

LENT DEVOTIONAL

FORMED BY MERCY

7 weeks of
Returning to God and Becoming Like Christ



Introduction



Lent is not simply a season of self-denial. It is also a season of return.

In the busyness of life, we easily lose sight of what matters most. We long for peace and wholeness, yet we encounter broken relationships, distraction, and spiritual dryness. Lent invites us to pause, to look honestly at our lives, and to hear again the call of the Gospel: Be reconciled to God.

This study, *Formed by Mercy*, is a seven-week journey from Ash Wednesday to Easter Day. Including the Sundays of Lent and culminating in the resurrection, it is not only a time for reflection but for transformation. These weeks invite us to receive the mercy of God and to be shaped by it.

Mercy is more than forgiveness. It is the compassionate heart of God turned toward humanity. It restores dignity, heals what is broken, and calls us back when we wander. In Jesus, mercy becomes visible: in His humility, patience, unity, attentiveness, endurance, and ultimately in His death and resurrection.

Christian faith does not only proclaim mercy; it practises it. Mercy is a virtue that is learned and embodied. Throughout these seven weeks, we are invited to grow in Christ-like character, extending mercy to others and to ourselves.

Each day follows a simple pattern:

- **Scripture** grounds us in God's Word.
- **Reflection** connects the text to daily life.
- **Prompt** encourages personal application.
- **Prayer** helps us respond to God.

Whether used personally or in a small group, may this study help you return to God, deepen your communion with Christ, and prepare your heart for the joy of Easter.

Now is the time of salvation.
Let us be formed by mercy.

Day 1 (Ash Wednesday)

“Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.”

"In an acceptable time I have heard you, and in the day of salvation I have helped you."

2 Corinthians 5:20 and 6:2 (NKJV)

Reflection

What an honour to be called as an ‘Ambassador for Christ’

Our lives are shaped by the one who sent us into this world to be his messengers. But what if we are lost in our own world of worries and despair? Can we still reconcile with God? We have moments in our lives when we realize that God is protecting us, watching over us, and guiding us in ways we do not even realize or even think about.

Let this season be a moment of reconciliation, a time to be connected to God, because He loved us first and died on the Cross, so that we can become righteous in God's sight.

Let this Lent be a Lent of Salvation, a Lent of Reconciliation, and a Lent of Connection with God.

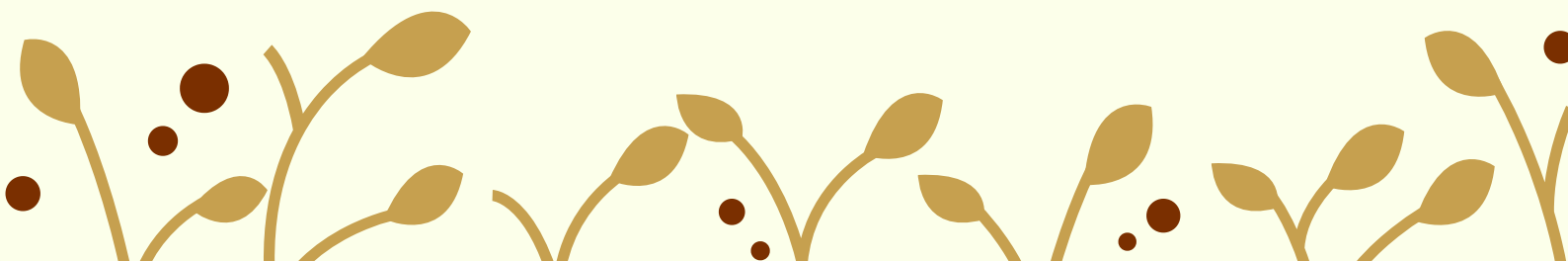
Prompt

Think of a situation in your life, or a person who needs to be reconciled.

Pray about this situation and ask God to reconcile and follow this

Prayer

Father God, we are thankful to you for your love, and reconciliation through your son, Jesus Christ, who died for our sins on the cross. We ask for your help to revive your mission in our lives. We ask for your mercy in Jesus' name. Amen.



Day 2

“There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.”

Galatians 3:28 (NKJV)

Reflection

As human beings, we all have our own favourites in our lives. Favourite sports, player, food, country, etc. God does not have favouritism. He equally sees every human being with the same love and compassion.

We all are ‘masterpieces’ and unique in God’s eye. Period.

God loves us regardless of our background, social status, rich or poor. His love is the only constant and measure for every human being.

Every person has dignity, and God sees our humanity. More than anything else. We matter to God.

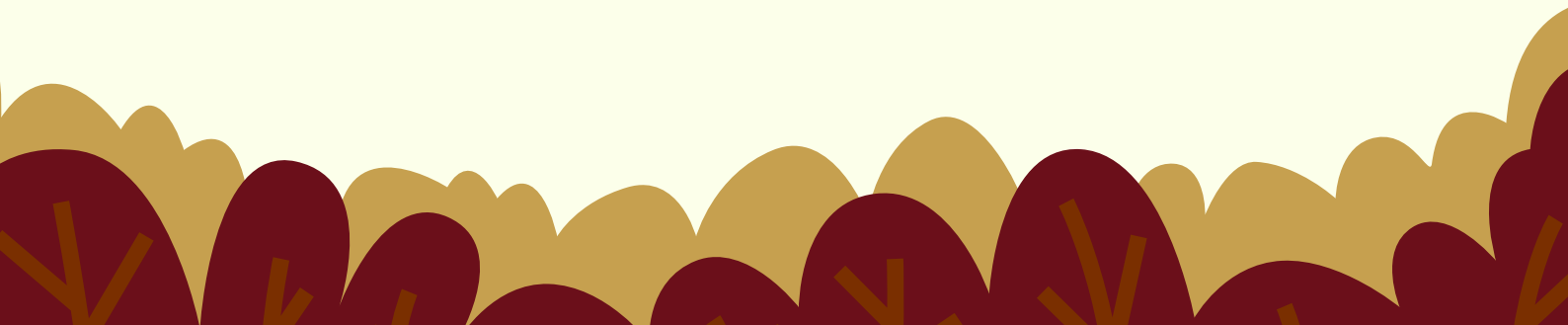
Why do we treat people differently based on their background?

Prompt

Journal your own prejudices in your life and think how to develop a more Christ-like attitude towards others.

Prayer

Father God, we are thankful for your love, which you demonstrated to us through your son, Jesus Christ, who died for our sins on the cross. May our prejudices and biases be transformed through your abiding love, we ask in Jesus’ name. Amen.



Day 3

“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

Ephesians 4:2-3 (NIV)

Reflection

Do you consider yourself a patient person? We can all relate to a time when we lose our patience with other people or situations because we cannot take it anymore. We believe this is the end.

We do not want to see ‘that person’ ever again.

The Bible reminds us that in such circumstances, we need to be ‘humble, gentle and patient, bearing with one another in love’.

It is easier for us to write or read these things than to act upon it. Let God move in this situation.

May the God of peace and gentle spirit guide you in your situation.

Prompt

Seek to make peace today with someone you dismissed too easily.

Prayer

Heavenly Father, we come to you humbly and graciously and ask for your forgiveness and guidance in difficult situations, and may the love of God radiate in our dealings with others.

Amen.





Day 4

“If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.”

1 Corinthians 12:26 (NIV)

Reflection

The concepts of belonging and participation are important to our human, social, economic, political, and spiritual lives because we are social beings and connected to each other. No man is an Island.

Sometimes, we are part of the crowd, a Church, or a community, but at times, we feel, we do not belong there. We feel we are physically part of the community, but we are not made welcome, to participate and to be encouraged in the body of Christ. This can be a lonely position to be in.

Look around in your life, how many people are lonely around us, made different by others in our society, left and deserted by those around them.

As Christians, we are reminded of our place in Christ – one in all, and all in one.

Christian life is about ‘looking out for others’, to be proactive, to care, to make others part of our community.

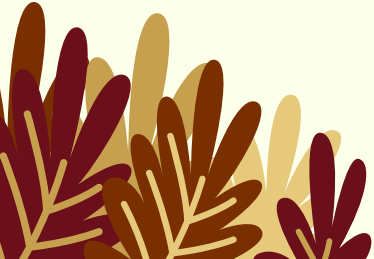
Prompt

Journal on moments when you felt lonely in the midst of a community. Reflect on why you felt that way and what would have made a difference to feel welcomed and included.

Look out for someone around you who seems lost or lonely and try to make them welcome.

Prayer

Father God, I am thankful to you for your mercies and blessings in my life. I acknowledge that all good things come from you. You have brought people into my life who have blessed me, held me in their arms in my challenging times, and kept me going in many ways. Let my life be a blessing to others today and forevermore for your name’s sake Amen.



1st Sunday in Lent

“Man shall not live on bread alone, but on every word that comes from the mouth of God”

Matthew 4:4 (NIV)

Reflection

It is daunting to know that Satan even attempted to tempt Jesus when he was fasting for 40 days. Jesus responded to temptations with the enduring word of God. There are parallels between Deuteronomy 8: 2-3 when Moses was the Israelites in the wilderness, compared to how Jesus was tempted by Satan in the wilderness

God led the Israelites to the wilderness -
Jesus was led by spirit in the wilderness
Israelites stayed in the wilderness for 40 years –
Jesus was led in the wilderness for 40 days
Israelites were tested by hunger –
Jesus was tested by Satan while he was fasting
Israelites grumbled –
Jesus prayed
Israelites were provided with Manna –
Jesus spoke the ‘Word’. He is the word, a true ‘Manna.’

