


Day-1

WEEK 1: REPENTANCE & REFLECTION

HOSEA 6:1 "COME, LET US RETURN TO THE LORD. HE HAS TORN US TO PIECES BUT HE WILL HEAL US; HE HAS INJURED US BUT HE WILL BIND UP OUR WOUNDS."

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What is one specific way you can return to God during Lent?

A background image showing a pair of hands gently cupping a heart. The hands are light-skinned, and the heart is a soft pink color. The overall tone is warm and tender.

Day-2

WEEK 1: REPENTANCE & REFLECTION

PSALM 51:10 – "CREATE IN ME A PURE HEART,
O GOD, AND RENEW A STEADFAST SPIRIT
WITHIN ME."

💬 What stuck out to you in this Bible verse? Why?

🔍 What's one area where you need God to renew your heart?

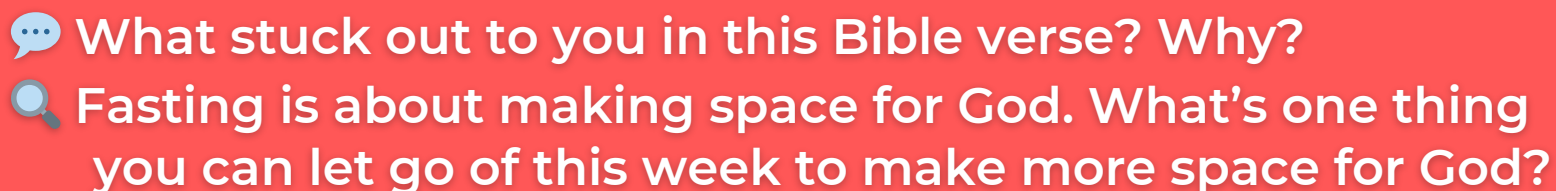
Day-3

WEEK 1: REPENTANCE & REFLECTION



“
‘EVEN NOW’,
DECLARES THE LORD,
‘**RETURN** TO ME WITH
ALL YOUR HEART,
WITH **FASTING**
AND WEeping
AND MOURNING.’

JOEL 2:12

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- 💬 What stuck out to you in this Bible verse? Why?
 - 🔍 Fasting is about making space for God. What's one thing you can let go of this week to make more space for God?

”

Day-4

WEEK 1: REPENTANCE & REFLECTION

Let us examine our ways
and test them, and let us
return to the Lord.

Lamentations 3:40

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 How can you make space for honest reflection during Lent?

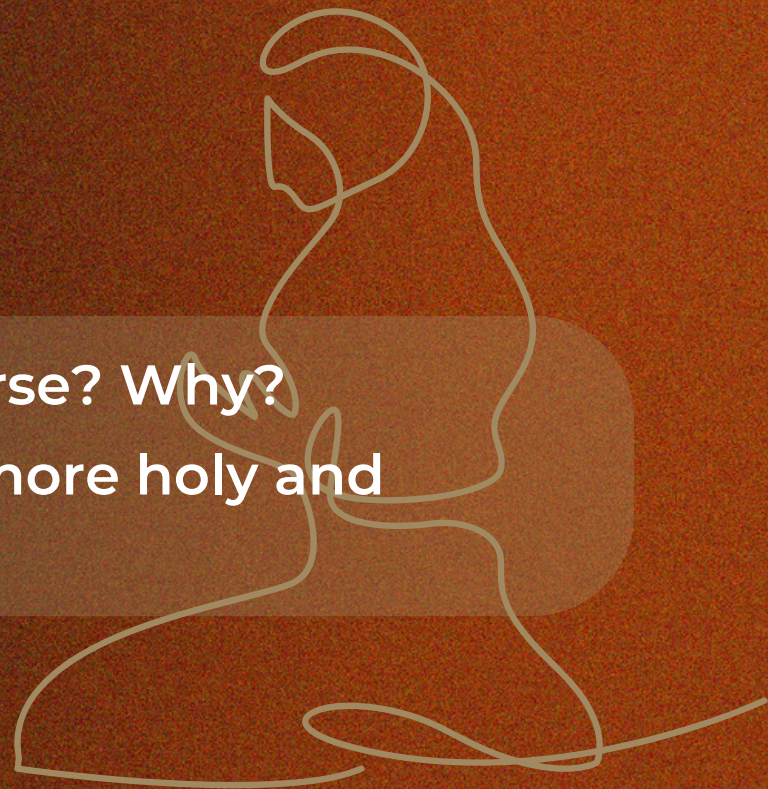
Day-5

WEEK 1: REPENTANCE & REFLECTION

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship.

