

The Season of Lent 2024

Written by: Kevin Brown

Edited by: Lynne Steiner, Max Mulvaney & Linda Williams

Introduction

Lent, a period of reflection, lasts for 40 days from Ash Wednesday to Holy Saturday (*typically excluding Sundays*), and symbolizes Jesus' time in the desert. It's a time for fasting, prayer, and self-reflection, inspired by Jesus' own 40-day journey in the wilderness, helping believers draw closer to God, think about their lives, and seek spiritual renewal.

During this time, believers often choose to give up certain luxuries or habits as a way of honoring Jesus' sacrifice and demonstrating their willingness to make sacrifices for others, just as Jesus gave up his life for humanity.

The story of Peter's denial of Jesus is a powerful reminder of our own human frailty and the potential for redemption. Despite Peter's initial denial, Jesus, after His resurrection, lovingly confronted Peter three times, asking him if he truly loved Him. This act of grace and forgiveness gave Peter a chance to reaffirm his love and commitment to Jesus.

In this redemptive moment, Jesus not only forgave Peter but also entrusted him with a significant role in His Church, instructing him to tend to His sheep. This demonstrates Jesus' unwavering love and belief in Peter's ability to carry out His mission through the work of the Holy Spirit.

Lent, therefore, serves as a reminder of our own shortcomings and the opportunity for redemption and renewal through Christ's love and sacrifice. It encourages us to reflect on our own lives, seek forgiveness, and strive to live out our faith in service to others, just as Peter did after his encounter with Jesus.

This Lent booklet is meant to be a helpful tool. It contains daily devotions, Scripture, prayers, and reflections that relate to Lent's themes. This can be read individually or with a group of believers.

Day 1 February 14 [Ash Wednesday]

Reflect on the immeasurable love of God, who willingly sacrificed His Son for your salvation.
Let His love inspire you to live a life of love and gratitude.

Prayer Prompt: Heavenly Father, as I begin this Lenten journey, help me to grasp the depth of Your love for me.

"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."
John 3:16 (NIV)

Day 2 February 15

Contemplate the unfailing love of God that brings healing and restoration. Allow God to bring to mind those who are struggling, broken, or in need of God's love and compassion.

Prayer Prompt: Heavenly Father, empower me to be a vessel of Your love, bringing healing and restoration to those around me.

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."
Psalm 28:7 (NIV)

Day 3 February 16

Reflect on the importance of love in your relationships. Let love be the foundation of your interactions, guiding your words, actions, and attitudes.

Prayer Prompt: Heavenly Father, help me to prioritize love above all else in my relationships and interactions.

"And now these three remain: faith, hope, and love. But the greatest of these is love."
1 Corinthians 13:13 (NIV)

Day 4 February 17

Reflect on the power of forgiveness and extend grace to those who have wronged you.
Remember that love has the ability to heal and restore broken relationships.

Prayer Prompt: Dear Lord, grant me the strength and wisdom to love even in difficult and inconvenient situations.

"And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."
Mark 11:25 (ESV)

Sunday February 18

Although Sundays typically aren't included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 5 February 19

Meditate on the incredible forgiveness you have received from God. Let His forgiveness inspire you to extend the same grace to others, releasing any bitterness or resentment.

Prayer Prompt: Heavenly Father, help me to extend love and forgiveness to those who have wronged me.

"For if you forgive others their trespasses, your heavenly Father will also forgive you."
Matthew 6:14 (ESV)

Day 6 February 20

Consider how you can demonstrate your love for God through your actions. Let your love be tangible, impacting the lives of those around you.

Prayer Prompt: Lord, may my love for You be evident in my actions and attitudes towards others.

"Dear children, let us not love with words or speech but with actions and in truth."
1 John 3:18 (NIV)

Day 7 February 21

Ask God to fill you with His love, enabling you to love others unconditionally. May His love overflow from your life, bringing hope and healing to those in need.

Prayer Prompt: Heavenly Father, fill me with Your love so that I may overflow with love towards others.

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight."
Philippians 1:9 (NIV)

Day 8 February 22

Reflect on the radical love of Jesus, who loved even those who opposed Him. Ask God to give you the strength and compassion to love your enemies, extending kindness and forgiveness.

Prayer Prompt: Lord, help me to love my enemies and pray for those who persecute me.

"But I tell you, love your enemies and pray for those who persecute you."
Matthew 5:44 (NIV)

Day 9 February 23

Examine your heart and motives. Let your love for God be the foundation of your actions, decisions, and priorities. Surrender every area of your life to Him in love and devotion.