In the Gospel of John 6:35, Jesus said, ‘I am the bread of Life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty again’. This concept of word and bread has been celebrated for more than 2000 years.

Prompt

Journal about a verse, poem, or saying that has sustained you, and ask how God’s Word can become that same daily nourishment in your life.

Prayer

Heavenly Father, I am thankful to you for sending your only begotten son, Jesus, in this world, who paid for my sins, who was tested and tempted, and finally died on the Cross of Calvary – a real Manna of Heaven.

I acknowledge that I have sinned in my life, and I ask for your Mercy and Grace to help me face the trials and temptations of my life, through the Living Mana of my life.

I ask in Jesus’ name. Amen.

Day 5

***“Ears that hear and eyes that see—
the Lord has made them both.”***

Proverbs 20:12 (NIV)

Reflection

We all have two ears and one tongue. Meaning, we need to listen more and speak less. More often than not, in our real life, the opposite happens. We want to speak more and listen less.

It is important to have listening ears.

We live in the world where everyone has a desire to be heard. But imagine a room where everyone is speaking and shouting. In noise, it is challenging to make a sense. Noise is just another word for a disorder.

God is the God of Silence and Listening, and He has a watchful eye.

Let this Lent be a season when we are able to listen to what God has to say and witness His Grace, Mercy, and Glory with our own eyes.

Are you listening to God this season?

Prompt

Go and sit somewhere open, observe what you see,
then close your eyes and listen.

Notice how differently the world speaks when you truly pay attention.

Prayer

Heavenly Father, I want to rely not on my intellect and understanding,
but on your guidance and direction in all aspects of my life.

Let your ears be my ears, and your eyes be my eyes,
and your mouth be my mouth. All in Glory for your name.
I ask this in the name of Jesus Christ. Amen.





Day 6

“After three days they found him in the temple courts, sitting among the teachers, listening to them as asking them questions. All who heard him were amazed at this understanding and his answers.”

Luke 2:46 (NIV)

Reflection

At the age of 12, Jesus was more mature than most of the adults around him. As part of his family tradition of visiting the Temple in Jerusalem, Jesus found himself sitting with the religious establishment, where he was having an engaging conversation.

What it means to live a God-filled, and a purpose driven life? There are two things that make us achieve this. We need to be active and engaged in the body of Christ.

One of the defining challenges of the Church today is that people are inactive and dis-engaged from their Churches. They find purpose in other things in life.

As Jesus sat with the religious establishment of His days, he listened to them first and engaged with the community by asking them the questions.


Our spiritual growth happens when we recognize who we are and what our purpose in life is.
Just like Jesus did when he was 12 years old.

Prompt

Those who listened to Jesus were left amazed. What impression do others have of you when you speak in your community or in your Church? In what way does your attentive nature and eagerness leave others impressed?

Prayer

Heavenly Father, like Jesus, I want to be a blessing for those around me. Mould me, shape me, and help me be like Jesus and may your purpose be fulfilled in my life. I ask in your name. Amen.





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Day 7

“Accept one another, then, just as Christ accepted you, in order to bring praise to God.”

Romans 15:7 (NIV)

Reflection

Acceptance is the door through which we enter God’s reconciliation.

We all make mistakes, and we hurt others and get hurt by others, consciously or unconsciously. Accept others, with their failings and weaknesses.

Be gentle in your dealings with others.

No matter how many times we sin in our lives. We are accepted through the sacrifice of Jesus, one without sin. We are shaped by the mercies of God; we experience them every day.

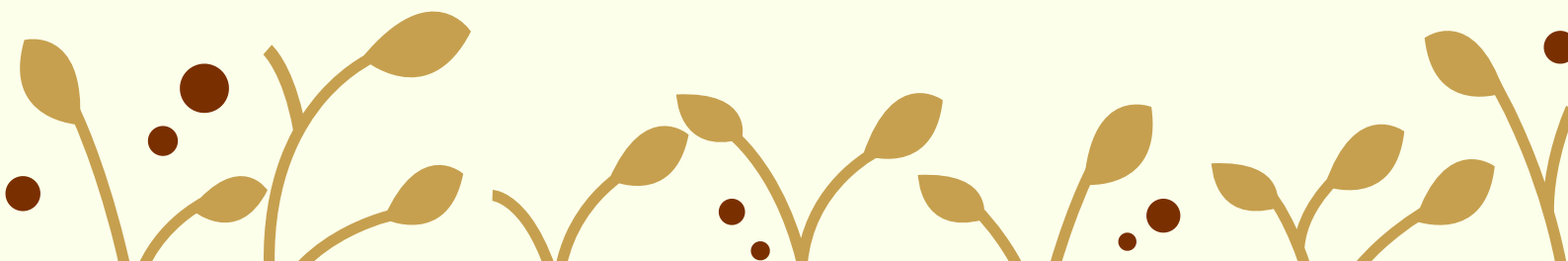
Empathy and openness create space for real understanding of who we are, and what it means to be in an authentic relationship with those around us and with God. Mercy abounds

Prompt

Think of one person you find difficult to accept. Write down what makes this challenging and then reflect on how Christ has accepted you in your own brokenness. Ask God to show you one concrete way to practice gentleness and reconciliation this week.

Prayer

Heavenly Father, I am sorry that I have sinned against you and those around me. I bring my brokenness and ask for your wholeness. May your love, Grace and Mercy surround me during this Lent and through all the days of my life. In Jesus’ name I ask. Amen.



Day 8

*“Everyone should be quick to listen, slow to speak,
and slow to become angry.”*

James 1:19 (NIV)

Reflection

Last week, we learnt the importance of listening. Today, we return to the theme of listening again. Do you consider yourself a listener or a speaker? All good speakers are also good listeners.

Imagine, during a spring sunny day, you are walking in the woods, and as you take the steps on the dry ground full of fallen dry leaves, you listen to the rustling of the leaves while birds are chirping in the far beyond the blue skies in the background. You feel the sense of yourself. You become aware of your environment. Of your own being. You are listening.

Take a moment and listen to what God is telling you this Lent. Listening is healing. God wants to heal us. From our disappointments, our regrets, and our heartaches.

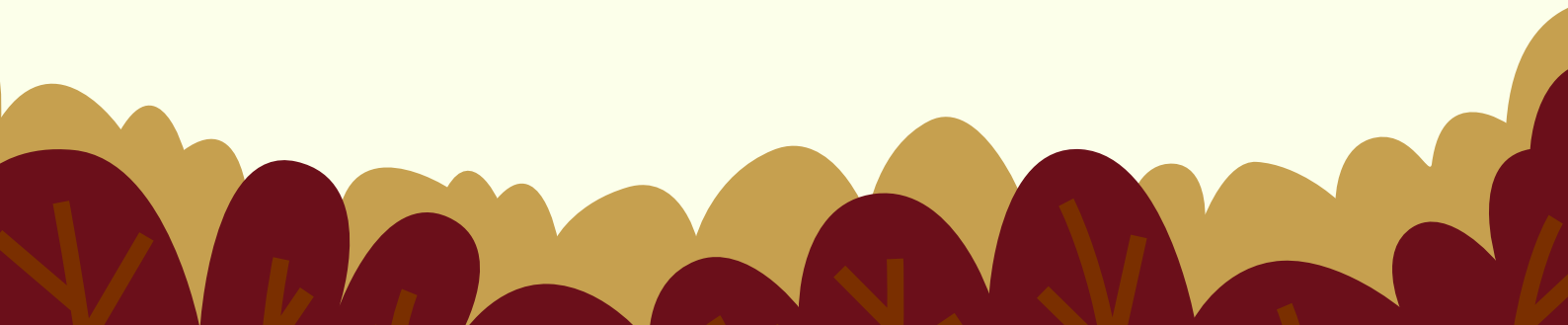
Patient listening creates space for healing

Prompt

Notice how you communicate today. Before responding in conversation, pause and intentionally listen without interrupting or preparing your reply. Later, journal what you discovered about yourself and about the other person through that practice.

Prayer

Heavenly Father, grant me the gift of listening this Lent. I want to listen to what you have to say. I am willing to cut the noise of the world and worries around me and listen to you. I ask in Jesus' name. Amen.



Day 9

“One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul’s message.”

Acts 16:14 (NIV)

Reflection

True listening requires openness, genuine interest, and undivided attention. It opens our hearts, minds, and souls to listen to what God has to say and to those around us. Our healing, wholeness, and transformation depend on our listening, and listening is more than simply hearing words.

It is an act of responsiveness. To God and those around us.

Think of Lydia for a moment and imagine how God spoke to her through Paul. God opens hearts that are willing to receive his message and love wrapped in mercy.

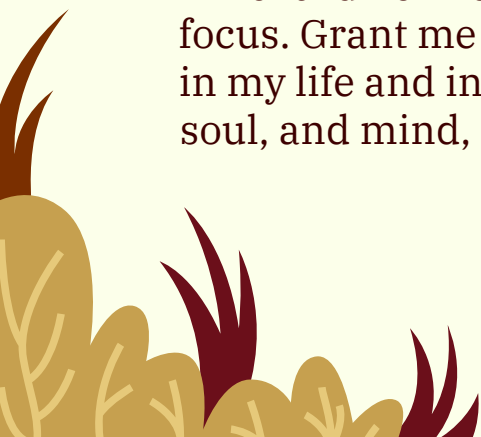
Today is your opportunity to open your heart to others and to God.