Romans 12:1

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 In what ways can you make your life more holy and pleasing to God?



Day-6

WEEK 1: REPENTANCE & REFLECTION

2 Chronicles 7:14 – If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 **God promises to heal our land**— what kind of healing do you, your family, or your community need right now? How can you pray for that?

Day-7

WEEK 1: REPENTANCE & REFLECTION

Mark 1:12-13 – At once the Spirit sent Jesus out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What is a 'wilderness' season in your life, and how can you trust God through it?

Day-8

WEEK 1: REPENTANCE & REFLECTION

Isaiah 55:6-7

Seek the Lord while he may be found; call on him while **he is near**.

Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon.

 What stuck out to you in this Bible verse? Why?

 What is one step you can take this week to align your thoughts and actions with God's will?

Day-9

WEEK 1: REPENTANCE & REFLECTION

**I will give you a new heart and
put a new spirit in you; I will
remove from you your heart of
stone and give you a heart of flesh.**

Ezekiel 36:26

💬 What stuck out to you in this Bible verse? Why?

🔍 In what situations do you need God to soften your heart?

Day-10

WEEK 1: REPENTANCE & REFLECTION

Psalm 139:23-24





Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

What stuck out to you in this Bible verse? Why?
When was a time you felt anxious, and how did
turning to God help?

Day-11

WEEK 2: WALKING IN CHRIST'S EXAMPLE

Matthew 4:4 – Jesus answered, “It is written: Man shall **not live on **bread alone**, but on every word that comes from the mouth of God.”**

-  What stuck out to you in this Bible verse? Why?
-  Have you ever experienced a time when Scripture helped you through a difficult moment? What verse helped you?

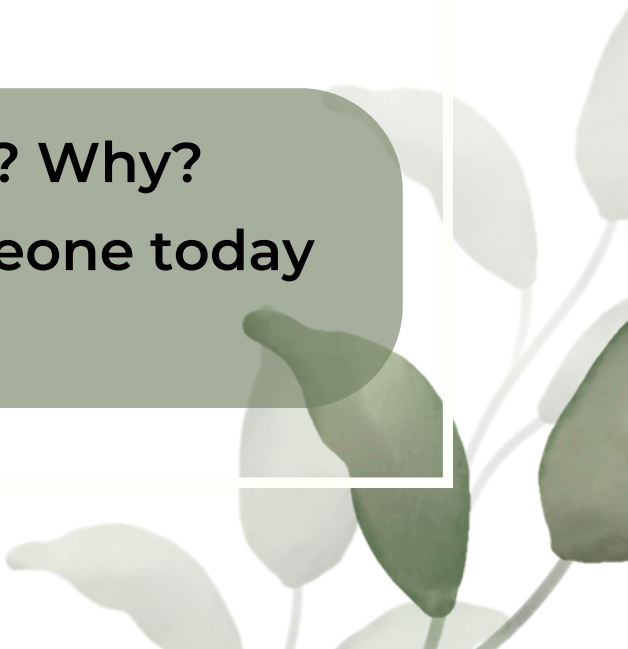




Day-12

WEEK 2: WALKING IN CHRIST'S EXAMPLE

Philippians 2:3-4

**Do nothing out of selfish
ambition or vain conceit.
Rather, in humility value others
above yourselves...**

- 
-  What stuck out to you in this Bible verse? Why?
 -  What is one small way you can help someone today without being asked?

Day-13

WEEK 2: WALKING IN CHRIST'S EXAMPLE

Philippians 2:5-7

In your relationships with one another, have **the same mindset as Christ Jesus**: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant.

- 💬 What stuck out to you in this verse? Why?
- 🔍 What does it look like to have the mindset of Jesus in your relationships with others?





Day-14

WEEK 2: WALKING IN CHRIST'S EXAMPLE

John 15:13
Greater love has no
one than this: to lay
down one's life for
one's friends.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 Can you think of someone right now who needs your help or support? What's one practical way you can reach out this week?

Day-15

WEEK 2: WALKING IN CHRIST'S EXAMPLE

MATTHEW 5:16

LET YOUR
LIGHT
SHINE &

**BEFORE OTHERS, THAT THEY MAY
SEE YOUR GOOD DEEDS AND GLORIFY
YOUR FATHER IN HEAVEN.**

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one specific action you can do today to show kindness and reflect God's love?

