



lent

2023



Day 1
Wed
22nd Feb

Before
Isaiah 43:1

Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

I have been known to God long before I was even born.

Day 2
Thurs
23rd Feb

Delivered
2 Samuel 22:2

The Lord is my rock, my fortress and my deliverer.

Do I turn to the Lord in times of trouble?

Day 3
Fri
24th Feb

Represent
Luke 9: 23-24

And He was saying to *them* all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. "For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it."

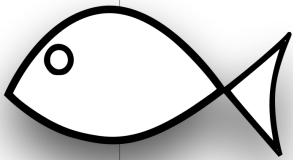
What am I willing to leave behind to follow God? What have I sacrificed so far?

Day 4
Sat
25th Feb

Words
John 1:1-5

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the Light of men. The Light shines in the darkness, and the darkness did not comprehend it.

What words describe my relationship with God at the moment?



Day 5
Sun
26th Feb

Renegade
John 1:9-13

The true light that gives light to everyone was coming into the world. He was in the world, and though the world was made through him, the world did not recognise him. He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God.

May my eyes be open to signs of love every day.

Day 6
Mon
27th Feb

Redemption
John 1:17-18

For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

May I have eyes to see the one who points me to love.

Day 7
Tues
28th Feb

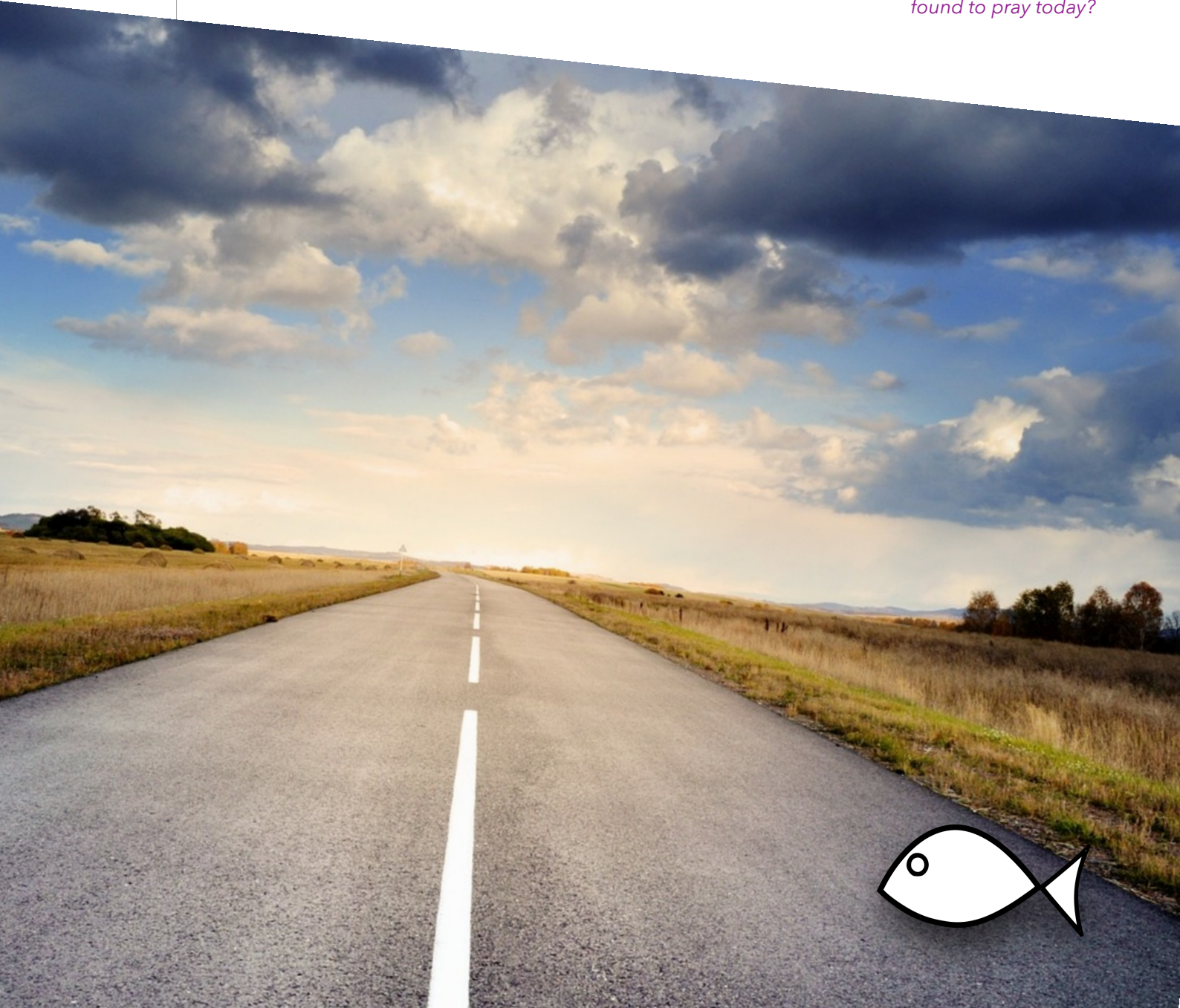
Doubt

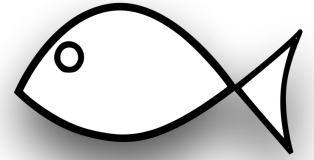
Luke 1:11-15, 18-20

Then there appeared to him an angel of the Lord. When Zechariah saw him, fear overwhelmed him. But the angel said to him, 'Do not be afraid, Zechariah, for your prayer has been heard. Your wife Elizabeth will bear you a son, and you will name him John.

Zechariah said to the angel, 'How will I know that this is so? For I am an old man, and my wife is getting on in years.' The angel replied, 'I am Gabriel. I stand in the presence of God, and I have been sent to speak to you and to bring you this good news. But now, because you did not believe my words, you will become mute, unable to speak, until the day these things occur.'

What space have I found to pray today?





Day 8
Wed
1st Mar

Hope

Romans 5:2-5

Through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we[c] also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

May my hope blossom and flourish these days of Lent.

Day 9
Thurs
2nd Mar

Rest

John 1:26-27

I baptise with water," John replied, "but among you stands one you do not know. He is the one who comes after me, the straps of whose sandals I am not worthy to untie.

