



# Seeing with fresh eyes

*Lenten meditations through the lens  
of the Gospel of Mark*

Asbury United  
Methodist  
Church



# Seeing with Fresh Eyes

## *A Lenten Meditation Guide*

The season of Lent is a 40-day journey towards Easter. It begins with Ash Wednesday as we humble ourselves before God,

remembering our sin and acknowledging our human finiteness. It is during this journey that we reconnect with God through prayer and fasting.

This Lenten season, I invite you to incorporate the prayer practice of meditation and journaling into your spiritual journey. In conjunction with the Lenten sermon series as outlined by Asbury Senior Pastor Mike Holly, this meditation guide offers scripture reading and prayer prompts every day for 40 days plus Sundays throughout Lent. It is designed to help you slow down this season and see Jesus through the lens of fresh eyes.

Each day begins with an invitation to recenter your thoughts. Pauses are placed throughout the meditation to help create space for conversation between you and the Holy Spirit. A different theme within the Gospel of Mark emerges each week as you travel to the cross. I encourage you to use your Asbury journal to write any thoughts, concerns, or prayers that may stir within you. Blessings to you as you encounter the risen Christ this Lent.

Robyn White

Director of Adult Ministry, Asbury UMC

# *Ash Wednesday*

## *1st day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to recognizing that the Kingdom of God is near.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

As I prepare to set my gaze toward Jerusalem, Jesus, help me to see you in a new way. Show me what it means know that your kingdom is near. Walk with me as I prepare my life for the beginning of your ministry in the world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 139:

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,*

*even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 1:1-11**

*Pause to be with God*

## Closing Prayer

Lord, the heavens opened as your kingdom was revealed to humanity through your Son, Jesus. I, too, can share in the power and love of your kingdom that moves among all of creation. Open my eyes and my heart to prepare for an encounter with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *2nd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to recognizing that the Kingdom of God is near.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

As I prepare to set my gaze toward Jerusalem, Jesus, help me to see you in a new way. Show me what it means know that your kingdom is near. Walk with me as I prepare my life for the beginning of your ministry in the world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 139:

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.*

*If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 1:12-20**

*Pause to be with God*

## Closing Prayer

Lord, the heavens opened as your kingdom was revealed to humanity through your Son, Jesus. I, too, can share in the power and love of your kingdom that moves among all of creation. Open my eyes and my heart to prepare for an encounter with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *3rd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to recognizing that the Kingdom of God is near.*

### Recenter

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### Prayer

As I prepare to set my gaze toward Jerusalem, Jesus, help me to see you in a new way. Show me what it means know that your kingdom is near. Walk with me as I prepare my life for the beginning of your ministry in the world.

*Pause to be with God*

### Psalm

I lift up words of praise through the ancient hymn of Psalm 139:

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,*

*even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 1:21-34**

*Pause to be with God*

## Closing Prayer

Lord, the heavens opened as your kingdom was revealed to humanity through your Son, Jesus. I, too, can share in the power and love of your kingdom that moves among all of creation. Open my eyes and my heart to prepare for an encounter with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *4th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to recognizing that the Kingdom of God is near.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

As I prepare to set my gaze toward Jerusalem, Jesus, help me to see you in a new way. Show me what it means know that your kingdom is near. Walk with me as I prepare my life for the beginning of your ministry in the world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 139:

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.*

*If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 1:35-45**

*Pause to be with God*

## Closing Prayer

Lord, the heavens opened as your kingdom was revealed to humanity through your Son, Jesus. I, too, can share in the power and love of your kingdom that moves among all of creation. Open my eyes and my heart to prepare for an encounter with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *1st Sunday in Lent*

*This week, I am exploring the movement of God within me as I open my eyes to recognizing that the Kingdom of God is near.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

As I prepare to set my gaze toward Jerusalem, Jesus, help me to see you in a new way. Show me what it means know that your kingdom is near. Walk with me as I prepare my life for the beginning of your ministry in the world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 139:

*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,*

*even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 1:9-15**

*Pause to be with God*

## Closing Prayer

Lord, the heavens opened as your kingdom was revealed to humanity through your Son, Jesus. I, too, can share in the power and love of your kingdom that moves among all of creation. Open my eyes and my heart to prepare for an encounter with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *5th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 2:1-12**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *6th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### Recenter

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### Prayer

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### Psalm

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## **Gospel Reading**

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 2:13-17**

*Pause to be with God*

## **Journal Moment**

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *7th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### Recenter

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### Prayer

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### Psalm

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 2:18-28**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *8th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 3:1-12**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *9th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 3:13-19a**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *10th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 3:19b-35**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *2nd Sunday in Lent*

*This week, I am exploring the movement of God within me as I open my eyes to noticing the ways in which God is working in the world.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Your glory and beauty surrounds me Lord, yet often times, I'm unaware of your presence. As I slow down this Lenten season, open my eyes to the numerous ways you are at work in and around me.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 105:

*O give thanks to the Lord; call on his name;  
make known his deeds among the peoples.*

*Sing to him, sing praises to him;  
tell of all his wonderful works.*

*Glory in his holy name;  
let the hearts of those who seek the Lord rejoice.*

*Seek the Lord and his strength;  
seek his presence continually.*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 2:23-3:6**

*Pause to be with God*

## Closing Prayer

Help me to remove the blinders I've placed over my eyes and be open to seeing your love, grace, and beauty. Soften my heart and refocus my life to be in harmony with you, Jesus. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *11th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### Recenter

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### Prayer

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### Psalm

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.*

*Do not cast me away from your presence,  
and do not take your holy spirit from me.*

*Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 4:1-20**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *12th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 4:21-34**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *13th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.*

