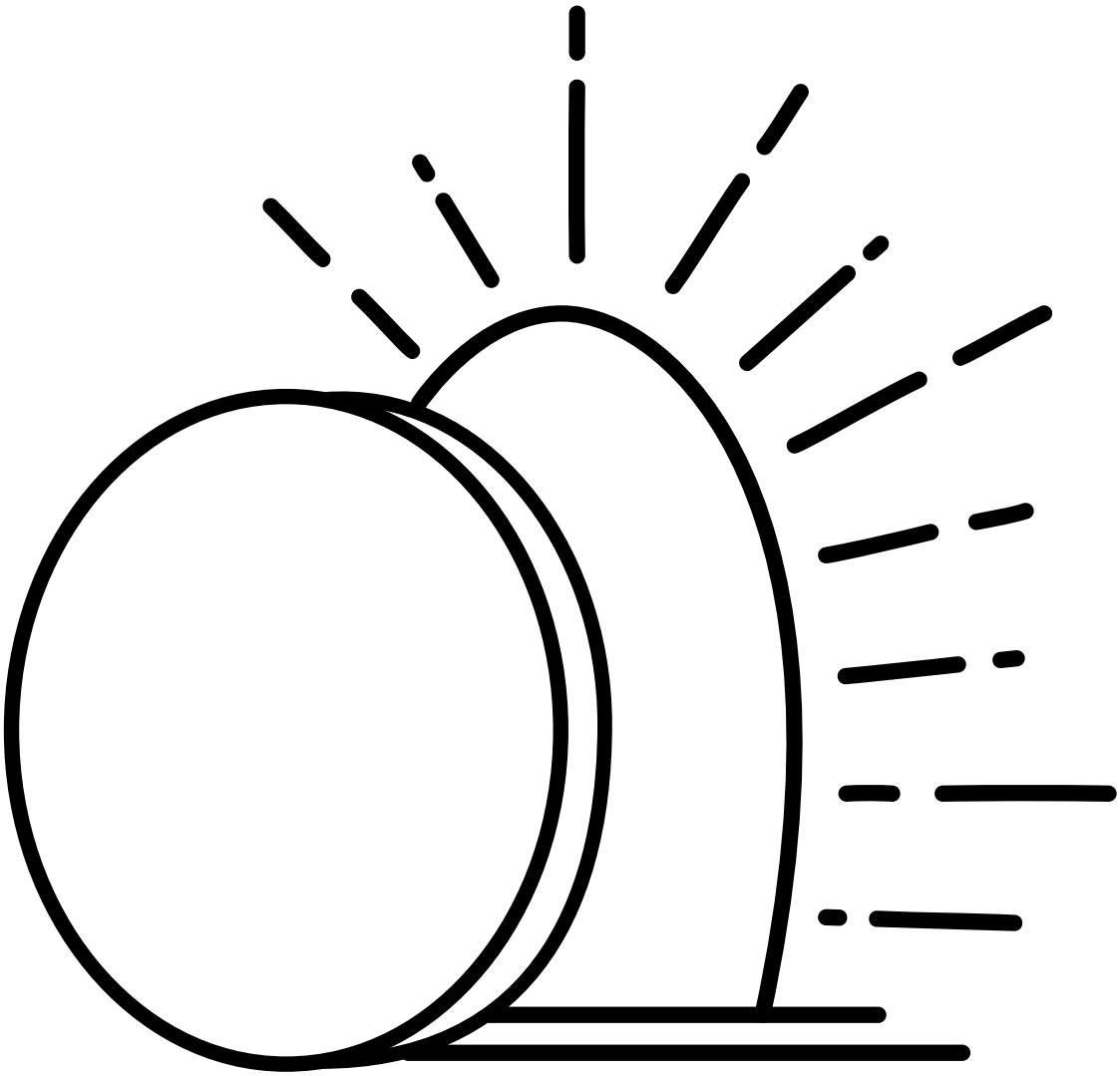
LUKE 24:6

"He is not here; He has risen!"