May I think about the one who came after John, and make space for him today.

Day 10
Fri
3rd Mar

Tested

Colossians 1:15-17

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.

When tested, may I remember who Jesus is, what he did, and how everything, even me, belongs to him.

Day 11
Sat
4th Mar

Proclaim

Luke 14:18-19

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, to proclaim the year of the Lord's favour.

How might I live this Good news towards others today?

Day 12
Sun
5th Mar

Rejected

Luke 4:24, 28-30

Truly I tell you," he continued, "no prophet is accepted in his hometown. All the people in the synagogue were furious when they heard this. They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. But he walked right through the crowd and went on his way.

Faith and hope are my friends when the world rejects me.

Day 13
Mon
6th Mar

Authority

Luke 4:31-32

Then he went down to Capernaum, a town in Galilee, and on the Sabbath he taught the people. They were amazed at his teaching because his words had authority.

Today, may I read and reflect on a parable Jesus taught.

Day 14
Tue
7th Mar

Boldness

Luke 11:9

So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

May I make time today to reflect and question and let the door open to me.

Day 15
Wed
8th Mar

Rock

Matthew 16:18-19

And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

What rock have I used to build my life upon?



Day 16
Thurs
9th Mar **Repent**
Mark 1:14-15

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

What can I lay down today to make room for new life?

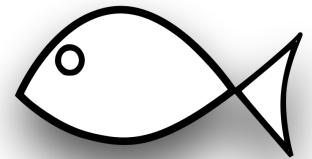
Day 17
Fri
10th Mar **Follow**
John 1:43, 45-46

The next day Jesus decided to go to Galilee. He found Philip and said to him, 'Follow me.' Philip found Nathanael and said to him, 'We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.' Nathanael said to him, 'Can anything good come out of Nazareth?' Philip said to him, 'Come and see.'

May my eyes be open, ready to see, to search, to question.

Day 18
Sat
11th Mar **Signs**
John 2:7-11

Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. Then he told them, "Now draw some out and take it to the master of the banquet."



They did so, and the master of the banquet tasted the water that had been turned into wine. He called the bridegroom and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.

May I discover everyday miracles and wonder what they point to.