Prayer Prompt: Heavenly Father, may my love for You be the driving force behind all that I do.

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'"
Matthew 22:37 (NIV)

Day 10 February 24

Remember that you are fearfully and wonderfully made by God. Embrace His love for you, and let it shape your self-perception. Love yourself as God loves you, with acceptance, grace, and compassion.

Prayer Prompt: Lord, enable me to love myself as You love me and recognize my worth in Your eyes.

"For you created my inmost being; you knit me together in my mother's womb."
Psalm 139:13 (NIV)

Sunday February 25

Although Sundays typically aren't included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 11 February 26

Meditate on the power of God's love. Consider those around you who are hurting, broken, or in need of God's love and tenderness.

Prayer Prompt: Heavenly Father, help me to be a channel of Your love, bringing healing and restoration to those around me.

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them."

1 John 4:16 (NIV)

Day 12 February 27

Consider how you can show love and kindness to strangers and those in need. Look for opportunities to extend a helping hand or a word of encouragement.

Prayer Prompt: Lord, open my eyes to the needs of others and give me a heart to show love and kindness.

"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)

Day 13 February 28

Reflect on the truth that God demonstrated through His unconditional love by sending Christ to die for us while we were still sinners. Take time to ponder what that truly means to you.

Prayer Prompt: Fill me with the power of Your love so that I may be a vessel of compassion and healing to those around me.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Romans 5:8 (NIV)

Day 14 February 29

Think about the ways in which you can love and serve your family members. Pray for unity, understanding, and a deepening of love within your family.

Prayer Prompt: Lord, bless my family with love, unity, and understanding. Help me to love and serve others selflessly.

"Honor your father and mother" – which is the first commandment with a promise – "so that it may go well with you and that you may enjoy long life on the earth."

Ephesians 6:2-3 (NIV)

Day 15 March 1

Consider how you can love and support your friends. Think about your friendships and ponder ways to strengthen and deepen these relationships.

Prayer Prompt: Heavenly Father, bless my friendships with love, loyalty, and support. Help me be a true friend to those around me.

“A friend loves at all times, and a brother is born for a time of adversity.”
Proverbs 17:17 (NIV)

Day 16 March 2

Reflect on the love of God that never fails or gives up on you. Seek the strength to persevere in love, even when faced with challenges or difficulties.

Prayer Prompt: Lord, help me to love with a love that never fails, persevering through challenges and difficulties.

“Love never fails...”
1 Corinthians 13:8 (NIV)

Sunday March 3

Although Sundays typically aren't included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 17 March 4

Think about how you can show love and kindness to your neighbors and those in your community. Look for opportunities to be a source of love and support to those around you.

Prayer Prompt: Heavenly Father, help me to be a good neighbor, showing love and kindness to those around me.

“Love your neighbor as yourself.”
Mark 12:31 (NIV)

Day 18 March 5

Reflect on the love of God that is without conditions or expectations. Seek the ability to love others with the same unconditional love.

Prayer Prompt: Lord, help me to love others unconditionally, without expecting anything in return.

"But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked."

Luke 6:35 (NIV)

Day 19 March 6

Consider how you can love and care for the earth and all of God's creation. Pursue God's wisdom and guidance in being good stewards of the environment.

Prayer Prompt: Heavenly Father, help me to be a good steward of the earth and to love and care for all of Your creation.

"The earth is the Lord's, and everything in it, the world, and all who live in it."

Psalms 24:1 (NIV)

Day 20 March 7

Reflect on the love of God that brings freedom and liberation. Consider those who are oppressed or in bondage, asking God to bring His love and deliverance into their lives.

Prayer Prompt: Lord, bring Your love and liberation to those who are oppressed or in bondage. Use me as an instrument of Your love and justice.

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free."

Luke 4:18 (NIV)

Day 21 March 8

Reflect on the abundant love and grace of God that brings healing and restoration. Take a moment to think about those who are hurting, broken, or in need of God's love and compassion.

Prayer Prompt: Heavenly Father, help me to be a conduit of Your love, bringing healing and restoration to those around me.

"He heals the brokenhearted and binds up their wounds."

Psalms 147:3 (NIV)

Day 22 March 9

Reflect on the importance of gratitude and thankfulness in your life. Take a moment to count your blessings and express gratitude for the goodness and faithfulness of God.

Prayer Prompt: Dear Lord, help me cultivate a heart of gratitude and thankfulness, even in the midst of challenges and difficulties.

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
1 Thessalonians 5:18 (NIV)

Sunday March 10

Although Sundays typically aren't included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 23 March 11

Reflect on the power of forgiveness and the grace you could extend to those who have wronged you. Remember that love has the ability to heal and restore broken relationships.

