

SUNDAY
SABBATH

MONDAY
MEDITATION

TUESDAY
PRAYER

WEDNESDAY
WORSHIP

THURSDAY
SCRIPTURE

FRIDAY
FAST

SATURDAY
SACRIFICE

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| | | | FEBRUARY | 14 <i>Great Are You Lord</i> by All Sons & Daughters Ash Wednesday | 15 Joel 2:12-17, Psalm 6, Matthew 6:16-21, Luke 18:9-14 | 16 Fast Focus: The Lord is Close (Psalm 34:18) | 17 Give to a charity | |
| 18 Silence | 19 Psalm 51:1-4 | 20 The Jesus Prayer | | 21 <i>Have Mercy</i> by Caroline Cobb | 22 Psalm 32, Matthew 11:28-30, Deuteronomy 7:9 | 23 Fast Focus: The Lord is Faithful (Psalm 145:13) | 24 Leave an extra large tip | |
| 25 Solitude | 26 Psalm 51:5-6 | 27 The Lord's Prayer Matthew 6:9-15 | | 28 <i>I Am Not My Own</i> by Keith & Kristen Getty | 29 Psalm 139, Matthew 16:24, 1 Cor. 6:19-20 | MARCH | 1 Fast Focus: The Lord is Holy (Isaiah 6:3) | 2 Pay for a stranger's meal |
| 3 Silence | 4 Psalm 51:7-9 | 5 The Jesus Prayer | | 6 <i>Jesus Paid It All</i> by Reawaken Hymns | 7 Psalm 38, Matthew 16:25-26, Colossians 1:13-14, Ezekiel 37:1-14 | 8 Fast Focus: The Lord is Patient (2 Peter 3:9) | 9 Spend an hour with someone in need | |
| 10 Solitude | 11 Psalm 51:10-12 | 12 The Lord's Prayer Matthew 6:9-15 | | 13 <i>White as Snow</i> by John Foreman | 14 Psalm 102, Matthew 16:27, 2 Corinthians 5:21 | 15 Fast Focus: The Lord is Righteous (Psalm 145:17-18) | 16 Bake for a neighbor | |
| 17 Silence | 18 Psalm 51:13-15 | 19 The Jesus Prayer | | 20 <i>He Will Hold Me Fast</i> by Shane & Shane | 21 Psalm 130, Matthew 26, Luke 15:11-32 | 22 Fast Focus: God is Trustworthy (Psalm 145) | 23 Go for a walk and pray for your neighborhood | |
| 24 Solitude | 25 Psalm 51:16-19 | 26 The Lord's Prayer Matthew 6:9-15 | | 27 <i>Wonderful Cross</i> by Keith & Kristen Getty Stations of the Cross | 28 Psalm 143, Luke 19:28-40, Matthew 27, Galatians 2:20 | 29 Fast Focus: The Lamb of God (John 1:29) Good Friday | 30 Holy Saturday | |
| 31 Easter Sunday | | | | | | | | |

CrossPoint Lenten Journey 2024

SUNDAY SABBATH

Throughout Scripture, God tells us to rest. Sometimes this looks like delighting in the goodness of God. Sometimes this looks like actual physical or emotional rest. Sometimes this means a break from our daily habits to intentionally recognize God's presence in our lives. We hear God's call to rest, because God loves us and desires our flourishing and peace.

This Lenten season, be intentional about incorporating silence and solitude to one hour of your Sabbath day. Rest and delight in the God who invites you to "come to me..."

MONDAY MEDITATION

Psalm 51, written by King David following his affair with Bathsheba, is a confession of sin and a plea for restoration.

"This great song, pulsating with the agony of a sin-stricken soul, helps us to understand the stupendous wonder of the everlasting mercy of our God." (G. Campbell Morgan)

Each Monday we invite you to meditate on a portion of this Psalm and join the Church at large as we cry for mercy.

TUESDAY PRAYER

As a community, we will be praying The Lord's Prayer and The Jesus Prayer during our Lenten journey.

As you pray The Lord's Prayer in Matthew 6:5-15, allow Jesus to teach you how to pray and what to pray for. Let His words become your prayer.

The Jesus Prayer is a breath prayer meant to be exercised throughout your day. On the inhale, we say, "Lord Jesus Christ, Son of God." On the exhale, we say, "have mercy on me, a sinner."

WEDNESDAY WORSHIP

Each of these songs were carefully selected for their Scripture-based lyrics and Lenten themes.

Listen to each song twice. Let the melody minister to you. Allow the words to wash over you. Ask God to speak to you and remind you of his Gospel message presented in each song.

May these songs remind you of the joy of your salvation.

THURSDAY SCRIPTURE

As you read these Lenten Scriptures, consider the following tips:

- Start with prayer and ask God to meet you as you read
- Read the Bible with a repentant spirit and a vulnerable heart
- Take one thought or verse with you throughout your day
- Allow this thought to become a part of your memory

FRIDAY FAST

Lent is a traditional time of fasting. By fasting during this special season of the church year, we humble ourselves as a reminder of how Jesus humbled himself while on earth. We remind ourselves to observe the priorities our Lord displayed as he walked the way of obedience to the deadly cross.

Begin your fast on Thursday evening after dinner and break your fast on Friday evening. Throughout your fast, focus on a different character of God.

SATURDAY SACRIFICE

Giving is a central discipline during Lent. While some of the other disciplines focus upward toward God, and inward toward self-examination, giving is radically others-centered and puts compassion into action.

Ask God to grow in you a spirit of compassion and generosity. Practice it by sacrificing your money, time, and abilities to serve others. Consider Matthew 25:40: "Whatever you did for one of the least of these brothers and sisters of mine, you did for me."