Day 19
Sun
12th Mar **Worry**
Matthew 6:33-34

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

What words describe my relationship with God at the moment?

Day 20
Mon
13th Mar **Trust**
John 1:9-13

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Where do I notice God in the world around me?

Day 21
Tues
14th Mar

Useful
2 Timothy 2:21

All who cleanse themselves of the things I have mentioned will become special utensils, dedicated and useful to the owner of the house, ready for every good work.

May I come clean and turn towards the good.

Day 22
Wed
15th Mar

Called
Luke 5:30-32

The Pharisees and their scribes were complaining to his disciples, saying, 'Why do you eat and drink with tax-collectors and sinners?' Jesus answered, 'Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners to repentance.'

May I be open enough to respond to that call.

Day 23
Thurs
16th Mar

Witness
John 2:23-25

When he was in Jerusalem during the Passover festival, many believed in his name because they saw the signs that he was doing. But Jesus on his part would not entrust himself to them, because he knew all people and needed no one to testify about anyone; for he himself knew what was in everyone.

What in me, directs others to the love of God?

Day 24
Fri
17th Mar

Clean
Luke 5:12

Once, when he was in one of the cities, there was a man covered with leprosy. When he saw Jesus, he bowed with his face to the ground and begged him, 'Lord, if you choose, you can make me clean.'

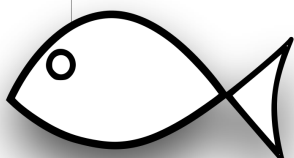
What might I ask now of Jesus in order to make me clean?

Day 25
Sat
18th Mar

Rise
Mark 2:1-5

So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. Then some people came, bringing to him a paralysed man, carried by four of them. And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.'

Who am I in this story?



Day 26
Sun
19th Mar

Blind Eye

Luke 6:6-7

On another sabbath he entered the synagogue and taught, and there was a man there whose right hand was withered. The scribes and the Pharisees watched him to see whether he would cure on the sabbath, so that they might find an accusation against him.

How many laws have been broken that I might be set free?



Day 27
Mon
20th Mar

Poor

Luke 6:19-20

Blessed are you who are poor,
for yours is the kingdom of God.

How might I make space that these words can change me?

Day 28
Tues
21st Mar

Lawless

Mark 2:23-24

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?'

What rules need I break to show your compassion?

Day 29
Wed
22nd Mar

Sabbath

Mark 2:25-28

The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.'

May I find sabbath each day and pause there and reflect.

Day 30
Thurs
23rd Mar

Light
Luke 5:12

Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil.

May I turn from the darkness towards the light with every act of kindness and love.

Day 31
Fri
24th Mar

Power
Ephesians 1:21

Far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come.

What kind of power is this?

Day 32
Sat
25th Mar

Believe
John 3:16

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

Now read v17 too.



Day 33
Sun
26th Mar

Perceive

Matthew 6:22-23

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

May I be open to the light and let it fill me.

Day 34
Mon
27th Mar

Precious

Mark 10:13-14

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, 'Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs.

May I open a space today for the least to be welcomed into the kingdom.

Day 35
Tues
28th Mar

Set Free

Luke 13:10-16

There appeared a woman with a spirit that had crippled her for eighteen years. When Jesus saw her, he called her over and said, 'Woman, you are set free from your ailment.' But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?'

May I untie myself from all that binds me and be set free in God's love.

Day 36
Wed
29th Mar

Touch

Mark 5:27-34

She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, 'If I but touch his clothes, I will be made well.' Immediately her haemorrhage stopped. Immediately aware that power had gone forth from him, Jesus turned and said, 'Who touched my clothes?' The woman, fell down before him, and told him the whole truth. He said to her, 'Daughter, your faith has made you well; go in peace, and be healed of your disease.'

What burden might be lifted from me if I dared reach out and touch?

Day 37
Thurs
30th Mar

Created

Ephesians 2:10

For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Read these words again and again.

Day 38
Fri
31st Mar

Beware

Matthew 7:15

Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves.

May I always be alert.

Day 39
Sat
1st April

Water

John 4:5-10

He came to a Samaritan city called Sychar. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?'. Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.'

How might I reimagine the story in today's world?