Prayer Prompt: Dear Lord, grant me the strength and wisdom to love even in difficult and inconvenient situations.

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
Ephesians 4:32 (ESV)

Day 24 March 12

Meditate on the importance of gratitude and expressing appreciation to those around you. Take a moment to think about the people in your life who have made a positive impact and consider opportunities to show them your gratitude.

Prayer Prompt: Gracious God, thank you for the people you have placed in my life. Help me to express my gratitude and appreciation to them, and may my words and actions bring joy and encouragement.

"Give thanks to the Lord, for he is good; his love endures forever."
Psalm 107:1 (NIV)

Day 25**March 13**

Reflect on the book of Psalms, a collection of poetic prayers and songs that express a wide range of human emotions, from joy and praise to sorrow and lament. They remind us that it is okay to bring our true selves before God, sharing our deepest joys and struggles with Him.

Prayer Prompt: Gracious God, thank You for the book of Psalms and the way it can speak to the depths of my soul. As I read and meditate on these ancient prayers, may they inspire me to be honest and vulnerable with You in my own prayers. Help me to find solace and strength in Your presence, knowing that You are always near.

"The Lord is near to all who call on him, to all who call on him in truth."
Psalm 145:18 (NIV)

Day 26**March 14**

Reflect on the story of Ruth and the lessons that can be learned from her example of loyalty and faithfulness. Despite facing loss and uncertainty, Ruth remained committed to her mother-in-law, Naomi, and to the God of Israel. Her story is a reminder of the power of loyalty and the blessings that come from remaining steadfast in our relationships and our faith.

Prayer Prompt: Heavenly Father, thank You for the story of Ruth and the example she sets for me. Help me to be loyal and faithful in my relationships, just as she was. Give me the strength to persevere through difficult times and to trust in Your provision and guidance.

"But Ruth replied, 'Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.'"
Ruth 1:16 (NIV)

Day 27**March 15**

Reflect on the story of the Good Samaritan and the lessons you can learn about loving your neighbors. Despite their differences, the Samaritan showed compassion and kindness to a stranger in need. This story challenges us to examine our own hearts and consider how we can extend love and support to others, regardless of their background or circumstances.

Prayer Prompt: Lord, teach me to love my neighbor as myself, just as You have commanded. Open my eyes to the needs of those around me and give me the courage to show compassion and kindness, even to strangers.

"But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him."
Luke 10:33 (NIV)

Day 28

March 16

Meditate on the love of God that knows no bounds. God's love is not conditional or based on our actions; it is a love that is freely given to all. As you reflect on this love, seek the ability to love others with the same unconditional love, regardless of their actions or attitudes.

Prayer Prompt: Heavenly Father, thank You for Your unconditional love that knows no bounds. Help me to love others in the same way, without expecting anything in return. Fill my heart with Your love, so that I may reflect Your love to those around me.

"But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven."
Matthew 5:44-45 (NIV)

Sunday

March 17

Although Sundays typically aren't included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 29

March 18

Reflect on the story of Moses and the burning bush from the book of Exodus. In this encounter, God called Moses to lead His people out of slavery in Egypt. Despite Moses' doubts and insecurities, God reassured him of His presence and power. May this story remind you that God equips and empowers you for the tasks He calls you to. Trust in His strength and step out in faith, knowing that He is with you.

Prayer Prompt: Heavenly Father, thank You for the story of Moses and the burning bush. Help me to trust in Your presence and power, even when I feel inadequate or unsure. Equip me for the tasks You have called me to and give me the courage to step out in faith, knowing that You are with me.

"And God said, 'I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.'"
Exodus 3:12 (NIV)

Day 30**March 19**

Reflect on the story of Joseph from the book of Genesis. Joseph's life was marked by trials, betrayal, and hardship; yet, through it all, God remained faithful and used Joseph for His purposes. May this story remind you that God can bring beauty out of the most challenging circumstances. Trust in His plan, even when you cannot see the bigger picture.

Prayer Prompt: Heavenly Father, thank You for the story of Joseph and the reminder that You can use even the most difficult situations for Your glory. Help me to trust in Your plan and to remain faithful to You, even in the midst of trials. Give me the strength to persevere and to seek Your guidance in all that I do.

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."
Genesis 50:20 (NIV)

Day 31**March 20**

Reflect on God's love that brings comfort and peace in times of sorrow or pain. Think about those around you who are grieving or going through difficult times, and consider how you could surround them with His love and peace.

