



Show Us Your Way

LENTEN DEVOTIONAL



2023 LENT
EIKON CHURCH

P S A L M 25:1-5

*To you, O Lord, I lift up my soul.
O my God, in you I trust;
let me not be put to shame;
let not my enemies exult over me.*

*Indeed, none who wait for you shall be put to shame;
they shall be ashamed who are wantonly treacherous.*

***Make me to know your ways, O Lord;
teach me your paths.***

*Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.*

WHAT IS LENT?

The death and resurrection of Jesus Christ are at the very heart of Christianity. The good news of the gospel is that God has acted in history to conquer evil and reconcile sinners to himself through the life, death, and resurrection of Jesus. For those who have been united with this Jesus – who have submitted to Him as Savior and Lord – have been united with Him in the likeness of His death and will one day be united with Him in the likeness of His resurrection (Rom. 6:5). Lent, therefore, is about living out of our union with, and identity in, Christ. Lent is first and foremost about the Gospel making its way deeper into our lives.

On the Christian calendar, Lent (from Latin, meaning “fortieth”) is the forty days beginning on Ash Wednesday and leading up to Easter Sunday. Sundays themselves are not counted in these forty days, as they are generally set aside as days of renewal and celebration (“mini-Easters” of sorts).

The number forty carries great biblical significance based on: the forty days of rain Noah and his family endured in the flood, the forty years Israel spent in the wilderness, Jesus’ forty-day fast in the wilderness, the forty days Jesus spent on the earth after his resurrection, and so much more. Forty days has been used by God to represent a period of trial, testing, and preparation.

Likewise, Lent is a season of preparation and repentance during which we anticipate the death (Good Friday) and resurrection (Easter Sunday) of Jesus. It is this very preparation and repentance – aimed at grasping the intense significance of the crucifixion – that gives us a deep and powerful longing for the resurrection, the joy of Easter.

The journey of Lent is to immerse ourselves in this grand story so that it might increase our appreciation of Easter and love for Jesus. May we mourn the darkness in our hearts and rejoice in the light of God who came into the world to save us!

A word about Sundays: Sundays in Lent are intended as a foretaste of Easter Sunday— they are “mini- Easters.” This guide includes professions (statements) of faith in Christ and hymns about his resurrection on each Sunday in order to allow you to rest, reflect, and rejoice. When Sunday comes each week, feast on these great truths with much joy and celebration in your heart.

A word about fasting: Traditionally, Lent is a time when we fast, or give things up. When we deny ourselves familiar comforts, we learn something powerful about our weaknesses, our needs, and our deepest longing for God. Fasting is a tangible, physical activity that points to our spiritual longing to be rooted in Jesus alone and find our true comfort and joy in him. Consider how you might meaningfully engage in the discipline of fasting this Lenten season as a supplement to this guide.

(taken from *Journey to the Cross: Readings & Devotions for Lent* © 2013 by Providence Church.)

LENT & EIKON CHURCH

a season of reflection and repentance

The season of Lent calls us to reflect on our own frailty and mortality. It calls us to repent of our sinfulness. It calls us to fix our eyes afresh on Jesus, the Suffering Servant and Incarnate Son of God, a High Priest who knows and sympathizes with all of our human weaknesses.

In the past, Christians have used this time to prepare their hearts for the Easter season in which we recognize the crucified and resurrected Christ, who is our only hope. In order to follow in the same footsteps, we will be fasting and filling our time with the Word.

Our members and cell ministries will observe the Lent by fasting from one item or a group of items throughout the entire season. Also, everyone will be encouraged to fill the time with reading the Word of God and praying for specific items on a daily basis.

FASTING

Option A - Choose to fast from one item a week as a group or individually

Option B - Choose to fast from one item for the entire 6 weeks as a group or individually

* Sundays are exempt from the fast unless you choose to personally keep it.

WEEK	DATE	FASTING OPTIONS	ITEM
1	Feb 22 - Feb 28	SWEETS/TREATS	
2	Mar 8 - Mar 14	FOOD ITEM/MEALS	
3	Mar 15 - Mar 21	ENTERTAINMENT	
4	Mar 22 - Mar 28	SOCIAL MEDIA	
5	Mar 29 - Apr 4	TIME	
6	Apr 5 - Apr 8	LEISURE	

FILLING - In the WORD w/JESUS

Determine a time and location to spend roughly 25-30 min a day. Try and have a consistent time and place where you can regularly meet intimately with God. Capture the big idea. God's Word communicates big ideas. Ask and write down: What is the big idea in this sentence, paragraph or chapter?

As you read, you are encouraged to use the SOAP Method for keeping a spiritual journal.

DAY	PASSAGE
Feb 22	Isaiah 53
Feb 23	Matthew 1:18-25
Feb 24	Matthew 3:1-17
Feb 25	Matthew 4:1-11
Feb 27	John 2:1-11
Feb 28	John 4:1-26
Mar 1	Luke 5:1-11
Mar 2	Matthew 9:9-13
Mar 3	Luke 6:17-26
Mar 4	Matthew 8:1-13
Mar 6	Luke 7:36-50
Mar 7	Matthew 12:1-13
Mar 8	Matthew 13:1-23
Mar 9	Mark 5:21-43
Mar 10	Mark 6:45-56
Mar 11	John 6:1-14
Mar 13	Luke 9:18-27
Mar 14	Mark 9:2-13

DAY	PASSAGE
Mar 15	Matthew 18:1-20
Mar 16	Matthew 18:21-35
Mar 17	Mark 10:17-31
Mar 18	Luke 10:1-24
Mar 20	Luke 10:25-37
Mar 21	Luke 11:1-13
Mar 22	John 11:1-44
Mar 23	Matthew 21:1-27
Mar 24	John 13:1-17
Mar 25	Matthew 26:17-35
Mar 27	John 14:1-31
Mar 28	John 15:1-17
Mar 29	Matthew 26:36-75
Mar 30	John 18:19-19:16
Mar 31	John 19:17-42
Apr 1	John 20-21
Apr 3	Matthew 28:16-20
Apr 4	Luke 24:50-53

2023 Lenten Reading/Devotional Plan

As you read, you are encouraged to use the SOAP Method for keeping a spiritual journal:

Scripture

Read the Bible passage for the day.

Copy the verse that catches your attention into your journal.

Observation

Write a brief description of what is going on in the passage you read.

Application

Write about how your life will be different today because of what you have read

- Lessons to be learned
- Example to be followed or avoided
- Promises to be claimed and enjoyed
- Character trait of God revealed

Prayer

Write out a prayer for yourself and others based on what you read today.

LISTENING

Here I am.
Tempted by distraction.
Lured by possibilities
that pull me away
from being
present,
attentive.
However, I come.
Here
I
Am.
Allowing my body
to return
to this moment.
This moment
that requires a relinquishment;
a relinquishment
of control.
This moment
that invites ...
an emptiness of being.
An emptiness that opens
my heart,
my soul,
into an inner posture
of receptivity, of
listening.
Listening invites
a nakedness, a vulnerability
a space,
a space
within,
where the heart
can receive
a touch;
a touch of the mystery
of grace.
Here I am.
I am
Listening.

*Cathy AJ Hardy
Love Breathes with Me*