



LENT

A SPIRITUAL PRACTICE GUIDE

WEEK FOUR: MARCH 24TH - 30TH

THIRD MONDAY

OF LENT | MARCH 24TH

SCRIPTURE

Psalm 23

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Psalm 23 offers a beautiful image of the deep peace that comes from trusting in God's provision and care. As our Shepherd, God invites us into rest and renewal. Even in seasons of uncertainty, His presence remains steady and faithful. Where in your life do you need to lean into God's provision and rest in His care?

SPIRITUAL PRACTICE

Breath Prayer

- Take a few moments to sit in stillness, breathing slowly and centering yourself in God's presence. As you quiet your heart, become aware of God's nearness.
- As you inhale, pray: *The Lord is my Shepherd.*
- As you exhale, pray: *I have all that I need.*
- Repeat this prayer for several minutes, allowing these words to settle deep within you. Carry them with you into the day ahead, and let them be a reminder that God is your provider and sustainer in every season.

PRAYER

Lord Jesus Christ,
We are so thankful you said, "Fear not, little flock,
for it is your Father's good pleasure
to give you the kingdom." (Luke 12:32)
We are so thankful for the ease with which
you walked upon the earth,
the generosity and kindness you showed to people,
the devotion with which you cared for those
who were out of the way and in trouble,
the extent to which you even loved your enemies
and laid down your life for them.

We are so thankful to believe that this is a life for us,
a life without lack, a life of sufficiency.

It's so clear in you, the sufficiency of your Father
and the fullness of life that was poured through you,
and we're so thankful that you have promised
that same love,
that same life, that same joy, that same power for us.

Lord, slip up on us today.

Get past our defences, our worries, our concerns.

Gently open our souls, and speak your Word into them.

We believe you want to do it,

and we wait for you to do it now.

In Your name,

Amen.

- Dallas Willard

THIRD TUESDAY

OF LENT | MARCH 24TH

SCRIPTURE

Ephesians 2:1-10

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Paul reminds us that we have been rescued from sin and death and made new in Christ—not because of our own efforts, but because of God’s grace and unfailing love. We are God’s masterpiece, created with purpose to do the good things He planned for us. How does this reality shape the way you live and embrace God’s calling on your life?

SPIRITUAL PRACTICE

Grace-Filled Action

- Reflect on verse 10: *"For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."*
- In your journal, write down some of the unique gifts, passions, and experiences that shape who God has made you. How might God be inviting you to use them for good today? Consider moments when you’ve felt most alive and most helpful to others—these may be clues to how God is working through you. Let this be a time to listen for the Spirit’s quiet nudges toward grace-filled action.

PRAYER

Our Father, you called us and saved us
in order to make us like your Son, our Lord Jesus Christ.
Day by day, change us by the work of your Holy Spirit
so that we may grow more like Him
in all that we think and say and do,
to His glory.

- Soren Kierkegaard

FOURTH WEDNESDAY

OF LENT | MARCH 26TH

SCRIPTURE

James 1:19-27

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

James urges us to be quick to listen, slow to speak, and slow to anger. He challenges us not just to hear God's Word, but to put it into practice. How might God be inviting you to live out your faith in a tangible way today?

SPIRITUAL PRACTICE

Intentional Listening

- Be intentional about listening well today. Whether in conversation with others or in prayer, focus on truly hearing before responding. Strive to ensure that everyone you engage with feels valued and genuinely heard.

PRAYER

God, of your goodness give me yourself,
for you are enough for me.

And only in you do I have everything.

Amen.

- Lady Julian of Norwich

FOURTH THURSDAY

OF LENT | MARCH 27TH

SCRIPTURE

Philippians 4:4-9

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Paul encourages us to rejoice always, to pray with thanksgiving, and to let the peace of God guard our hearts. What worries do you need to surrender to God? How can you cultivate a heart of gratitude today?

SPIRITUAL PRACTICE

Surrender and Gratitude

- Write down any anxieties or concerns weighing on your heart. Offer them to God in prayer, asking Him to fill you with His peace. Then, make a list of things you are grateful for. Let these reminders of God's goodness and faithfulness bring comfort and perspective as you entrust your worries to Him.

PRAYER

God, give me grace to accept with serenity
the things that cannot be changed,
Courage to change the things which should be changed,
and the wisdom to distinguish the one from the other.
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did, This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.

