

“Alone with God” Devotional Guide

LENT 2024



*“Come to me, all you who are weary and
burdened, and I will give you rest.
(Matthew 11:28)*

We live in a dark and troubled world...

Wars, inflation, political polarization, mental health crisis, homelessness, refugee and migration challenges, declining life expectancy, the loneliness epidemic, the list of challenges goes on and on.

And yet, it is in this context that Emmanuel Church is called to 'Know, Grow & Show Christ'. We are called to be a community who know Jesus intimately, who grow to be like him, and who intentionally go in love and show His good news.

During the pandemic, we learned anew that a healthy rhythm is essential for an effective journey in this troubled world. We describe this rhythm with the following four statements:

- Alone with God
- Grow with Groups
- Serve with Power
- Celebrate with Worship

If we, as followers of Jesus regularly practice these four components, we will be 'fertile soil' for us to increasingly 'Know, Grow & Show Christ'!

During this year's season of Lent, we will focus on developing the first of the four components – 'Alone with God'. The messages during our worship gatherings, as well as this devotional guide, will highlight a series of spiritual disciplines that will help develop our personal devotional times.

Each day, this guide will provide you with suggested readings from Scripture to interact on. Please note, that if you are following a different reading plan, that is fine! You will still be able to use this guide. Just be sure that your reading is from Scripture; not merely someone else's thoughts on Scripture.

You will be prompted to prayerfully interact with the passage through the SOAP acronym (Scripture, Observation, Application, and Prayer). As for the Prayer, you will be encouraged to pray the 'teaspoon' or 'tsp' prayer (Thanks, Sorry, Please). We encourage you to take notes in the space provided. Jot down your prayers and record any insights that come to mind. Write down what you sense God might be telling you.

In addition, most days will include some comments about a particular issue related to being 'alone with God'. At times, you will be challenged to a specific task. I encourage you to give them a try and to record your experience.

Finally, when Lent comes to an end at our Maundy Thursday service, there will be an opportunity to share how this journey has impacted you. I'm confident it will be an encouraging time together and a wonderful way to prepare for Good Friday and Easter.

A couple of final notes:

Though this guide's main focus is on the 'Alone with God' component of a healthy rhythm, you will benefit greatly from engaging the other three simultaneously!

Take this guide for what it is – a guide. It is intended to be a tool to help you on your journey. To that end, feel free to adapt it if you feel that will help you reach the goal.

May God bless you as you spend time 'alone with God' in the weeks leading up to the celebration of the resurrection of Jesus!

Sincerely,

Pastor Sweis Ubels

Wednesday, February 14

Today's Suggested Reading: Genesis 1

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

On this Valentine's Day, why not respond to God's love by reminding someone else that God created and loves them too? How did the person you reminded respond to you?

Thursday, February 15

Today's Suggested Reading: Genesis 3

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Praise God for all He has forgiven you for. If it seems appropriate, make a list. This is not to dwell on the past but to generate gratitude for His mercy.

Friday, February 16

Today's Suggested Reading: Genesis 12

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

God promised to turn Abram into a great nation, which would require a son. Abram had to wait a long time for the fulfillment of that part of the promise. What promise(s) has God made to you that you are still waiting for him to fulfill?

Saturday, February 17

Today's Suggested Reading: Exodus 3

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

God spoke to Moses... Reflect on the different ways God has spoken to you in the past. Then invite Him to speak to you, and quietly wait. Write down what comes to mind.

Sunday, February 18

Today's Suggested Reading: Exodus 12

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection:

There is a close connection between the Passover and the Lord's Supper. With today being the first Sunday of Lent, we plan to celebrate the latter during the worship service. Reflect on the symbolic similarities between Passover and the Lord's Supper.

Monday, February 19

Today's Suggested Reading: Exodus 20

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

The first 4 of the 10 Commandments are about our relationship with God. Yesterday's message focused on Jesus' commitment to spending time alone with the Father. Prayerfully consider your commitment to spending time "alone with God" during Lent. Write out your commitment below. You can include how much time, when, where, and even what you plan to include.

Tuesday, February 20

Today's Suggested Reading: Deuteronomy 30

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Take some time to consider and note any evidence in your life related to "The Offer of Life and Death" (Deut. 30:15-18). God offers life and blessings, but we must choose obedience. Be sure to confess and repent of any disobedience.

Wednesday, February 21

Today's Suggested Reading: Joshua 24

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Lent has traditionally been a time during which Christians voluntarily give something up. For example, they may choose to give up watching TV. In today's reading the people were called to give up their false gods. What false gods do people serve today?

Thursday, February 22

Today's Suggested Reading: Psalm 22

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Jesus quoted Psalm 22:1 while suffering on the cross, showing that we can be brutally honest in prayer. Today you are encouraged to be just as honest in prayer. Write out the authentic cry of your heart.