Prompt

Spend five quiet minutes asking God to “open your heart” as He did for Lydia. Write down any area of your life where you may be guarded or distracted. Consider one small step you can take today to respond more openly to God or to someone close to you.

Prayer

Father God, I come to your presence, and I acknowledge that my life is full of worries of this world. I often lose sight of where to focus. Grant me the humility of Lydia, that I may listen to you first in my life and in the lives of those around me. I give you my heart, soul, and mind, and I receive your healing power to transform my life through Jesus. Amen





Day 10

“Today, if you hear his voice, do not harden your hearts.”

Hebrews 3:15 (NIV)

“Listen! Listen to the teaching of the Master and incline the ear of your heart; accept it willingly as guidance for your life.”

The Rule of St Benedict

Reflection

God wants us to be attentive, open, honest, and transformative in our lives. Listening is an active and intentional discipline.

Practice listening throughout this Lent, and you will witness how God is talking to you through his voice in your inner being and those around you.

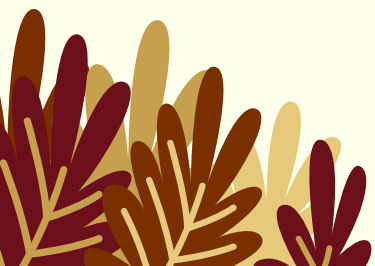
God speaks through His Word, His Holy Spirit, and believers around us.

Prompt

Reflect on what you have been listening to and learning these days about yourself and about God. Are you noticing any change? Write down two things that you notice and think about them.

Prayer

Heavenly Father, I am thankful to you for your mercies in my life. I acknowledge that all the good things in my life belong to you. Grant me the peace, listening ears, and open heart to experience the love the Christ through this Lent season. In Jesus' name.



2nd Sunday in Lent

“I may walk before the Lord in the land of the living.”

Psalm 116:9 (NIV)

Reflection

Sunday is the day of collective and communal worship, when we share the love of God in the community and the Church.

Think about how Jesus had a fellowship with people.

He lived among people all the time.

Worship in a community strengthens our faith in God.

Walking in the land of living means living faithfully and confidently before the Lord.

Prompt

Set aside intentional time today to focus on God, whether in communal worship or in personal reflection.

Ask yourself what it means to “walk before the Lord in the land of the living” in your current circumstances.

Write down one way you will live more consciously before God in the coming week

Prayer

Father God, I am thankful to you for your son Jesus Christ who died for me on the Cross.

I am thankful for the testimony of those who live and walk in faith with you.

Grant us the courage to live in a community filled with your love, grace, goodness and mercy for all days of our lives.

In Jesus' name I pray.

Day 11

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Ephesians 4:29 (NIV)

Reflection

Words are like arrows; once you shoot them,
you will never get them back.

We need to be careful, thoughtful, and prayerful in what we say to others. Our words have impacts, and that impact depends on how and what meaning your words carry.

We build relationships with God and those around us through communications which carries words.

We are encouraged to build, to help, and to support one another in our communities at the local, regional, and global levels.

Prompt

Pay attention to your words throughout the day. Choose one conversation where you intentionally speak encouragement instead of criticism. In the evening, reflect on how that choice affected both you and the other person.

Prayer

Father God, I am thankful to you that you have given me the thought, mind and words that I could use them for your Glory. Please help me to learn, grow and use this gift for your glory, to develop, encourage, help and build one other. In Jesus name I pray.
Amen



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Amen





Day 12

“A word fitly spoken is like apples of gold in settings of silver.”

Proverbs 25:11 (NIV)

Reflection

This week, we have been learning about how to use our words wisely. How God intended them to be. Well-chosen words are precious, inspiring, and beautiful. Such words have healing power to restore and transform us. Reflect on how God uses words. He uses words to build us and encourage us to be the change in our communities and networks.

Reflect also on how words have healed you and restored you in your own life

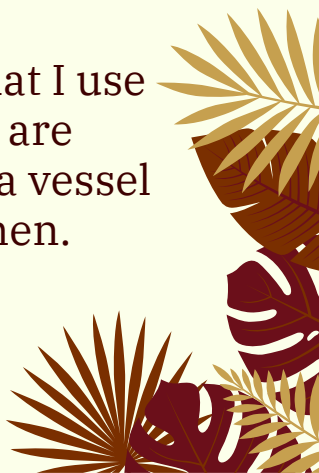
Speaking thoughtfully and prayerfully is an act of faith, wisdom, and knowledge.

Prompt

Think of someone who needs a thoughtful word. Take time to pray before speaking or writing to them. Journal how it feels to speak carefully and whether it changes the atmosphere of your interaction.

Prayer

Heavenly Father, I am open to learn, teach me, Lord, that I use my words wisely with those around me. Words that are inspiring, encouraging, and helpful. May my mouth be a vessel for your Grace and Mercy in Jesus name, I pray. Amen.



Day 13

“The centurion replied, ‘Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.’”

Matthew 8:8 (NIV)

Reflection

Lent provides us with the opportunity to have a personal relationship with God. We need to act like this centurion did, combining humility with remarkable confidence in Jesus’ authority. Remember, the centurion had to empty himself from this military, social, and economic status. The only requirements for a personal relationship the a humble heart and a desire to meet Jesus.

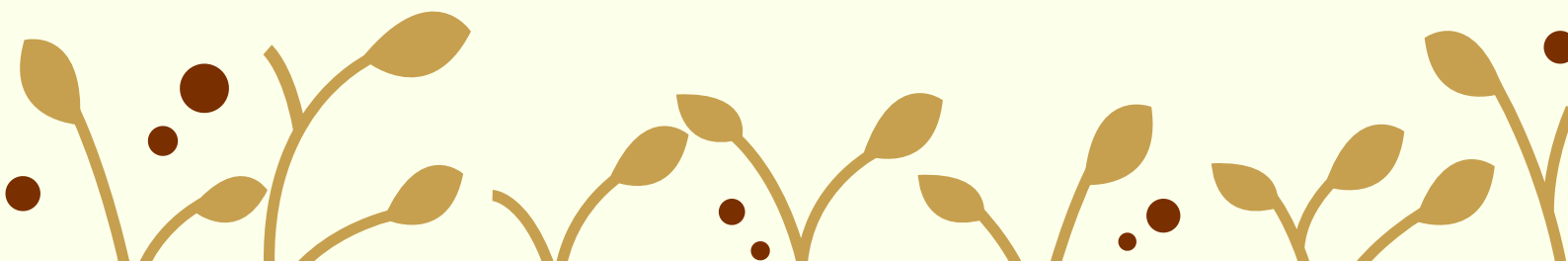
Faith here is not an emotion but trust in who Jesus is. The centurion does not claim worthiness but only reliance.

Prompt

Take a quiet moment today and ask yourself honestly: where am I still trying to control the outcome instead of trusting that God’s word is enough? What would it look like to surrender that area fully and simply say, “Lord, just say the word”?

Prayer

Father God, I do not want to trust in my abilities and skills, but I present my humble heart for you to do the miracle in my life and those around me.



Day 14

“The believers at Lystra and Iconium spoke well of him.”

Acts 16:2 (NIV)

Reflection

The Bible says that a good word is better than rubies and gold. This verse refers to Timothy, whose reputation among believers opened the way for ministry alongside Paul.

If God dwells among us, then we will do things that please God. Those in our communities and the Church can testify to the good deeds in our lives, just like those around in the life of Timothy did. Good recommendations can boost our confidence and help us take the next step in our lives and Ministry.

Recommendation requires generosity and humility. It is the kind of gift that we can give to others.

Prompt

Pause today and think of one person whose faithfulness, kindness, or quiet service often goes unnoticed. How can you intentionally affirm their gifts, speak life over their calling, or encourage them in a way that strengthens their confidence and path?

Prayer

Father God, I am thankful to you for the presence of those around me who have blessed my life in many ways. May I be a blessing and encouragement to those around me as others have been in my life, and I ask in the name of Jesus. Amen.



Day 15

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

Colossians 4:6 (NIV)

Reflection

Benedict of Nursia (c. 480–547 AD), known as the Father of Western Monasticism and author of the Rule of Saint Benedict, taught that speech is a discipline of community life. The name Benedict comes from bene dicere, meaning “to speak well” or “to bless.” It is more than polite speech. It means actively blessing others through our words.

Paul deepens this in Colossians. Our conversation should be full of grace and seasoned with salt. Grace means kindness and generosity. Salt means wisdom and discernment. Our words are not measured by cleverness, but by whether they strengthen and benefit the listener.

Speech can build or break. As followers of Christ, we are called to use our words to bless.

Prompt

Before your next conversation today, pause and ask: will my words build up or tear down? Who needs a gracious and strengthening word from me right now?

Prayer

Heavenly Father, I am thankful to you for blessing me with the tongue so I can praise your glory and goodness. May I use my tongue to encourage and empower those around me so I can be a blessing to those around me. I ask this in the name of Jesus, Amen.





Day 16

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

Matthew 7:12 (NIV)

“Do to others as you would have them do to you.”

Luke 6:31 (NIV)

Reflection

The verse today is known as the Golden Rule, which appears in the Sermon on the Mount.

Jesus presents it as a summary of the Law and the Prophets. It echoes Leviticus 19:18, “Love your neighbor,” but moves beyond simply avoiding harm. It calls us to active goodness. The focus shifts from reaction to initiative.