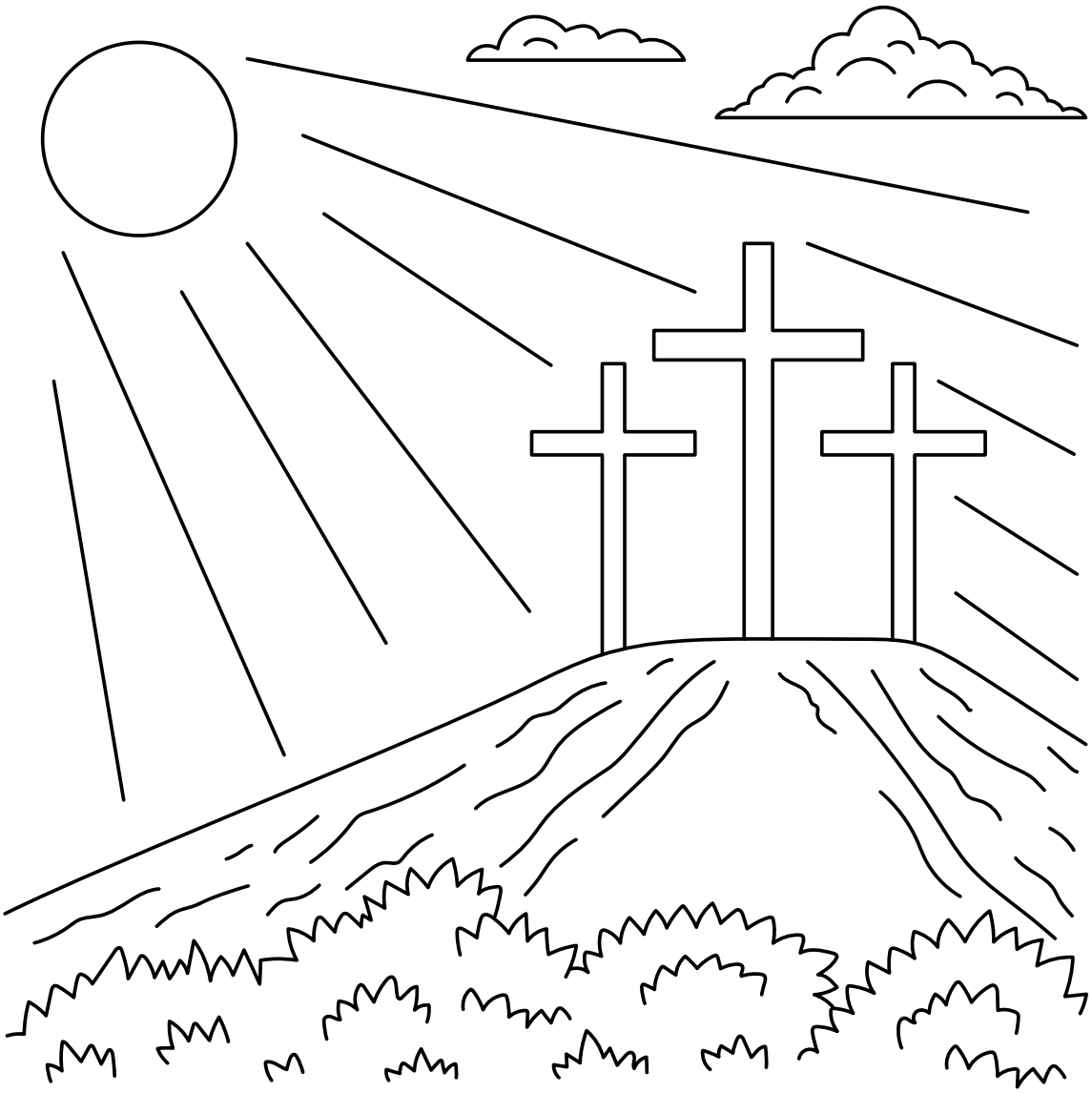
JOHN 20:21

“Peace be with you! As the Father has sent me, I am sending you.”