Friday, February 23

Today's Suggested Reading: Psalms 42 & 43

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

In these two Psalms, the Sons of Korah were honest about their feelings. There was no pious pretense! And so, we encourage you to be honest about your feelings in your time alone with God.

Saturday, February 24

Today's Suggested Reading: Psalm 139

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Pray Psalm 139:23-24 out loud. Then be still and allow God to search you and speak to you. Respond appropriately.

Sunday, February 25

Today's Suggested Reading: Isaiah 40

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

As we prepare our hearts to remember Christ's death and resurrection, meditate on the last verse of today's reading. Write it out below and review it daily this coming week.

Monday, February 26

Today's Suggested Reading: Isaiah 43

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Continue to review yesterday's verse –

*“But those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint.” (Isaiah 40:31)*

Commit it to memory, and note any new insights below. Pray that whenever you see an eagle this verse will come to mind.

Tuesday, February 27

Today's Suggested Reading: Isaiah 53

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Continue to memorize Sunday's verse.

Further, it is said that Jesus fulfilled over 300 prophecies during his time on earth. How many of them can you find in today's suggested reading??

Wednesday, February 28

Today's Suggested Reading: Jeremiah 33

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Continue to memorize Sunday's verse. (We will recite it together on Sunday morning!)

As for today's chapter... another Messianic prophecy! Though God's people were in big trouble, there was hope. Ask God to reveal hope in an area of life in which you experience trouble.

Thursday, February 29

Today's Suggested Reading: Luke 1

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

This past Sunday we focused on meditating on Scripture (which can include memorization... Keep up the good work!)

In today's chapter, we read Luke's version of the start of the New Testament. God had been "silent" (no prophetic words) for 400 years. Now the fulfillment of the ancient promise of a Seed (Genesis 3:15) was at hand. Praise God for His faithfulness!

Friday, March 1

Today's Suggested Reading: Luke 2

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

It may seem like a strange time of year to be reading the Christmas story, but it is a very important part of the Grand Story. Today, thank God for sending His Son. Thank Jesus for being willing to trade heavenly glory for life among His enemies. Consider the extent of Jesus' love!

Saturday, March 2

Today's Suggested Reading: John 1

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

The memory verse... do you know it? We will be reciting it together during tomorrow's service!

*"But those who hope in the LORD will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint." (Isaiah 40:31)*

Sunday, March 3

Today's Suggested Reading: John 2

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

In today's reading, we see Jesus zealously cleanse the Temple. People had turned the space into a marketplace while it was supposed to be a house of prayer.

Reflect on your commitment to prayer. Confess any lack of it, and ask God to grow your desire for prayer.

Monday, March 4

Today's Suggested Reading: John 3

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Although prayer is supposed to be a conversation, many Christians do (almost) all the talking in their conversations with God. Yesterday's message focused on "listening prayer". (The message is available on our YouTube Channel). Reflect on your prayers... what percentage of the time do you spend listening?

Tuesday, March 5

Today's Suggested Reading: Matthew 4

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Over the next few days, we are going to practice listening prayer. Start with identifying a problem or challenge you are facing. Try to be specific and begin to pray about it.

Wednesday, March 6

Today's Suggested Reading: Matthew 5

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Praying about our problems can be overwhelming. Consequently, we tend to keep our prayers general in nature. Praying “step-prayers” can help. Instead of praying for the whole problem, we break it down into a series of smaller prayers/steps.

Ask God to reveal different ‘steps’ to pray for. Record them below and begin to pray for the first step.

Thursday, March 7

Today's Suggested Reading: Matthew 6

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Continue to pray through the different steps you identified and began to pray for yesterday. Add any other steps that God brings to mind. Be sure to record any insights God is giving you as you pray more specific prayers!

Friday, March 8

Today's Suggested Reading: Matthew 7

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

In today's reading, you finished the Sermon on the Mount. Matthew 6 included the Lord's Prayer. Pray this prayer today but in a "listening-prayer" kind of way. Take a deep breath, then slowly read one line at a time. Pause after every line, allowing Jesus to speak to you.

Saturday, March 9

Today's Suggested Reading: Mark 4

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Today's reading includes the Parable of the Sower. Verse 20 describes those who "hear the word". This is His will for you; To hear His word... In prayer, ask Him to speak to you about your interaction with His word. Confess anything that needs confessing!

Sunday, March 10

Today's Suggested Reading: Mark 5

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

On this first day of the week, spend time praising God by listing who He is and what He has done.

Monday, March 11

Today's Suggested Reading: John 4

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

During yesterday's service we talked about fasting... voluntarily setting something aside with the intent to draw nearer to God.

Maybe a good place to start would be to identify something that has a hold on you. Maybe it is food, social media, watching the news, or....

Tuesday, March 12

Today's Suggested Reading: John 5

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Fasting can be greatly beneficial in our relationship with Jesus. But, as we read in today's text, "Do you want to get well?" How badly do we desire to grow in our relationship with Jesus? Ask Jesus to reveal what He would like you to fast from.