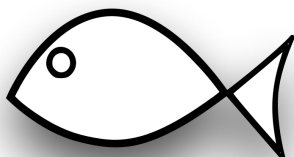
Day 40
Sun
2nd April

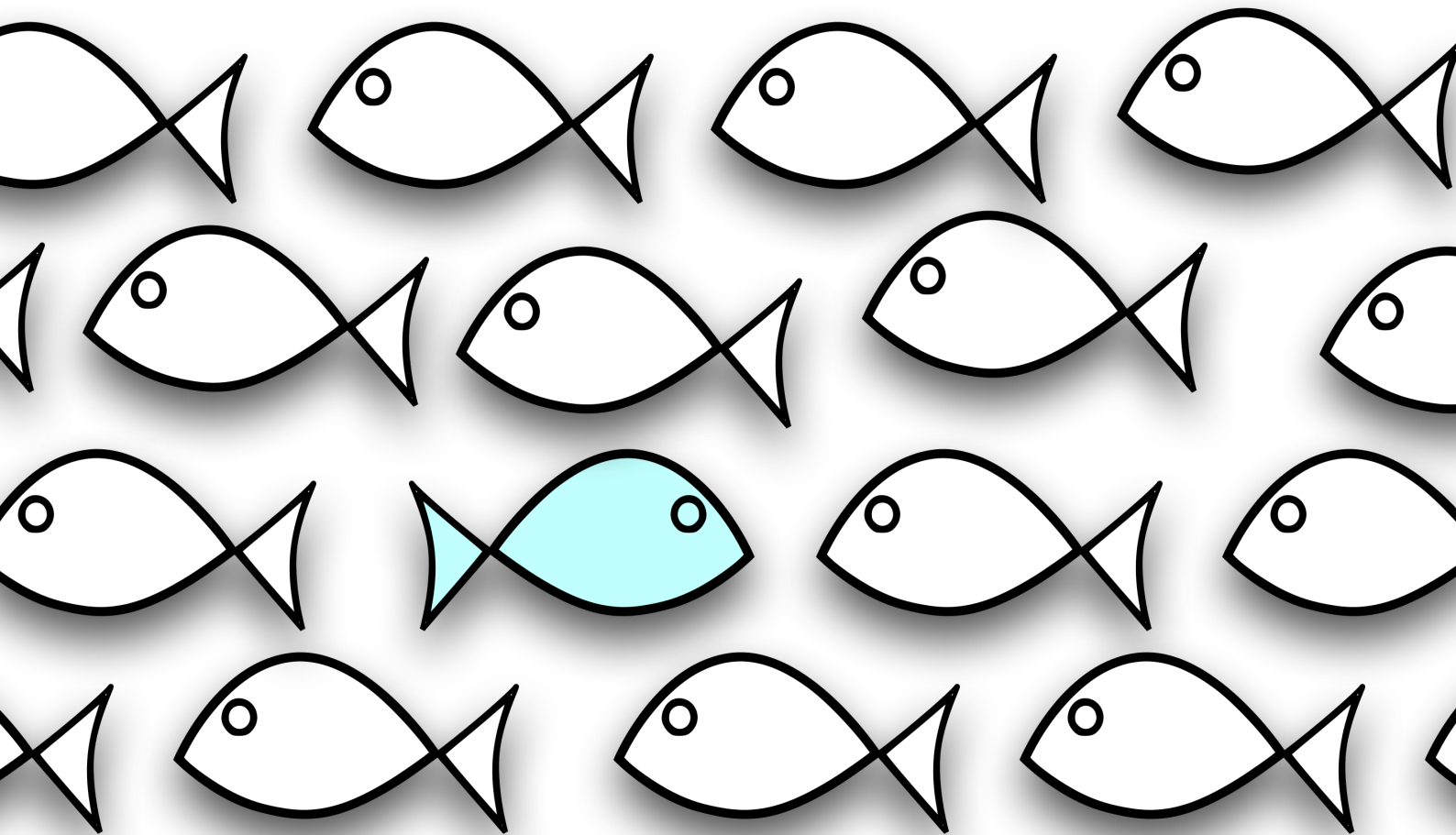
Mission

Matthew 25:35-40

I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

For the least of these... May I be found to be generous with hope and justice.





lent @NK

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