*Do not cast me away from your presence,  
and do not take your holy spirit from me.*

*Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 4:35-41**

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *14th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 5:1-20**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *15th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 5:21-34**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *16th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 5:35-43**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *3rd Sunday in Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the realization that I, too, can be restored to true life and community with God.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, I open the deepest places of my heart and invite you to dwell inside of me. I release to your compassionate care the places within me that are in need of your love, grace, and healing hand.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 51:

*Create in me a clean heart, O God,  
and put a new and right spirit within me.  
Do not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 5:1-20**

*Pause to be with God*

## Closing Prayer

Lord Jesus, walk alongside me as I seek your healing touch in all places of my life. I desire to be restored to true life and community with you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *17th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 6:1-29**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *18th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 6:30-56**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *19th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 7:1-23**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *20th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## **Gospel Reading**

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 7:24-37**

*Pause to be with God*

## **Closing Prayer**

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## **Journal Moment**

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *21st day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 8:1-26**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *22nd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 8:27-38**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *4th Sunday day in Lent*

*This week, I am exploring the movement of God within me as I open my eyes to see Jesus as Miracle Worker and Suffering King.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Just as you worked miracles in the lives of those you encountered during your earthly journey, Jesus you continue to work miracles today. Help me to see your blessings and experience your presence.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 63:

*O God, you are my God; 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;  
I will lift up my hands and call on your name.*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 8:27-38**

*Pause to be with God*

## Closing Prayer

As we walk toward the cross, Jesus, I'm reminded that suffering was part of your journey. Through your suffering, I can be reconciled to you and dwell within your gentle embrace. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *23rd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 9:1-13**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *24th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 9:14-29**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *25th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 9:30-50**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *26th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 10:1-16**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *27th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 10:17-34**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *28th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 10:35-52**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *5th Sunday in Lent*

*This week, I am exploring the movement of God within me as I open my eyes to realigning my expectations about the Kingdom of God and enter into a lifestyle of serving others.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Lord, oftentimes I find myself in a place of selfishness and self-centeredness. Help me to look beyond myself and out into your world.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 16:

*I bless the Lord, who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.*

*Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 10:32-45**

*Pause to be with God*

## Closing Prayer

Jesus, your kingship is not one of status but one of serving and helping those in need. Show me how to put others first and live a life of service for your glory. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *29th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 11:1-14**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *30th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 11:15-33**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *31st day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 12:1-27**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *32nd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 12:28-44**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *33rd day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### Recenter

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### Prayer

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### Psalm

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 13:1-23**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *34th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 13:24-37**

*Pause to be with God*

## Closing Prayer

Loving Father, "Hosanna" is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *Palm Sunday*

*This week, I am exploring the movement of God within me as I open my eyes to what it means to shout Hosanna and truly believe that God can save me.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

Dear Jesus, I like the idea of acknowledging you as King of my life. However, I wrestle with giving you control. Show me how to fully entrust my life to you.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 118:

*Out of my distress I called on the Lord;  
the Lord answered me and set me in a broad place.*

*With the Lord on my side I do not fear.  
What can mortals do to me?  
The Lord is on my side to help me;*

*Pause to be with God*

## Gospel Reading

Today I am revisiting a story that I meditated on earlier in the week.

I listen for a word or phrase in the retelling of this story that the Holy Spirit is bringing to my attention in this moment: **Mark 11:1-11**

*Pause to be with God*

## Closing Prayer

Loving Father, “Hosanna” is a plea for you to save us. Sometimes I shout Hosanna and other times, it comes as a whisper. Help me to rest in knowing that you are my Lord, my Savior, my healer, and my friend. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *35th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## **Gospel Reading**

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 14:1-11**

*Pause to be with God*

## **Closing Prayer**

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## **Journal Moment**

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *36th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 14:12-31**

*Pause to be with God*

## Closing Prayer

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *37th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 14:32-52**

*Pause to be with God*

## Closing Prayer

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.





## *38th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## **Gospel Reading**

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 14:53-72**

*Pause to be with God*

## **Closing Prayer**

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## **Journal Moment**

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *39th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## **Gospel Reading**

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 15:1-41**

*Pause to be with God*

## **Closing Prayer**

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## **Journal Moment**

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.



## *40th day of Lent*

*This week, I am exploring the movement of God within me as I open my eyes to the journey alongside Jesus to the cross.*

### **Recenter**

In this moment, I pause to quiet the commotion of my mind. I take gentle breaths, exhaling slowly as I recenter my focus on God's presence and listen to the stirrings of my heart.

### **Prayer**

The time has come. The journey to the cross has begun. Jesus, you faithfully fulfilled your calling as the suffering servant-king.

*Pause to be with God*

### **Psalm**

I lift up words of praise through the ancient hymn of Psalm 22:

*My God, my God, why have you forsaken me?*

*Why are you so far from helping me, from the words of my groaning?*

*O my God, I cry by day, but you do not answer;  
and by night but find no rest.*

*Yet you are holy,  
enthroned on the praises of Israel.*

*In you our ancestors trusted;  
they trusted, and you delivered them.*

*To you they cried and were saved;  
in you they trusted and were not put to shame.*

*Pause to be with God*

## Gospel Reading

As I reflect on today's Gospel reading, I listen for a word or phrase that the Holy Spirit is bringing to my attention in this moment: **Mark 15:42-47**

*Pause to be with God*

## Closing Prayer

Through our journey together Jesus, I've heard your teachings, been transformed by your miracles, and experienced your presence. Now, we stand at the cross together. Thank you for suffering, overcoming death, and loving me so I can be reconciled to you. Amen.

## Journal Moment

I pause now to spend time with God, reflecting and journaling the ways in which the Holy Spirit is stirring within me.