- The Serenity Prayer by Reinhold Niebuhr

FOURTH FRIDAY

OF LENT | MARCH 28TH

SCRIPTURE

Mark 10:42-45

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Jesus teaches that true greatness in His kingdom is found in serving others with humility. Rather than seeking status or recognition, we are invited to love and care for those around us. How is God calling you to serve others selflessly today?

SPIRITUAL PRACTICE

Serve with Humility

- Find a way to serve someone today in a way that requires humility—perhaps by doing a task no one else wants to do, offering help without being asked, or choosing to step back so someone else can be seen or heard. As you serve, reflect on how these small, unseen acts shape your heart and draw you closer to Christ.

PRAYER

Dear Jesus,
Help us to spread your fragrance everywhere we go,
flood our souls with your Spirit and life.
Penetrate and possess our whole being so utterly
that our lives may only be a radiance of yours.
Shine through us and be so in us
that every soul we come in contact with
may feel your presence in our soul.
- Mother Teresa

FOURTH SATURDAY

OF LENT | MARCH 29TH

SCRIPTURE

Isaiah 40:28-31

Before reading, take a deep breath and invite the Holy Spirit to speak to you through this passage of Scripture. Read the passage slowly, paying attention to any words or phrases that stand out. Pause and reflect—what is God saying to you through the text?

REFLECTION

Isaiah tells us that those who hope in the Lord will renew their strength. Even in weariness, God sustains us. Waiting on Him doesn't mean ignoring our needs, but bringing our whole selves—including our exhaustion, doubts, and burdens—before Him. Where do you feel worn down? How can you turn to God for true rest in that area of your life?

SPIRITUAL PRACTICE

Palms Down/Palms Up

- **Palms Down** - Sit quietly with your hands resting on your lap, palms facing down. As you exhale, release your exhaustion, doubts, and burdens to God. Name them silently, surrendering each one into His care.
- **Palms Up** - Turn your hands upward as a sign of receiving. As you inhale, imagine God filling you with His renewing strength, peace, and grace. Pray: "Lord, I receive Your strength as I wait on You."
- **Return to This Practice Throughout the Day** - Whenever worries or weariness arise throughout the day, pause for a moment. Place your hands palms down to release what is weighing on you, then turn them palms up to receive God's renewal. Let this simple movement remind you of His constant presence and strength.

PRAYER

God of transformation,
be with us in our loss, our brooding, and our hope.
May we linger in faithfulness,
not denying our pain nor cutting short our brooding.
May we resist facile hopes; may we wait for you.
Amen.

-Walter Brueggemann

FOURTH SUNDAY

OF LENT | MARCH 30TH

PRAYERFULLY REFLECTING ON YOUR WEEK: THE EXAMEN

Sundays are traditionally recognized as “feast days” during the season of Lent - days when people pause from fasting to celebrate the resurrection. Throughout this guide, we will take Sundays to prayerfully reflect on our week through the practice of the Examen. We encourage you to set aside Sundays for rest and delight in God’s goodness as we journey through Lent!

ASK THE HOLY SPIRIT TO LEAD THIS TIME OF PRAYER

Centre yourself in God’s presence. Sit comfortably, take a few slow, deep breaths, and let yourself be reminded that God is with you. Breathe in His love, grace, and peace. Breathe out anxiety, fear, or distractions. Take a few moments to simply rest in His love.

GIVE THANKS

Look back over the past week. When did you experience joy, peace, or beauty? In what areas of your life did you experience God’s goodness? Give thanks for the blessings, big and small.

PRAYERFULLY REVIEW YOUR WEEK

Walk through the past week in your mind. Who did you see? What did you do? Linger on significant moments and pass quickly over less important ones. When were you aware of God’s presence? When were you distracted? When were you at your best? When were you at your worst? Pay attention to and name the feelings that surface as you review your week in this manner.

CHOOSE ONE OR TWO FEELINGS OR SITUATIONS TO PRAY FROM

Bring your feelings about the situation before God. Then take some time to be silent and listen to him. Receive his love, his guidance, his forgiveness.

LOOK AHEAD TO THE COMING WEEK

Scripture tells us that God’s mercies are new every morning. What has God revealed to you during this time of reflection? How is He calling you to move forward? Receive His grace and ask the Holy Spirit to empower you as you step into the week ahead