The Golden Rule invites us to step into another person’s place. Instead of asking, “Have I done wrong?” we ask, “Have I done good?” It challenges us to treat others not according to what they deserve, but according to the mercy and kindness we ourselves hope to receive.


This teaching transforms relationships. It moves us from self-centered thinking to compassionate imagination. In doing so, it reflects the heart of Christ.

Prompt

Today, intentionally place yourself in one person’s situation and take one concrete action toward them that reflects how you would hope to be treated if you were in their place.

Prayer

Father God, you have shown me mercy and kindness beyond what I deserve. Help me to treat others with the same grace I long to receive. Give me a heart that takes initiative in love and reflects your goodness in all I do. In the name of Jesus, Amen.



3rd Sunday in Lent

“Simon Peter answered him, ‘Lord, to whom shall we go? You have the words of eternal life.’”

John 6:68 (NIV)

Reflection

On the Day of the Lord, the Church gathers not primarily to fast, but to worship. Sunday is not centered on discipline, but on Christ.

Peter speaks these words after many have turned away from Jesus. Confusion rises, expectations are challenged, and following Christ becomes costly. Yet Peter remains. His confession does not claim full understanding. It expresses reliance. “Lord, to whom shall we go?” is the prayer of a heart that knows there is no better source of life.

Sunday re-centers us on Christ’s sustaining presence. In worship, we are reminded that faith is not sustained by our effort alone, but by the One who has the words of eternal life.

Prompt

Whether you gather with others today or meet God quietly where you are, pause and ask: if Christ truly has the words of eternal life, what burden, doubt, or self-reliance do I need to lay down so that I can receive from Him again?

Prayer

Lord Jesus, you alone have the words of eternal life. When my understanding is incomplete and my strength is weak, draw me back to you. Restore my perspective and renew my trust as I worship you today. Amen.

Day 17

“As they talked and discussed these things with each other, Jesus himself came up and walked along with them.”

Luke 24:15 (NIV)

Reflection

This verse recalls the road to Emmaus, where the risen Christ walks beside the disciples in their uncertainty and confusion. They do not recognize Him at first. His presence is quiet, patient, and unforced.

Often, accompaniment begins in this same way. It does not always announce itself with clarity or dramatic change. Walking “part of the way” suggests presence without control or possession. It is the willingness to share the road without needing to determine the outcome.

Shared journeys, even temporary ones, shape and steady us. Christ models a faithful presence that listens, walks, and stays.

Prompt

Today, choose one person to walk alongside intentionally, offering steady presence, attentive listening, and patience without trying to fix or control their path.

Prayer

Lord Jesus, you walk beside me even when I do not recognize your presence. Teach me to walk with others as you walk with me, with patience, humility, and grace. Help me to offer steady companionship without needing to control the journey. Amen.





Day 18

“Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.”

Hebrews 13:2 (NIV)

Reflection

The writer of Hebrews gives a simple but profound instruction:
do not forget to show hospitality to strangers.

Hospitality in Scripture is not merely social courtesy.
It is an openness of heart and home, a willingness to receive
the unknown other.

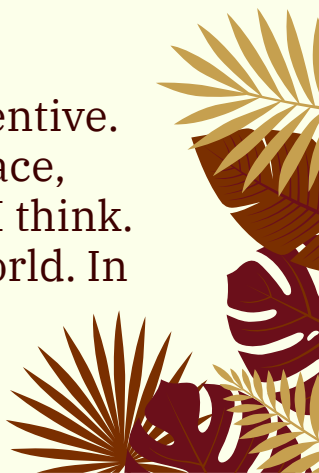
The verse carries a striking reminder. In welcoming strangers,
some have unknowingly welcomed angels. God’s presence may
be closer than we assume, hidden within ordinary encounters.
The unexpected guest, the unfamiliar face, or the inconvenient
interruption may carry more significance than we realize.
Hospitality requires attentiveness and courage. It moves us
beyond comfort and invites us to trust that God is at work in
ways we cannot fully see.

Prompt

Today, intentionally extend kindness or welcome to someone
outside your usual circle, trusting that even an ordinary
encounter may carry unseen significance.

Prayer

Heavenly Father, give me a heart that is open and attentive.
Help me to welcome others with generosity and grace,
remembering that your presence may be nearer than I think.
Use my hospitality as part of your quiet work in the world. In
the name of Jesus, Amen.



Day 19

“Now that same day, two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened.”

Luke 24:13–14 (NIV)

Reflection

As the two disciples walk to Emmaus, they talk together about everything that had happened. In their confusion and sorrow after the events in Jerusalem, they process their experiences through conversation.

The Christian life is often lived this way, in communion with others. Jesus himself valued companionship in ministry and sent his disciples out two by two.

We are not meant to carry confusion or sorrow alone. As we share our questions, fears, and hopes with one another, our understanding can begin to grow. Christ draws near when we walk and speak honestly together.

Prompt

Think about one person in your life who had a spiritual impact on you. What did they teach you about Christ? When you met them first, how have they been a blessing in your life? Pray for them and, if applicable, reach out to see how they are doing.

Prayer

Heavenly Father, we thank you for the people in my life, Church and community, who help me understand you better. Their love, care, and compassion are a reminder of your love and mercy for me. May this Lenten season find me engaging with people who continue to reveal the True spirit of God to me. I ask in the name of Jesus. Amen.

Day 20

“Meanwhile, Saul was still breathing out murderous threats against the Lord’s disciples. He went to the high priest and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem.”

Acts 9:1–2 (NIV)

Reflection

No one is beyond the reach of God’s love and mercy

The scripture tells us that Saul was at the climax of his hostility towards believers of Jesus. He is not only in disagreement with them, but he is actually “breathing out murderous threats” and seeking authority to arrest anyone who belongs to “the Way” (Acts 9:1–2 NIV)

Religious violence borne out of our convictions to harm and persecute others is never a good path, but God has his own plans.

Saul, who seeks to persecute the Church of Christ, will become an example of God’s transformative love. Saul will encounter Christ on the road to Damascus. He will have a new vision, a purpose with a new name – Paul, one of the most inspiring Christians and a lifelong devoted apostle.

This is a reminder of God’s ever-present love and mercy, despite our denials, discouragements, and delusions. God’s love always wins!

Prompt

When you think about your life, are there ways in which certainty, anger, or fear shape how you treat others? The story of Saul encourages humility and being receptive to God’s word. God’s power can transform your anger into His love.

Prayer

Heavenly Father, I confess that my actions, words, and deeds do not reflect your love, grace, and mercy. Grant me the ability to change my life according to your plans. In Jesus name I pray.





Day 21

***“Show me your ways, LORD,
teach me your paths.
Guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.”***

Psalm 25-4-5 (NIV)

Reflection

Being a Christian is not an ‘event’ with a beginning and an end. It is a lifelong process in which we continue to learn and transform our lives in accordance with God's directions.

God’s truth is meant to shape daily choices and relationships. We need to trust God and allow him to shape every aspect of our lives, from our relationships to jobs, life, and faith in the local Church community.

Prompt

Take a moment today to ask God to guide one specific decision or situation in your life. Where do you need clearer directions? Write a short prayer or journal entry asking God to teach you his ways.

Prayer

Ever-present God, without your guidance and help, I am lost. I lean on your cross of Calvary. Guide my steps. I am willing to transform my life and be led by you, in the name of Jesus.



Day 22

*“He has shown you, O mortal, what is good.
And what does the LORD require of you?
To act justly and to love mercy.
and to walk humbly with your God.”*

Micah 6:8 (NIV)

Reflection

Walking with God is an active expression of faith. It is never dormant, but it is personal, inward-looking.

Justice and mercy are visible actions; they are not private but relational, outward-looking

Justice shapes how I treat others, especially the vulnerable and weak.

Who is affected by my choices today?

Mercy tempers judgment.

Where can I choose compassion over criticism?

Walking implies steadiness.

Faithfulness is often quiet and consistent rather than dramatic.

God’s requirements are relational, not performative.

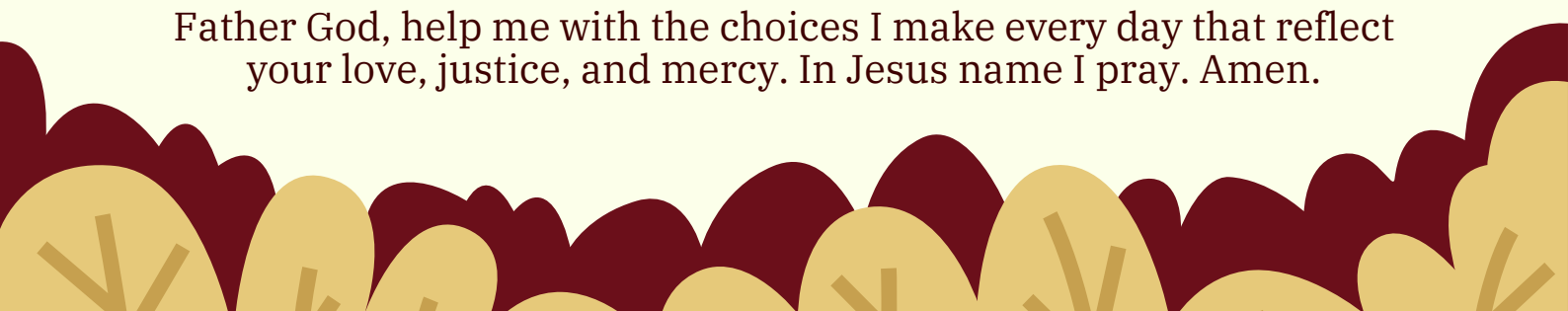
Am I living in alignment with Him, or merely appearing religious?