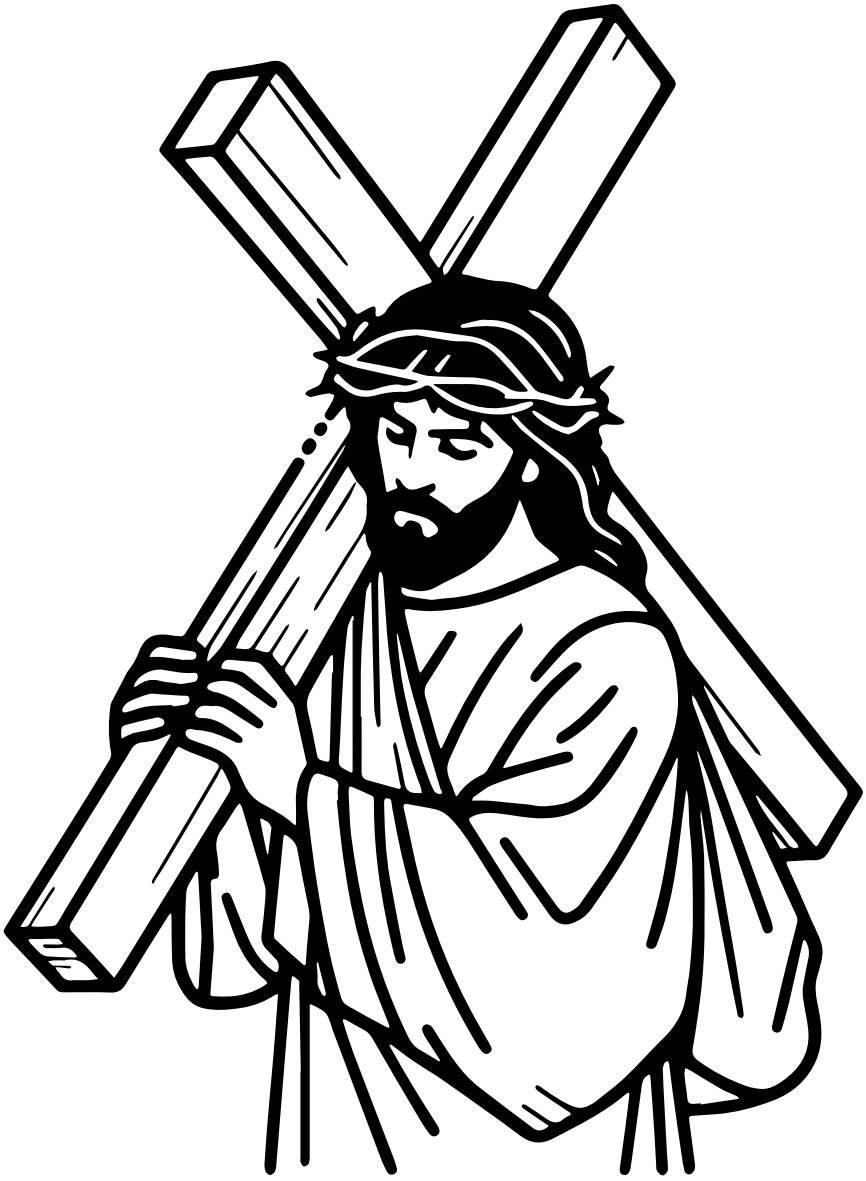
JOHN 3:16

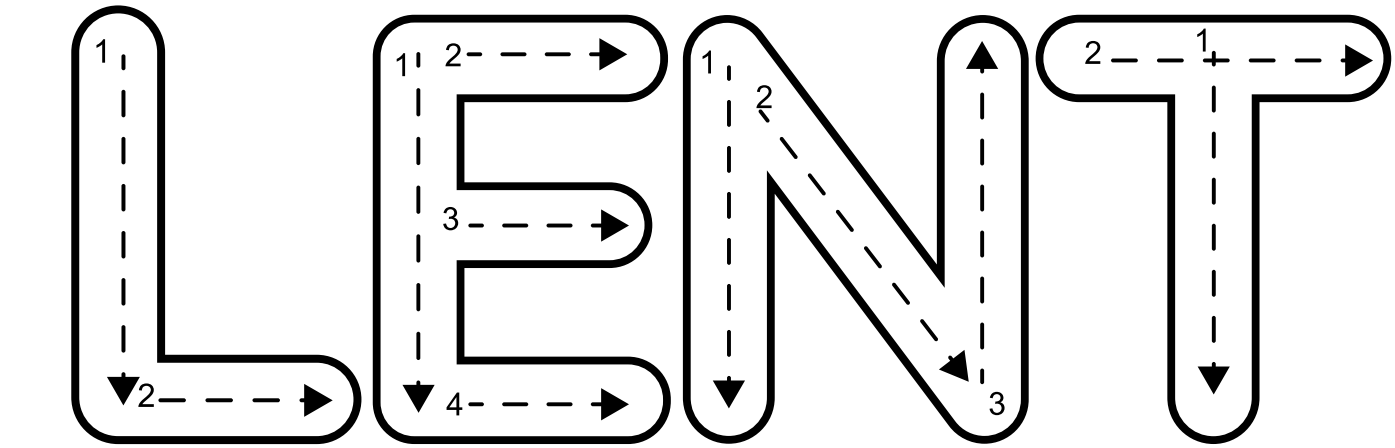
"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."