Day-16

WEEK 2: WALKING IN CHRIST'S EXAMPLE

COLOSSIANS 3:12

**THEREFORE, AS GOD'S CHOSEN
PEOPLE, HOLY AND DEARLY LOVED,
CLOTHE YOURSELVES WITH
COMPASSION, KINDNESS, HUMILITY,
GENTLENESS, AND PATIENCE.**


- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 If these virtues were clothes in your closet, which one would be easiest for you to put on every day? Which one feels like it never fits right? Why?

Day-17

WEEK 3: STRENGTH IN TRIALS

“

1 PETER 5:7
CAST ALL YOUR ANXIETY ON HIM
BECAUSE HE CARES FOR YOU.

- 
- 💬 What stuck out to you in this Bible verse? And why?
 - 🔍 If you could pack all your worries in a box and give them to God, what is one thing you would put in that box right now?

Day-18

WEEK 3: STRENGTH IN TRIALS

2 CORINTHIANS 12:9
MY GRACE IS SUFFICIENT
FOR YOU, FOR MY POWER
IS MADE PERFECT IN
WEAKNESS.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one challenge you're facing right now where you need to remember that God's grace is enough?



Day-19

WEEK 3: STRENGTH IN TRIALS

James 1:2-3

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of **your faith produces **PERSEVERANCE.****

- 💬 What stuck out to you in this Bible verse? And why?
- 🔍 What's one area in your life where you need God's help to keep going right now?

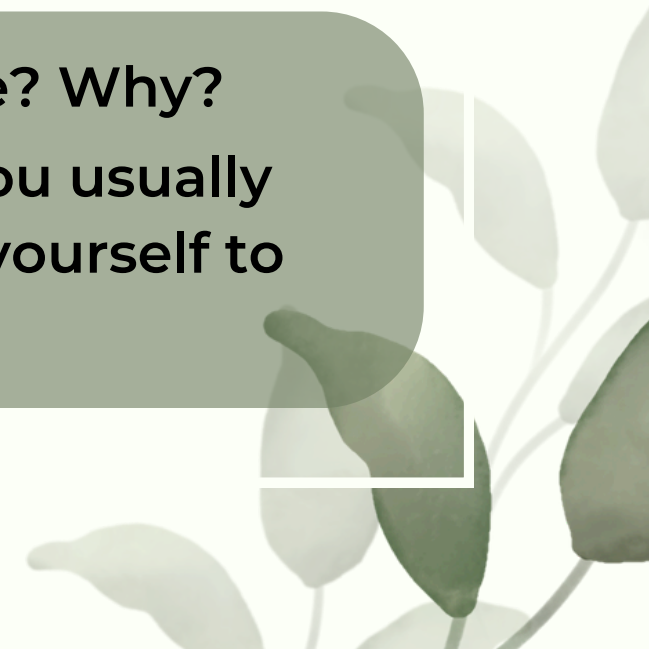


Day-20

WEEK 3: STRENGTH IN TRIALS

Psalm 46:1

**God is our refuge and
strength, an ever-present
help in trouble.**

- 
- 💬 What stuck out to you in this Bible verse? Why?
 - 🔍 When you feel like giving up, what do you usually turn to first—and how can you remind yourself to turn to God?