Prompt

List three examples from your own life where the choice you made hurt someone’s life. Think about ways you could have treated others in justice and mercy? Did you make any amends with them? Mercy and love for others are one of the prerequisites of ‘walking humbly with God’.

Prayer

Father God, help me with the choices I make every day that reflect your love, justice, and mercy. In Jesus name I pray. Amen.



4th Sunday in Lent

“Everyone who does evil hates the light and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.”

John 3:20-21 (NIV)

Reflection

Sunday is a day of rest and worship, a moment to pause and realign our lives with God’s ways. Throughout the week, we try to walk the path of Christ in our choices, relationships, and actions. Worship invites us to step into God’s light and reflect honestly on that journey.

Jesus teaches that those who live by the truth come into the light. In worship, we allow God’s truth to illuminate our hearts, not to condemn us, but to guide and restore us. The light of Christ reveals where we have strayed from the path and gently calls us back.

Coming into the light is therefore an act of trust and discipleship. We place our lives before God so that our steps may again follow the way of Jesus. In this light, we find clarity, forgiveness, and strength to continue walking in God’s ways.

Prompt

As you worship today, in church or in a quiet moment with God, ask:

Where is Christ inviting me to return more closely to his path? Bring your life into God’s light and allow Him to guide your next steps.

Prayer

Lord of light, draw us into your truth.
As we worship you today, reveal what needs healing and guide our steps back to your path.
Help us to walk openly in your presence and follow the way of Jesus with faithful hearts.
Amen.



Day 23

*“The generous will themselves be blessed,
for they share their food with the poor.”*

Proverbs 22:9 (NIV)

Reflection

Proverbs reminds us that generosity is not only about what we give, but about the posture of our hearts. Those who are willing to share what they have become a blessing to others.

Lent invites us to reflect inwardly, but it also calls us to look outward. The needs around us are often closer than we think, present in our communities, churches, and neighborhoods. Sometimes we simply move too quickly to notice.


Responsibility for caring cannot always be left to “someone else.” As followers of Christ, we are called to respond with compassion, just as Jesus did, noticing people, caring for them, and sharing what we have.

Prompt

Today, pause and ask God to help you notice a need around you. Consider one small way you can respond with generosity, whether through sharing, encouragement, or practical help.

Prayer

Father God, I am thankful to you for the blessings in my life. I know that everything I have belongs to you. Grant me the opportunity that I be a source of comfort and care for those around me, and may I be a blessing to people in my life, just like you have been a blessing in my life. I ask in the name of Jesus. Amen



Day 24

The LORD appeared to Abraham near the great trees of Mamre while he was sitting at the entrance to his tent in the heat of the day.

Abraham looked up and saw three men standing nearby. When he saw them, he hurried from the entrance of his tent to meet them and bowed low to the ground.

He said, "If I have found favor in your eyes, my lord, do not pass your servant by."

Genesis 18:1-3

Reflection

This is a remarkable moment in Abraham's life. In the middle of an ordinary day, while resting at the entrance of his tent, Abraham suddenly notices three visitors nearby. What begins as a simple encounter with strangers becomes a moment of divine presence.

Scripture tells us that Abraham looked up. That small detail matters. Abraham was attentive enough to notice those who had arrived. The question for us is similar: are we looking up to Jesus, or are we too distracted to recognize when God is at work around us?

Abraham did not hesitate. He hurried to welcome the visitors and offered them hospitality. His response shows that generosity often requires initiative. It begins with noticing and then choosing to act.

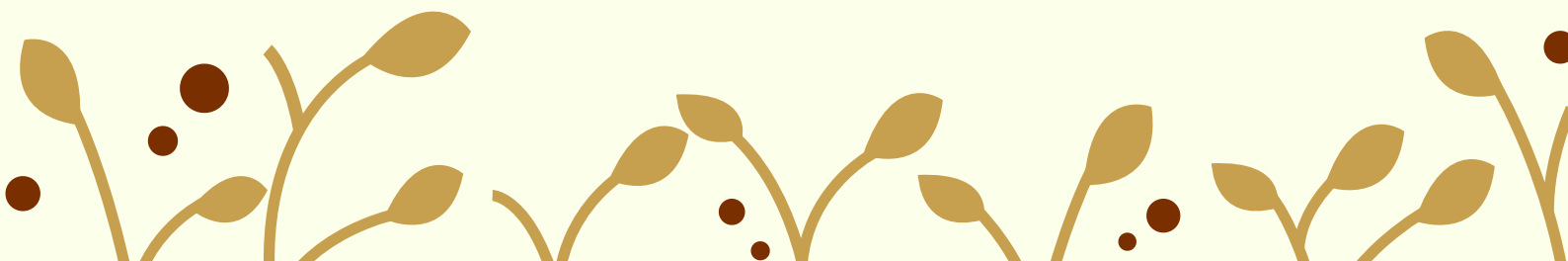
This story reminds us that welcoming the stranger can become an encounter with God. When we open our homes, share food, or offer kindness, we create space where blessings can unfold.

Prompt

Today, take a moment to "look up." Ask God to help you notice someone you might otherwise overlook. Consider one simple way you can offer welcome, generosity, or hospitality.

Prayer

Heavenly Father, I open the door of my heart, and I invite you into my life. Be my guest, and I will make myself available to you. Like Abraham, I look up to you. The author and finisher of my faith. I ask in Jesus' name. Amen.



Day 25

“Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to distribute to the people. He also divided the two fish among them all.”

Mark 6:41 (NIV)

Reflection

Last week, we have been learning about ‘sharing’, which is an expression of faith.

We live in a society where sharing is not much encouraged, where individual needs are promoted and widely appreciated. Jesus multiplies the bread and fish so that everyone receives enough. Think about this young man who had two fish and five loaves. He was willing enough to give what was supposed to be his own meal. What would have been his faith and joy at the end of this massive communal meal when everyone was fed and satisfied?

What is the most treasured thing in your life?

Can you give it to Jesus so he can bless it?

Some things grow when they are shared rather than reduced.

Can you share love, light, and care among those you live with?

Remember, God will multiply this when we give it to God.

Prompt

Think about three things you can bring to God which you can share with those in your community, and pray that God multiply them

Prayer

Father God, I am thankful for your presence in my life. Your love and cross have saved me from the snares of the devil and provided me hope, life, and abundance through the cross of Christ. I thank you in Jesus’ name. Amen

Day 26

“All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.”

Acts 4:32 (NIV)

Reflection

We often think that our lives belong to us. We are the captains of our lives. It was not the case with the Early Christians, who lived for those around them and believed in unity and shared life.

Similarly, we place a lot of importance on our worldly possessions. And we do not want to share with everyone. How do we know we even have a breath in our nostrils, the next moment to be able to use them? The early Christians found a secret of living in unity: possessions were not private; they were used for the good of those around them, and people received according to their needs, not according to status or wealth.

Prompt

Consider one practical way to live out the spirit of the early Christian community today. It might be sharing time, resources, encouragement, or support with someone who has a need.

Prayer

Father God, I am thankful to you for the community and Church that you have blessed me with. Please make me aware of the needs of those around me, and may I be a blessing to those in my surroundings. I ask in the name of Jesus, Amen.





Day 27

*“Give me neither poverty nor riches, but give me only my daily bread.
Otherwise, I may have too much and disown you and say,
‘Who is the LORD?’
Or I may become poor and steal, and so dishonor the name of my God.”*

Proverbs 30:8–9 (NIV)

Reflection

This prayer in Proverbs expresses a desire for balance. Rather than asking for wealth or fearing poverty, the writer asks simply for “daily bread,” enough for each day while remaining close to God.

Life is often lived well when we learn to hold things in the right measure. Too much or too little can be a stumbling block. Excess can lead us to forget our dependence on God, while scarcity can push us toward desperation.

Scripture reminds us that wisdom lies in moderation, balance, and self-restraint. Our lives can easily drift out of balance through excess or neglect.


This day invites us to pause and reflect on where adjustment may be needed in our priorities, habits, and desires.

Prompt

Take a moment to reflect honestly:
What do I truly need?
What in my life may be unnecessary?
Where might there be too much or too little?

Prayer

Father, I am thankful to you for what you have blessed me with.
Your cross is my guide and my hope in all days of life. Amen.



Day 28

***“Two are better than one, because they have a good return for their labor:
If either of them falls down, one can help the other up.”***

Ecclesiastes 4:9–10 (NIV)

Reflection

Human civilization is built on relationships. Through our connections with others, we learn who we are, how to live in community, and how to care for those around us. In many ways, we grow and flourish together rather than alone.

The wisdom of Ecclesiastes reminds us that life is not meant to be lived in isolation. When one person falls, another is there to lift them up. Strength, encouragement, and resilience are often found in companionship.

