

# Loving God - Spiritual Resources

## *Lent 2021*



We hope you can join us for Lent this year, although we can't all meet together we can all share the same resources from home and spend time with Christ in our own way. Each day has a bible verse to think and meditate on. There are also other resources to help us to be a community of believers even though we are not able to meet together.

**These Bible verses for Lent are focused on fasting and waiting on God. They remind us that when we wait on our Heavenly Father and seek Him, we will find Him.**

### Day 1: Wed 17th Feb

**1 Peter 5:6** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

### Day 2: Thurs 18th Feb

**Isaiah 58:6** Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

### Day 3: Fri 19th Feb

**Psalm 42:2** My soul thirsts for God, for the living God. When can I go and meet with God?

### Day 4: Sat 20th Feb

**Joel 2: 12-14** "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and relent and leave behind a blessing—grain offerings and drink offerings for the Lord your God."

### Sunday 21st Feb

Join us for church online today!



### Day 5: Mon 22nd Feb

**Matthew 6:21** For where your treasure is, there your heart will be also.

### Day 6: Tue 23rd Feb

**Lamentations 3:25** The Lord is good to those whose hope is in him, to the one who seeks him;

### Day 7: Wed 24th Feb

**Isaiah 30:18** Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

### Day 8: Thurs 25th Feb

**Psalm 27:14** Wait for the Lord; be strong and take heart and wait for the Lord.

### Day 10: Sat 27th Feb

**Isaiah 40:31** 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.

### Day 9: Fri 26th Feb

**Matthew 6:16-18** When you fast, do not look sober as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

*Lent bible verse taken from  
Compassion UK lent readings 2020*

**Sun 28th Feb**

Join us for church  
online today!



**Day 11: Mon 1st March**

**Psalms 33:20-22** We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

**Day 12: Tue 2nd March**

**Psalms 130:5-6** I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning.

**Day 13: Wed 3rd March**

**Micah 7:7** But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me.

**Day 14: Thurs 4th March**

**Romans 12:12** Be joyful in hope, patient in affliction, faithful in prayer. Be joyful in hope, patient in affliction, faithful in prayer.

**Day 15: Fri 5th March**

**Hosea 12:6** But you must return to your God; maintain love and justice, and wait for your God always.

**Day 16: Sat 6th March**

**Matthew 6:33** But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Sunday 7th March**

Join us for church online  
today!



**Day 17: Mon 8th March**

**1 Peter 5:6-7** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

**Day 18: Tue 9th March**

**Galatians 5:5** For through the Spirit we eagerly await by faith the righteousness for which we hope.

**Day 19: Wed 10th Mar**

**Jeremiah 29:12** Then you will call on me and come and pray to me, and I will listen to you.

**Day 20: Thurs 11th Mar**

**Psalms 33:20-22** We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

**Day 21: Fri 12th March**

**Psalms 62:5** For God alone, O my soul, wait in silence, for my hope is from him.

**Sunday 14th March**

Join us for church online today!



**Day 22: Sat 13th March**

**Psalms 25:4-5** Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.

Lent is inspired by Jesus' 40 days and 40 nights praying and fasting in the wilderness. Jesus' 40 days in the desert is recorded in these Lent verses in the gospels of Matthew, Mark and Luke:

**Day 23: Mon 15th March**

**Mark 1:12-15** At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted [a] by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

## Day 24: Tues 16th Mar

**Matthew 4: 1-11** Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

These Lenten readings can help us focus on God's grace. The Lent Bible verses celebrate the victory Jesus made over death when he died on the cross.

## Day 25: Wed 17th Mar

**Philippians 3:10-11** I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead

## Day 26: Thurs 18th Mar

**John 10:10** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

## Day 27: Fri 19th March

**John 16:33** I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

## Day 28: Sat 20th Feb

**Zephaniah 3:17** The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

## Sun 21st March

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## Day 29: Mon 22nd Mar

**Romans 8:19** Nothing in all creation will ever be able to separate us from the love of God

## Day 30: Tue 23rd Mar

**John 3:16** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

## Day 31: Wed 24th Mar

**Micah 5:4** He will stand and shepherd his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they will live securely, for then his greatness will reach to the ends of the earth.

## Day 32: Thurs 25th Mar

**Joel 2: 1-2** Blow the trumpet in Zion; sound the alarm on my holy hill. Let all who live in the land tremble, for the day of the Lord is coming. It is close at hand— a day of darkness and gloom, a day of clouds and blackness. Like dawn spreading across the mountains a large and mighty army comes, such as never was in ancient times nor ever will be in ages to come

## Day 33: Fri 26th Mar

**1 Peter 1:3** Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead

## Day 34: Sat 27th Mar

**John 11:25-26** Jesus said unto her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?'

These Lent scriptures follow the events of Holy week as Jesus entered Jerusalem on a donkey, shared the last supper with his disciples and died and rose again on the cross.

## Sun 28th March

Join us for church online today!



## Day 35: Mon 29th Mar

**Zechariah 9:9** Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey.

## Day 36: Tue 30th Mar

**Luke 19:28-42** After Jesus had said this, he went on ahead, going up to Jerusalem. As he approached Bethphage and Bethany at the hill called the Mount of Olives, he sent two of his disciples, saying to them, "Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' say, 'The Lord needs it.'" Those who were sent ahead went and found it just as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They replied, "The Lord needs it." They brought it to Jesus, threw their cloaks on the colt and put Jesus on it. As he went along, people spread their cloaks on the road. When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen: "Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!" Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!" "I tell you," he replied, "if they keep quiet, the stones will cry out." As he approached Jerusalem and saw the city, he wept over it and said, "If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.

## Day 37: Wed 31st Mar

**Luke 22:14-23** When the hour came, Jesus and his apostles reclined at the table. And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfilment in the kingdom of God." After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes." And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you. But the hand of him who is going to betray me is with mine on the table. The Son of Man will go as it has been decreed. But woe to that man who betrays him!" They began to question among themselves which of them it might be who would do this.

## Day 38: Thurs 1st Apr

**Luke 22: 44-46** It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last.

## Day 39: Fri 2nd Apr

**Luke 23:50-56** Now there was a man named Joseph, a member of the Council, a good and upright man, who had not consented to their decision and action. He came from the Judean town of Arimathea, and he himself was waiting for the kingdom of God. Going to Pilate, he asked for Jesus' body. Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock, one in which no one had yet been laid. It was Preparation Day, and the Sabbath was about to begin. The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.

## Day 40: Sat 3rd Apr

**Luke 24: 1-6 24** On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen!

# Times of Prayer

Although we are unable to meet together at the moment we can all pray, and we join millions of people across our globe praying every minute of every day. These resources are offered to help us rely upon and draw close to the presence of Christ at all time.

## Simple Forms of Prayer

- Lighting a candle before you pray can help you focus and listen.
- Praying at times when you know the church is gathering may help you feel connected to our church community
- Jesus taught us the Lord's Prayer so that we would always have words to say. Do use it!

## Creative Ways to Pray

- You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
- If the news is getting you down, try praying for the people and situations that are mentioned
- Why not try doodling, painting or drawing as you pray?

## The Prayer of Examen

1. Become aware of God's presence, or ask God to help you remember that he's there with you
2. Review the day with gratitude (as best you can!)
3. Pay attention how you are feeling about it
4. Choose one feature of the day and pray about it
5. Look toward tomorrow. What do you expect that day to hold
6. Ask God to help you remember that he's with you