Prayer Prompt: Heavenly Father, bring comfort and peace to those who are hurting. May they experience Your love and presence in their lives. Show me how I can come alongside them.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18 (NIV)

Day 32**March 21**

Think about how you can love and serve those who are marginalized or overlooked in society. Pray for compassion and empathy towards those who are often forgotten or neglected.

Prayer Prompt: Lord, open my eyes to the needs of the marginalized and help me to love and serve them with compassion and empathy.

"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)

Day 33**March 22**

Reflect on the love of God that brings forgiveness and reconciliation. Seek the ability to forgive others and reconcile broken relationships.

Prayer Prompt: Heavenly Father, help me to forgive others as You have forgiven me. Give me the courage to seek reconciliation and healing in broken relationships.

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”
Colossians 3:12-13 (ESV)

Day 34**March 23**

Reflect on the importance of loving and valuing yourself. As you seek to love your neighbors, it is crucial to remember that you cannot pour from an empty cup. God calls you to love yourself as He loves you, recognizing your inherent worth and treating yourself with kindness and compassion. By nurturing your own well-being, you can better serve others and fulfill the commandment to love your neighbor as yourself.

Prayer Prompt: Heavenly Father, help me to embrace the love and value You have for me. Grant me the wisdom to treat myself with kindness and compassion, understanding that I am worthy of love. May I be filled with Your love and extend that love to those around me.

“You shall love your neighbor as yourself.”
Leviticus 19:18 (ESV)

Sunday**March 24**

Although Sundays typically aren’t included in the 40-day Lenten period, spend intentional time with God, sit in His presence, and allow Him to speak to you.

Day 35**March 25**

Reflect on the love of God that brings transformation and renewal. Seek personal transformation, allowing God to mold you into His image of love and grace.

Prayer Prompt: Heavenly Father, transform me by Your love and renew me by Your grace. Mold me into a vessel of Your love in this world.

*“Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!”*
2 Corinthians 5:17 (NIV)

Day 36**March 26**

Take a moment to reflect on how you can nurture and care for your inner being, which is a dwelling place of the Holy Spirit. Consider ways in which you can cultivate a loving and compassionate heart, and seek the wisdom to make choices that honor and uplift your spirit.

Prayer Prompt: Lord, I ask for Your guidance in nurturing my inner being as a dwelling place of the Holy Spirit. Grant me the wisdom to make choices that align with Your love and compassion, and help me to cultivate a spirit that reflects Your goodness.

“Do you not know that you are a temple of God and that the Spirit of God dwells in you?”

1 Corinthians 3:16 (ESV)

Day 37**March 27**

Think about the love of God that brings joy and delight. Seek a heart filled with joy and gratitude, and allow God to help you spread joy to others.

Prayer Prompt: Heavenly Father, fill my heart with joy and gratitude. Help me to spread joy and delight to those around me.

“The joy of the LORD is your strength.”

Nehemiah 8:10 (NIV)

Day 38**March 28**

Reflect on your mental and emotional well-being, and consider how you can love and care for your mind and emotions. Allow God to renew your mind with His truth and love as you seek emotional and mental healing.

Prayer Prompt: Lord, heal my emotions and renew my mind with Your truth and love. Help me to care for my mental and emotional well-being. Give me courage to take action.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God’s will is—

his good, pleasing and perfect will.”

Romans 12:2 (NIV)

Day 39 March 29 [Good Friday]

Reflect on the love of God that brings hope and assurance. Allow this hope to fill your heart and propel you to share the hope of Jesus with others.

Prayer Prompt: Heavenly Father, fill me with hope and assurance. May I be a source of hope to those around me.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13 (NIV)

Day 40 March 30 [Holy Saturday]

Think about how you can continue to live a life of love beyond Lent. Seek God's strength and perseverance to love others every day, in every circumstance.

Prayer Prompt: Lord, help me to continue living a life of love beyond this Lenten season. Give me the strength and perseverance to love others every day.

"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."

1 John 4:7 (NIV)

Conclusion

As you conclude this booklet, carry the lessons learned and the experiences gained throughout Lent into your daily life. May the self-reflection and spiritual growth you have experienced continue to shape you, enabling you to live more fully in the love and grace of God.

Lent is not just a season: it is a journey that continues beyond these 40 days. Remain committed to seeking God, growing in faith, and living out the lessons learned during this sacred time. May your heart be open to the transformative work of the Holy Spirit, as you strive to be more like Christ in all that you do.

May God bless you abundantly as you continue your journey of faith, and may the lessons of Lent guide you towards a deeper relationship with Him. Amen.