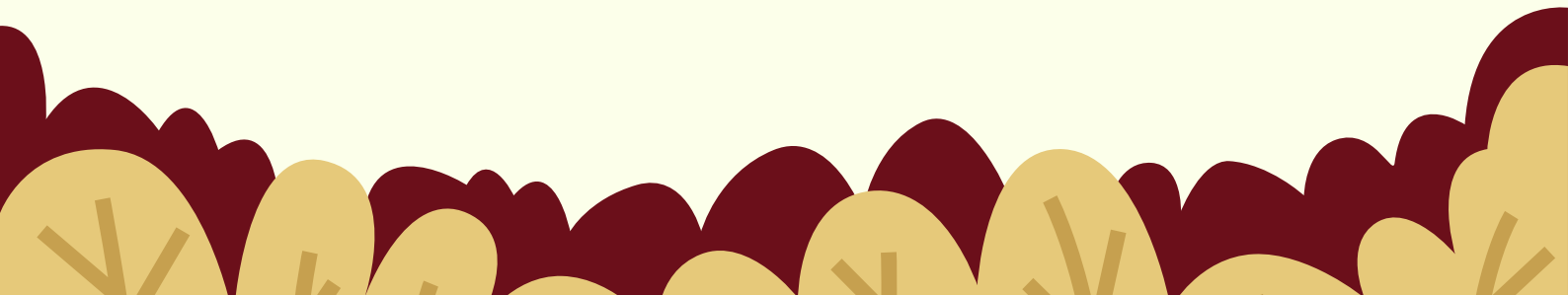
Sharing and participation always involve another person. In giving to others, we often discover that we ourselves receive something in return. True generosity means offering what we have beyond our own necessities, not merely giving what costs us nothing.

Prompt

Who in your life could use encouragement or support today? Reach out and offer your time, a kind word, or a small act of care.

Prayer

Father God, I am thankful to you for my friends, relatives, families, and everyone in my life because their presence is reflective of your love and care for me. I thrive through them. I thank you for your gifts of relationships, and I thank you for the greatest gift of all – Jesus in my life. Amen.



5th Sunday in Lent

“Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

John 12:24 (NIV)

Reflection

Sunday invites us to pause from the demands of daily life and turn toward God in worship and rest. In that pause, we are reminded that our lives are ultimately sustained not by what we hold tightly but by what we entrust to God.

Jesus uses the image of a grain of wheat to reveal a deeper truth about faith. A seed must be released into the soil before it can grow and produce new life. If it remains held back, it stays only a single seed.

In the same way, faith sometimes asks us to let go of comfort, control, or certainty so that God can bring renewal. What feels like loss or surrender can become the beginning of something new.

This invitation is not only personal. It also speaks to the Church as a community continually seeking renewal, trusting that God brings life where we are willing to release what we cling to.

Prompt

Take time today to worship and rest in God’s presence, whether in church or in quiet reflection. As you do, ask yourself: What might God be inviting me to release so that new life can grow?

Prayer

Gracious Father, thank you for this day of rest and worship. Teach me to trust you with the things I hold most tightly. Give me the courage to release what you ask of me, so that new life may grow through your grace. Renew my heart, and renew your Church, through the life of Christ. Amen.

Day 29

“Be sure you know the condition of your flocks, give careful attention to your herds.”

Proverbs 27:23 (NIV)

Reflection

This proverb speaks about attentiveness and responsibility. Just as a shepherd carefully watches over the condition of the flock, we are reminded to pay attention to the people entrusted to our lives.

Relationships grow when we are attentive and willing to be present with others. This takes time, dedication, and patience. It also requires us to overcome our own hesitations or distractions so that we can truly notice how someone is doing.

Caring for others is an expression of Christian faith. Jesus first cared for us, coming into the world and offering us the gift of eternal life. In response, we are called to reflect that same care in the way we treat others.

Sometimes care begins with something very simple: taking the time to visit someone, to listen, and to notice how they truly are.

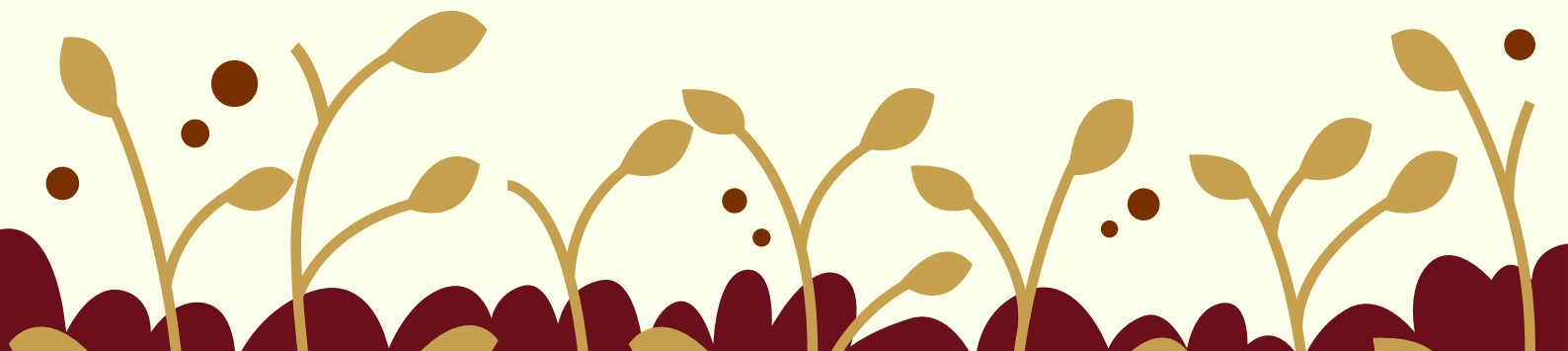
Prompt

Pay attention today to the small ways others show concern or kindness toward you.

Receive these moments with gratitude and reflect on how they reveal God’s care in your life.

Prayer

Father God, I am thankful to you for the gift of Jesus in my life. His cross and death have given me eternal life. Help me to show the same care and attention to others that you have shown to me. I am blessed, and may I extend this blessing to those around me. Amen.





Day 30

***“LORD, who may dwell in your sacred tent?
Who may live on your holy mountain?”***

Psalm 15:1

Reflection

Psalm 15 begins with a question about who may dwell in God’s presence. It reminds us that life itself is a gift given by God, not something we ultimately own or control.

We are, in many ways, guests on this earth rather than its owners. Our lives are shaped by those who came before us, and the choices we make will influence those who come after us. We depend on one another and do not exist only for ourselves.

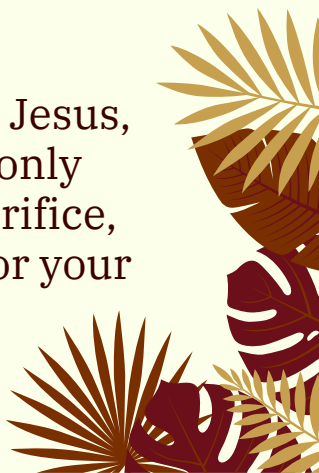
Recognizing life as a gift invites us to live with gratitude, humility, and responsibility. When we remember that we are entrusted with this world and with one another, our daily actions begin to reflect a deeper care for God, for people, and for creation.

Prompt

Take a moment today to reflect on the people who have shaped your life and the generations who will follow. How might you live today with greater gratitude and care for the world entrusted to us?

Prayer

Father God, I am thankful to you for sending your son, Jesus, who died for my sins on the Cross. I know that I am only accepted in the eyes of God through Jesus and his sacrifice, and for that I am forever grateful. I thank you, Jesus, for your never-fading love. Amen.



Day 31

“I was sick and you looked after me.”

Matthew 25:36 (NIV)

Reflection

Throughout Jesus’ earthly ministry, we see Him intentionally visiting people and caring for them. He did not keep His distance from those who were suffering. Instead, He drew near, offering time, attention, and compassion. Visiting someone, especially in moments of difficulty, is a deeply meaningful expression of love.

Being present for others is a tangible way of living out our Christian faith. Often, people do not need solutions or perfect words. They simply need someone who is willing to sit with them, listen, and acknowledge what they are going through. In times of weakness, illness, or loneliness, that presence can be a source of comfort and strength.

Presence can take many forms, whether through conversation, practical support, or quiet companionship. Even small acts of kindness can make a significant difference, bringing warmth, dignity, and a sense of hope into someone’s day.

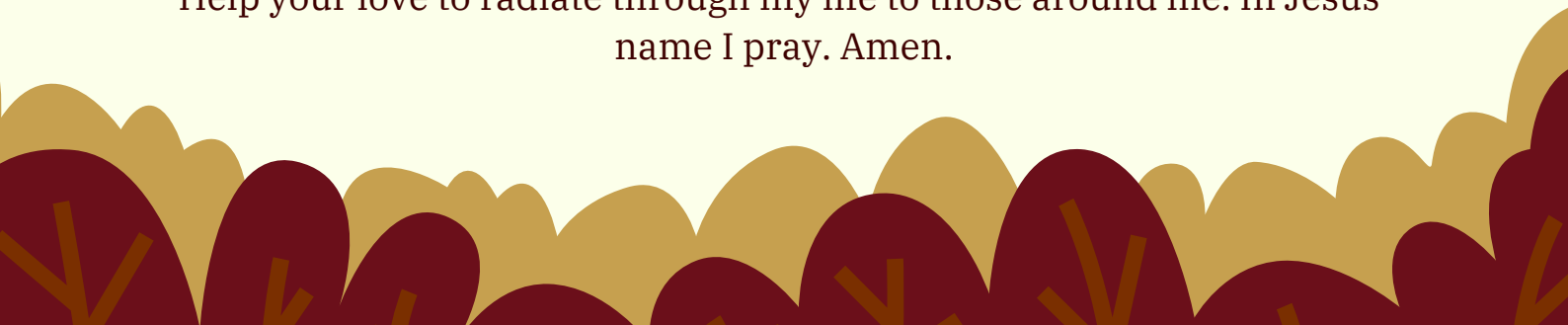
Prompt

When was the last time you visited someone nearby who needed your attention?