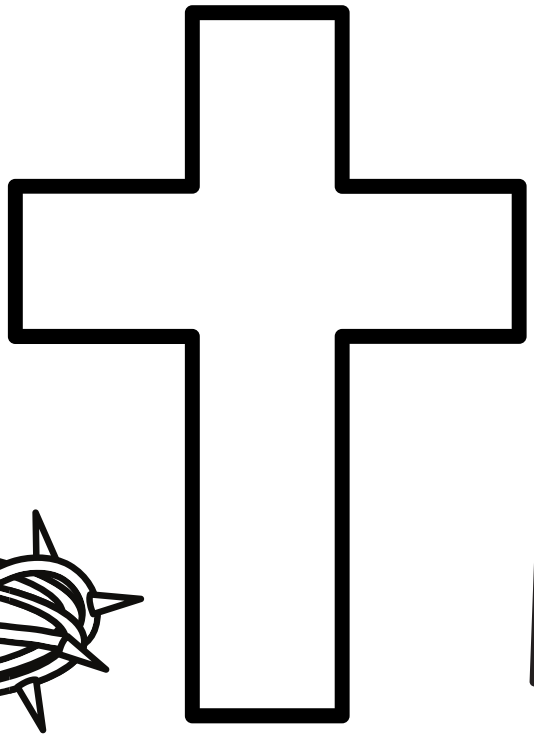
MATTHEW 16:24

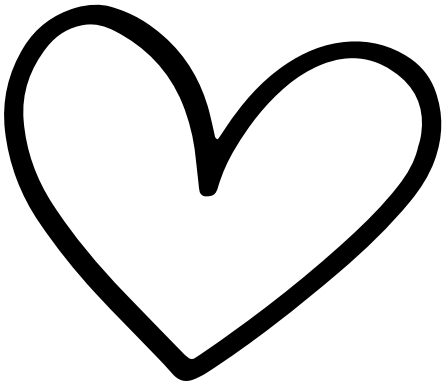
“Then Jesus said to His disciples, “If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me”.