Wednesday, March 13

Today's Suggested Reading: John 6

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Jesus is the bread of life (John 6:35). When we fast, we do so to focus on Him. Yesterday you asked Him to reveal what He wants you to set aside. Today, ask him to reveal the details... When to start? For how long? Who should you tell? Record the deals below.

Thursday, March 14

Today's Suggested Reading: John 7

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Fasting... Give it a try! If you find yourself struggling to engage this spiritual discipline, ask Jesus to reveal what is holding you back. Otherwise, write out your commitment to fasting below.

Friday, March 15

Today's Suggested Reading: John 8

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Hopefully, you have chosen to set something aside for a time. Be sure to fill the void with prayer!

Saturday, March 16

Today's Suggested Reading: John 9

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Today's reading starts with a miracle. What miracle would you love for Jesus to do in your life (or in someone else's)? Make this a point of prayer during your time of fasting.

Sunday, March 17

Today's Suggested Reading: Luke 9

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Write out your answer to Jesus' question in Luke 9:20 "*Who do you say I am?*" Try to be specific and comprehensive...

Monday, March 18

Today's Suggested Reading: Matthew 25

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

During yesterday's message at Emmanuel Church, we talked about the discipline of worship in the context of being "alone with God". Make a list of different ways you (can) express worship during your devotions.

Tuesday, March 19

Today's Suggested Reading: Luke 15

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Reflect on your salvation. Then worship by writing a prayer of thanks.

Wednesday, March 20

Today's Suggested Reading: John 10

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Continue to reflect on your salvation and meditate on Jesus' words in John 10:9 *"I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture."*

Prayerfully consider what "pasture" Jesus has in store for you.

Ask God to give you a picture of that pasture. Then give thanks!

Thursday, March 21

Today's Suggested Reading: John 11

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Today, worship with a song. Select a favorite worship song and praise Him!

Friday, March 22

Today's Suggested Reading: John 12

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

In today's reading, Jesus was honored through a dinner where he was anointed with perfume by Mary. Today, worship (honor) Jesus through a gift... Feel free to get creative!

Saturday, March 23

Today's Suggested Reading: John 13

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Today, worship Jesus by humbly serving someone. Take time during your time alone with God to discern His guidance.

Palm Sunday, March 24

Today's Suggested Reading: John 14

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

John 14:15 says: *"If you love me, keep my commands."*

Today, in our pursuit of worship, our focus is on obedience. What needs to change in your life? Ask the Spirit to reveal this, and respond with confession and repentance.

Monday, March 25

Today's Suggested Reading: John 15

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Silence and solitude... that was the theme of yesterday's message at Emmanuel Church. Start your time alone with God this week with a couple of minutes of silence. Be as still as possible, not asking God for anything – just be still.

Tuesday, March 26

Today's Suggested Reading: John 16

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Silence and solitude... Below, write about your experience with silence. What are the obstacles? By the way, if you get easily distracted, try saying "Have mercy on me", or "Come Holy Spirit, come" repeatedly during this time.

Wednesday, March 27

Today's Suggested Reading: John 17

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

In today's reading, we find what is referred to as Jesus' High Priestly Prayer. In it, he prays for himself, his disciples and for all who would come after them (that includes us)! He prays for unity... Today you are encouraged to pray for unity among God's people; even as you spend time alone with God.

Maundy Thursday, March 28

Today's Suggested Reading: Luke 22

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

This evening there is an opportunity to gather with other believers at Emmanuel Church to celebrate the Lord's Supper and to share about your journey through Lent. Whether you plan to be there or not, take a moment to reflect on what you will/would share.

Good Friday, March 29

Today's Suggested Reading: John 19

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Silence and solitude... be sure to start your time alone with God by just being still. Reflect on the reading as if you were a bystander who watched it happen.

Silent Saturday, March 30

Today's Suggested Reading: Isaiah 53 (again!)

Note: read the 'Reflection & Challenge' portion first!

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

Silence and solitude... Today, on this "Silent Saturday" (the day between the death and the resurrection of our Lord) we encourage you to find a mirror to lay beside your Bible. Then, as you read the suggested reading slowly, pause from time to time to look at the mirror. Jesus suffered for that person!

Easter Sunday, March 31

Today's Suggested Reading: John 20

Scripture (What in today's reading stands out to me?)

Observation (What do I sense God is saying to me?)

Application – (How should I respond to this?)

Prayer

Thanks (For who God is and what He has done)

Sorry (Confess any sin and ask for forgiveness)

Please (Humbly ask God to help/provide/heal/etc.)

Reflection & Challenge:

CHRIST IS RISEN!

How will you celebrate? Who will you celebrate with? How will you express your praise?

Produced by:

Emmanuel Congregational
Christian Church

Middleton, NS

LENT 2024

“Know, Grow & Show Christ”

www.emmanuelchurch.ca