Today, intentionally seek an opportunity to reach out to someone who may need care or companionship.

Prayer

God of care and compassion, I thank you for your love, which I do not deserve, yet experience daily through your grace and mercy in Jesus. Help your love to radiate through my life to those around me. In Jesus’ name I pray. Amen.



Day 32

“After Paul and Silas came out of the prison, they went to Lydia’s house, where they met with the brothers and sisters and encouraged them. Then they left.”

Acts 16:40 (NIV)

Reflection

Throughout this Lenten season, we have been learning to grow in the mind and spirit of Christ through service. One important way we do this is by being a source of encouragement to those around us.

Paul and Silas, even after hardship and imprisonment, chose to visit and strengthen others. Their example reminds us that encouragement does not require perfect circumstances. Often, it is in the midst of our own challenges that we are still able to uplift others.


Encounters and visits can bring strength, comfort, and renewed hope. A simple conversation, a kind word, or even a quiet presence can give someone the courage to keep going. Encouragement can take many forms, but at its heart, it is about intentionally building others up.

Prompt

Who might need encouragement in your life today? Think of one or two people you can intentionally reach out to. How can you offer them encouragement through your words, presence, or support?

Prayer

Father God, I thank you for your love, shown through your Son, Jesus Christ, who came into this world and gave His life for me. May your love guide my path, and may I become a source of light and encouragement to those around me. In Jesus’ name I pray. Amen.



Day 33

“The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the LORD your God.”

Leviticus 19:34 (NIV)

Reflection

What does it mean to be Christlike toward strangers?

Hospitality is a core biblical value. Scripture calls us to welcome the stranger with dignity and respect, remembering that we too have known what it is to be outsiders. This command is not only about kindness, but about recognizing shared humanity.

The Benedictine teaching to receive every guest as Christ reflects this same truth. Encounters with others are not merely social moments; they can become spiritual encounters where Christ is present.

True hospitality begins with an open heart. It calls us to see others with compassion, humility, and a willingness to welcome rather than exclude.

Prompt

How do you receive the people you encounter each day?

Today, be intentional in one interaction. Welcome someone with kindness, openness, and respect, remembering that every encounter carries the possibility of a blessing.

Prayer

Heavenly Father, I come to your throne of Grace with my selfish and self-centred wish lists. You welcome me to your embrace with an open heart and provide me with the warmth and care I require. I am so thankful to you for your presence in my life. Grant me an open heart and a Christlike spirit so that I will take care of the strangers around me. I ask this in the name of Jesus. Amen

Day 34

The beginning of the good news about Jesus the Messiah, the Son of God, as it is written in Isaiah the prophet:

*“I will send my messenger ahead of you,
who will prepare your way”–
“A voice of one calling in the wilderness,
‘Prepare the way for the Lord,
make straight paths for him.’*

Mark 1:1-11 (NIV)

Reflection

As we approach Holy Week, we are invited to reflect on the purpose of Jesus’ life and ministry. From the very beginning, the Gospel points to His mission: to proclaim good news, heal the sick, care for the needy, and ultimately give His life on the cross for our salvation.

John the Baptist plays a vital role in this story. His life was devoted to preparing the way for Jesus. Through his preaching and baptism, he called people to readiness, pointing them toward the One who was to come. John’s life reminds us of the faithfulness of waiting, preparing, and trusting in God’s plan.

In the same way, we are invited to consider our own calling. Lent is a season not only of reflection, but of alignment, where we ask how our lives can reflect God’s purpose and participate in His work. What might God be preparing in and through us during this time?

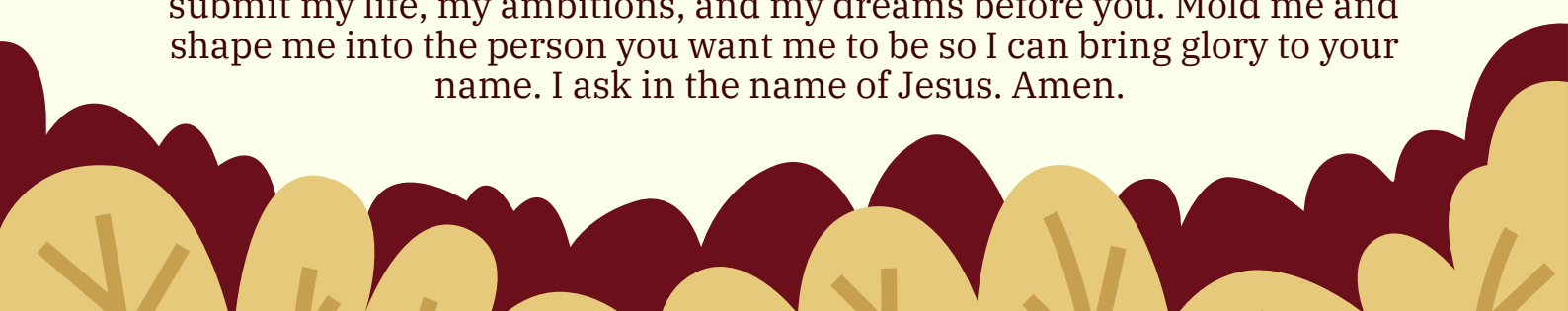
Prompt

How is God calling you to prepare your heart and life this season?

Take a moment to reflect: in what ways are you aligning with His purpose? Seek His guidance through prayer, and consider one step you can take today to follow His will more closely.

Prayer

Father God, just like John the Baptist prepared the way for the Lord. I submit my life, my ambitions, and my dreams before you. Mold me and shape me into the person you want me to be so I can bring glory to your name. I ask in the name of Jesus. Amen.



Palm Sunday

“Many people spread their cloaks on the road, while others spread branches they had cut in the fields.”

Mark 11:8 (NIV)

Reflection

Palm Sunday recalls the moment when crowds gathered to welcome Jesus as He entered Jerusalem, marking the beginning of His final journey toward the cross.

The people expressed their devotion publicly by laying down cloaks and branches, honoring and recognizing who Jesus is. It was an act of praise, hope, and expectation.

Sunday invites us into that same posture of worship. We gather in remembrance and join the wider community of believers in acknowledging Christ as Lord. Faith is not only lived privately but also expressed together in worship.

Yet Palm Sunday also invites deeper reflection. The same road that begins with celebration leads toward suffering. It challenges us to consider how we remain faithful to Christ, not only in moments of joy, but also when the path becomes difficult.

Prompt

How do you express your commitment to Christ, both in worship and in daily life?

Today, reflect on what it means to follow Jesus not only in celebration, but also with faithfulness when the journey becomes challenging.

Prayer

Father God, I am thankful to Jesus, my life, my strength, and my identity. Grant me the commitment and courage that I stand with Jesus not only in happiness but also in sorrows. May I learn from the True Master what it means to be a faithful Shepherd who is not hesitant in laying down life for His sheep. In Jesus name I pray.

Day 35

“Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus’ feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.”

John 12:3 (NIV)

Reflection

Holy Week begins with a quiet yet powerful act of personal devotion: Mary anoints Jesus’ feet with costly perfume. Her gesture expresses love, reverence, and gratitude, recognizing the significance of His presence in her life.

Throughout this Lent, we have reflected on relationships and community, and the importance they hold in shaping our faith.

Mary’s act reminds us that true devotion is personal and intentional. As she pours the perfume, the fragrance fills the house, symbolizing a love that cannot be contained.

This moment also quietly anticipates the suffering and burial that Jesus will soon face. Before the events of the cross unfold, we are invited to pause, to be still, and to listen to Christ with attentive hearts.

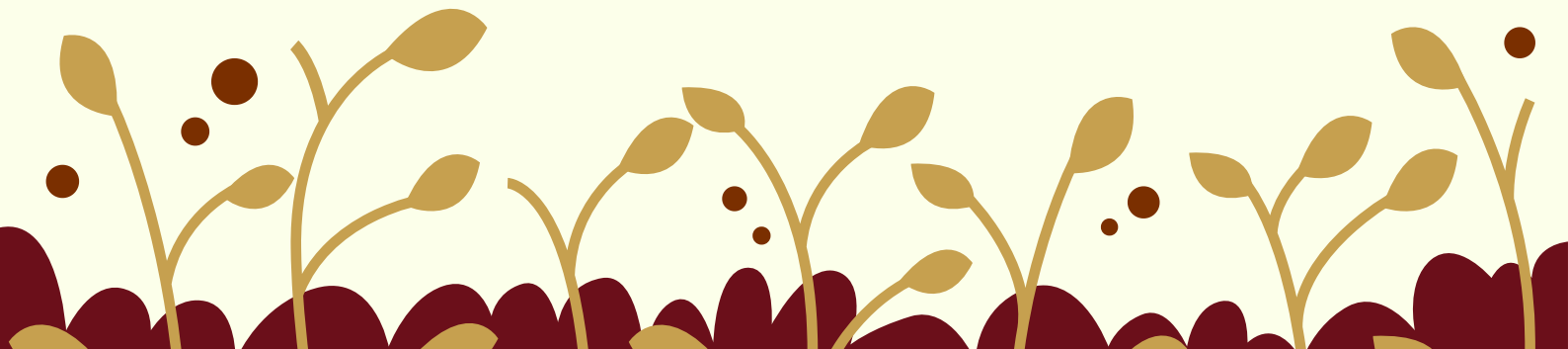
Prompt

Where can you intentionally create space today to listen more closely to Christ?