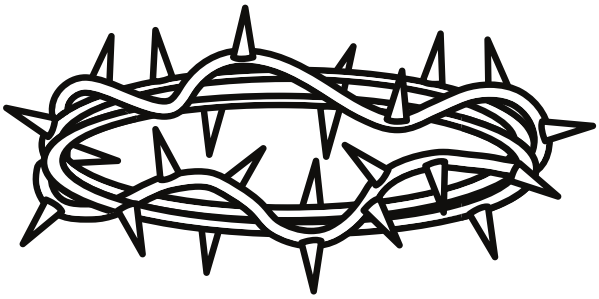



LENT

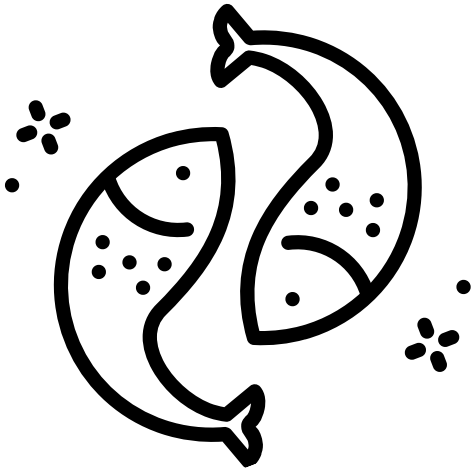


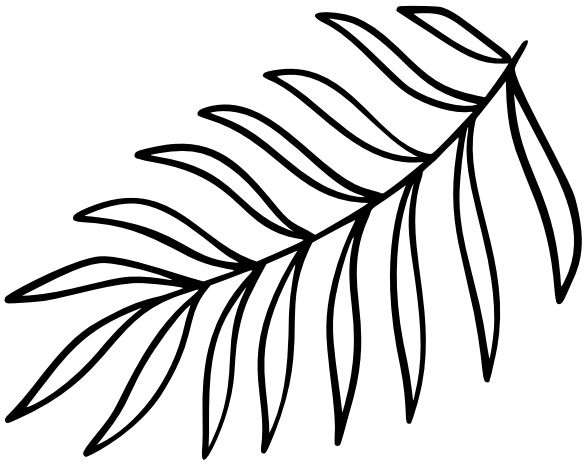










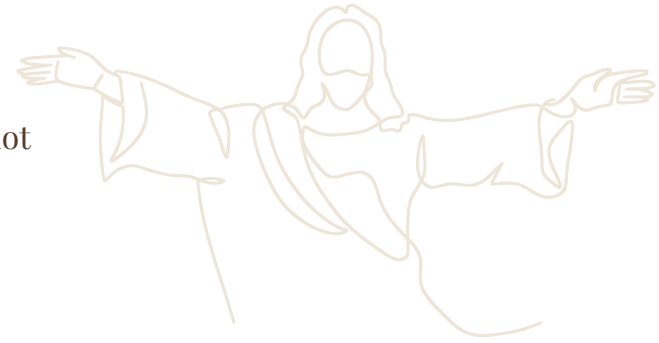


Find + Circle these hidden words in the picture below

Cross	Fasting
Lent	Prayer
Easter	Resurrection
Palm	Jesus
Ash	Sacrifice

T	T	O	D	N	H	A	T	Z	T	C	E	C	I	F	I	R	C	A	S
I	V	Q	S	S	J	J	C	K	W	U	D	C	V	K	V	T	I	U	N
T	A	X	A	U	Y	B	D	R	O	U	B	K	Z	K	C	F	J	O	A
Z	G	T	L	N	J	N	C	N	B	D	G	V	B	O	O	X	I	O	L
U	N	K	W	R	H	E	C	G	J	Y	S	X	X	W	V	T	T	T	B
G	I	P	B	U	D	H	V	W	Z	G	O	K	R	T	C	L	E	B	O
Z	T	L	L	G	E	K	H	A	V	C	W	M	Y	E	M	C	F	K	N
U	S	R	G	G	M	J	S	K	T	M	W	W	R	T	I	U	M	J	E
X	A	E	G	P	Q	Z	P	O	C	N	J	R	X	Z	R	T	P	E	O
R	F	F	T	A	P	R	Z	D	I	O	U	T	D	S	S	Z	L	S	Z
N	U	E	L	R	L	E	Z	E	E	S	P	R	I	F	X	Z	S	U	V
E	J	B	A	X	U	D	L	Y	E	X	T	L	I	T	P	F	H	S	F
F	H	Y	O	D	P	I	B	R	Q	D	A	W	M	E	I	W	L	B	W
C	E	E	I	Q	P	S	F	P	G	J	F	Q	X	H	H	A	I	R	Z
R	O	E	F	X	U	F	F	Z	G	I	P	R	M	L	T	H	G	K	E
B	H	Q	A	K	R	M	K	X	G	U	Z	E	K	A	C	N	P	W	Q
F	X	F	W	S	Z	Y	Q	X	N	X	V	I	K	X	O	K	E	V	Y
U	M	V	T	E	T	D	N	T	U	L	J	I	M	L	A	P	S	L	J
O	R	I	K	S	A	E	D	H	G	V	Z	X	R	J	U	X	E	N	K
K	F	M	A	Q	O	D	R	J	H	H	O	O	C	R	O	S	S	Y	N

Lent Maze Challenge



Start at the green dot and find your way to the red dot

During Lent we take the journey alongside Jesus, traveling through to His last days, while we prepare our hearts for Easter Sunday.

A QUICK GUIDE TO *HOLY WEEK*

01

PALM SUNDAY

April 13th - Jesus enters Jerusalem, greeted by the crowds waving palm branches, shouting "Hosanna!" It begins the journey of His final days. The day also recalls His Passion, the suffering He will endure for the salvation of humanity.

Reference Bible Verses: Matthew 21:1-11, Mark 11:1-10, John 12:12-19, and Matthew 26:14-75.

02

HOLY THURSDAY

April 17th - At the Last Supper, Jesus institutes the Eucharist, giving His body and blood as a sacrifice for the forgiveness of sins. He also teaches His disciples the importance of humility through the washing of feet.

Reference Bible Verses: Matthew 26:17-30, Mark 14:12-25, and John 13:1-20

03

GOOD FRIDAY

April 18th - Jesus suffers and dies on the cross for the salvation of the world. His selfless act of love is the cornerstone of Christianity, bringing redemption and hope.

Reference Bible Verses: Matthew 27:1-56, Mark 15:1-41, Luke 23:1-49, and John 18:28-19:37.

04

HOLY SATURDAY

April 19th - On Holy Saturday, the Church reflects in silence and waits in hope. It is a day of anticipation as the faithful await the joyous celebration of Christ's resurrection.

Reference Bible Verses: Matthew 27:57-66, Mark 15:40-47, Luke 23:50-56, and John 19:38-42

05

EASTER SUNDAY

April 20th - Jesus rises from the dead, conquering sin and death. His resurrection is the source of our salvation and the foundation of our faith.

Reference Bible Verses: Matthew 28:1-10, Mark 16:1-8, Luke 24:1-12, and John 20:1-18

WHAT NEXT?

I hope your Lent has been more prayerful and purposeful.

For more encouraging, life-giving and faith forward content, follow along on Instagram @ericaligenza, and stay tuned for a brand new book coming everywhere books are sold this fall.



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PRICELESS