Take a few moments to step away from distraction, sit in stillness, and offer a simple act of devotion or gratitude in response.

Prayer

Heavenly Father, I thank you for the presence of Jesus in my life. Like Mary, give me a heart that is willing to listen and draw near to you. Help me to grow in a deeper and lasting relationship with Christ. Thank you for sending your Son and for His love and sacrifice for the forgiveness of my sins. In the name of Jesus, Amen.





Day 36

“After he had said this, Jesus was troubled in spirit and testified, ‘Very truly I tell you, one of you is going to betray me.’”

John 13:21 (NIV)

Reflection

The mood of Holy Week shifts from devotion to tension as Jesus reveals that betrayal will come from within His own circle. Even among those closest to Him, loyalty and faithfulness are tested.

This moment reminds us that discipleship includes weakness, failure, and difficult truths. Yet Jesus continues to share the table with His disciples, demonstrating patience and steadfast love even in the face of betrayal.


The journey toward the cross unfolds not only through suffering, but also through the fragile reality of human relationships. It calls us to examine our own hearts and consider what it means to remain faithful when it is not easy.

Prompt

Identify one situation today where following Christ may feel uncomfortable or challenging. Choose to respond with faithfulness, whether through your words, actions, or attitude.

Prayer

Heavenly Father, I confess my sins, my weaknesses, and my temptations. I thank you that they have been nailed to the cross so that I may live in freedom. I remember the price Jesus paid as He walked the path to Calvary and accepted death on the cross so that I might have eternal life. Strengthen me to remain faithful to you. In the name of Jesus, Amen.



Day 37

“Because the Sovereign LORD helps me, I will not be disgraced. Therefore, have I set my face like flint, and I know I will not be put to shame. He who vindicates me is near.” –

Isaiah 50:7–8a (NIV)

Reflection

Faith is often tested in moments of pressure and temptation. As Holy Week deepens, our attention turns to the determination of the Servant who places complete trust in God.

These words from Isaiah reflect the inner strength and resolve that will characterize Jesus as He approaches the cross. Even in the face of suffering, rejection, and humiliation, the Servant remains confident that God is near and will bring justice.

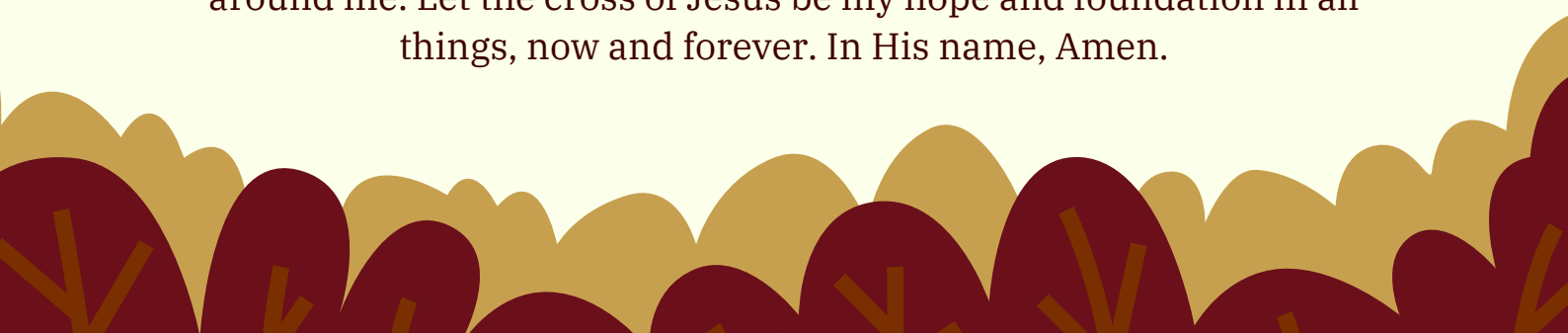
This stage of the journey reminds us that faith requires courage, commitment, and perseverance, especially when the path becomes difficult. Holy Week moves steadily toward the cross, sustained by trust in God’s presence and purpose.

Prompt

When you face a challenge today, pause and consciously place your trust in God. Choose one situation where you will rely on His guidance rather than your own strength.

Prayer

Heavenly Father, grant me the passion and purpose of Christ in my life, so that I may be a source of hope, love, care, and compassion to those around me. Let the cross of Jesus be my hope and foundation in all things, now and forever. In His name, Amen.



Maundy Thursday - Day 38

“Having loved his own who were in the world, he loved them to the end.”

John 13:1 (NIV)

Reflection

The Thursday of Holy Week, often called *Maundy Thursday*, comes from the Latin *mandatum novum*, meaning “new commandment”: to love one another.

The day begins with the Last Supper, where Jesus gathers with His disciples for a final meal. At the table, He shares bread and wine, offering a sign that His life will be given for them and for the world.

This moment becomes the foundation of Christian worship, reminding us that Christ continues to share His life with us.

During the meal, Jesus performs a profound act of service, humility, and leadership by washing His disciples’ feet. Everything He does that evening is shaped by a love that remains faithful to the very end.

Maundy Thursday reveals that the journey to the cross is not driven by defeat, but by self-giving love expressed through humility and service.

Prompt

Choose one intentional act of service today. Show humility and love by serving someone in a practical, quiet, and selfless way.

Prayer

Heavenly Father, thank you for the example of Jesus, who showed perfect love through humility and service. Teach me to love others as He has loved me. Give me a willing heart to serve, not seeking recognition, but reflecting your grace in all I do. In the name of Jesus, Amen.



Good Friday - Day 39

“Those who were not told about him will see, and those who have not heard will understand.”

Isaiah 52:15 (NIV)

Reflection

Good Friday brings the journey of Holy Week to its darkest moment: Jesus is crucified and bears the full weight of human violence and rejection.

The prophet Isaiah points to a mystery that would only be fully understood later: God’s saving work is revealed through suffering that seemed incomprehensible at the time. At the cross, God enters into the deepest places of human pain, showing that divine love does not abandon the world in its suffering.

The silence and grief of this day invite us to stand before the cross with humility, resisting the urge for quick explanations. Instead, we are called to remain present, trusting that God is at work even here.

The cross reveals that God is present even in moments that feel empty, abandoned, or without hope.

Prompt

Bring one situation today, personal or in the wider world, into prayer where hope feels distant. Sit with it before God, choosing to trust in His presence rather than seeking immediate answers.

Prayer

Heavenly Father, as I stand before the cross, I am reminded of your love revealed through suffering. Help me to trust you even when I do not understand, and to believe that you are present in every moment, even in pain and silence. Strengthen my faith to rest in your presence and your promises. In the name of Jesus, Amen.

Day 40

***“The LORD is good to those whose hope is in him,
to the one who seeks him;
it is good to wait quietly
for the salvation of the LORD.”***

Lamentations 3:25–26 (NIV)

“We are not delivered from the tragedy of the world but delivered into it in its full reality before God. Only when this is recognized do we grasp the glory of the Risen One. He is risen, but with wounds. With wounds, but transfigured.”

Joseph Bernhart, De Profundis

Reflection

Holy Saturday is a day of silence, marked by waiting in hope and uncertainty after the suffering of Good Friday.

The disciples face the painful reality that their hopes seem shattered and their understanding incomplete. The reflection by Bernhard reminds us that faith does not remove us from the tragedies of the world, but places us within them, trusting in God’s presence. We continue to hope, even in the midst of hardship, suffering, and pain.

The resurrection that follows is not a denial of suffering, but its transformation. Christ rises with wounds that are now filled with glory. Holy Saturday invites us to accept moments of silence, emptiness, and uncertainty as part of the journey of faith, trusting that God is at work even when we cannot yet see the outcome.

Prompt

Set aside a few quiet moments today to sit in stillness. Bring one area of uncertainty before God, and choose to wait patiently, trusting that He is at work even now.

Prayer

Heavenly Father, in the silence and waiting, help me to trust in your presence. When I feel uncertain or unsettled, remind me that you are still at work. Teach me to wait with patience and hope, knowing that you bring life even out of what seems empty. In the name of Jesus, Amen.



Easter Sunday

“He is not here; he has risen! Remember how he told you, while he was still with you in Galilee.”

Luke 24:6 (NIV)

Reflection

Early on the first day of the week, the women come to Jesus’ tomb expecting to mourn, but instead they encounter two angels who announce the resurrection.

The angels remind them that Jesus had already foretold these events, revealing that the resurrection is the fulfillment of His promise. After the sorrow of Good Friday and the silence of Holy Saturday, Easter proclaims that God’s life-giving power has overcome death.

The women become the first witnesses, carrying the message that the story of Jesus does not end at the cross, but continues in new life.

Easter marks the turning point of the entire Holy Week journey. Hope rises where despair once seemed final, and suffering is transformed into joy and life through Christ.

Prompt

Identify one area of your life that needs renewal today. Invite the hope of the resurrection into it, and take one small step forward in faith.

Prayer

Heavenly Father, thank you for the gift of new life through the resurrection of Jesus. Fill my heart with hope and renew my spirit where I feel weary or discouraged. Help me to walk in the light of the resurrection and to live as a witness to your love and power. In the name of Jesus, Amen.

*Happy
Easter*

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