Day-21

WEEK 3: STRENGTH IN TRIALS

WALK BY *faith*
AND NOT BY *sight*

2 CORINTHIANS 5:7



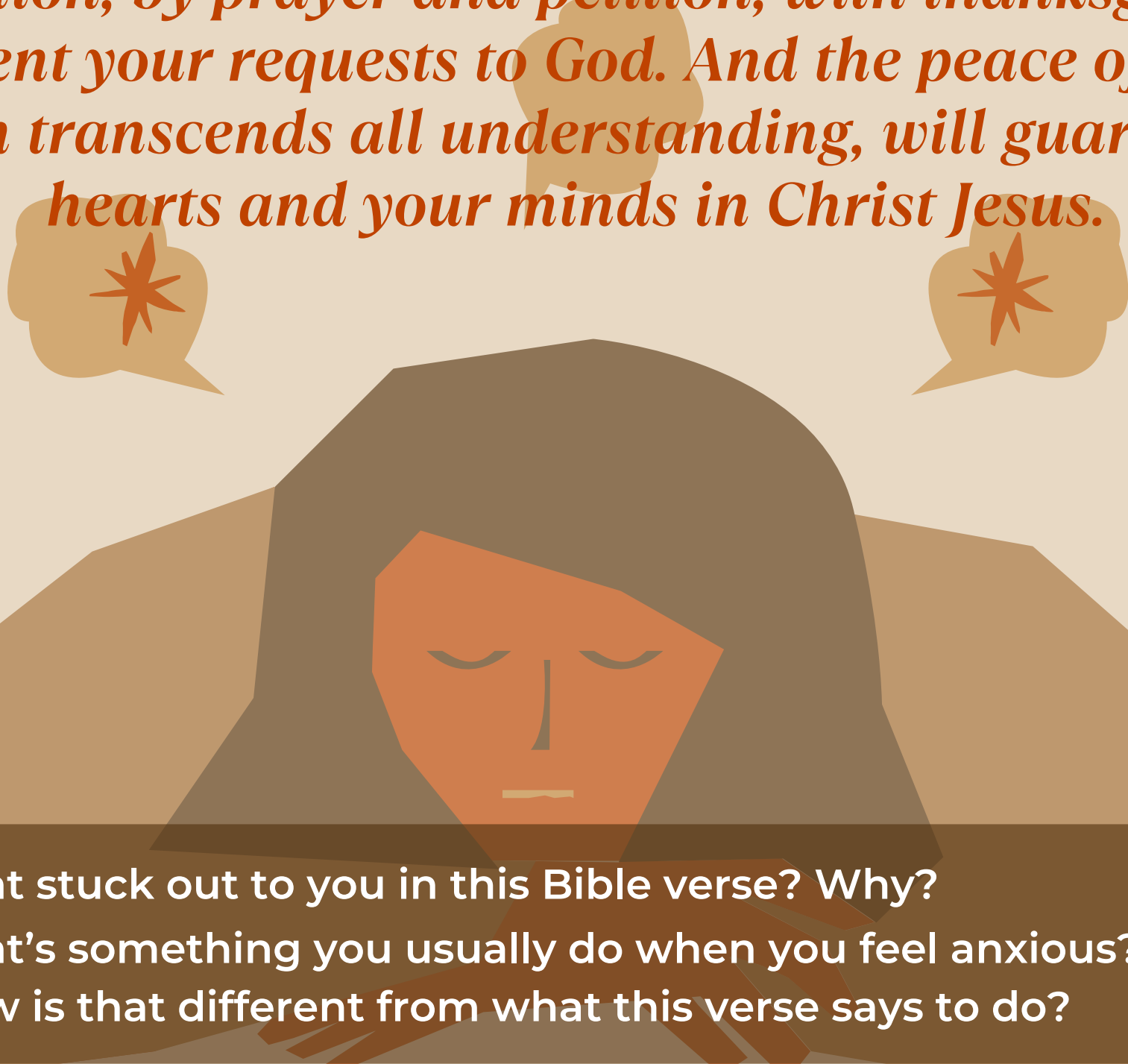
- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one decision you're facing right now where you can choose faith over fear or worry?

Day-22

WEEK 3: STRENGTH IN TRIALS

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- 
- A stylized illustration of a person with their head bowed and hands clasped in prayer. The person's face is orange, and their hair is dark grey. They are wearing a dark grey robe. The background is a light beige color with three orange speech bubbles containing star-like symbols. The bottom of the image has a dark brown horizontal band containing the text.
- 💬 What stuck out to you in this Bible verse? Why?
 - 🔍 What's something you usually do when you feel anxious?
How is that different from what this verse says to do?

Day-23

WEEK 4: FORGIVENESS & LOVE



Luke 23:34

“Jesus said, ‘Father, **forgive** them, for they do not know what they are doing.’”

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What helps you take a step toward forgiveness when it's difficult?

Day-24

WEEK 4: FORGIVENESS & LOVE

MATTHEW 6:14-15

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 When someone hurts you, how do you usually respond—and after reading this verse, what's one thing you feel like you should do?

Day-25

WEEK 4: FORGIVENESS & LOVE

Romans 5:8

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



- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one specific way you can show unconditional love to someone today?

Day-26

WEEK 4: FORGIVENESS & LOVE

Luke 6:27-28

But to you who are listening I say:
Love your enemies, do good to
those who hate you, bless those
who curse you, pray for those who
mistreat you.

-  What stuck out to you in this Bible verse? Why?
-  In what ways can the way you love your enemies help others see Jesus in you?

Day-27

WEEK 4: FORGIVENESS & LOVE

1 John 3:18

Dear children, let us not
love with words or speech but
with actions and in truth.



- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 Is there someone who might need encouragement or support from you today? What could you do for them?

Day-28

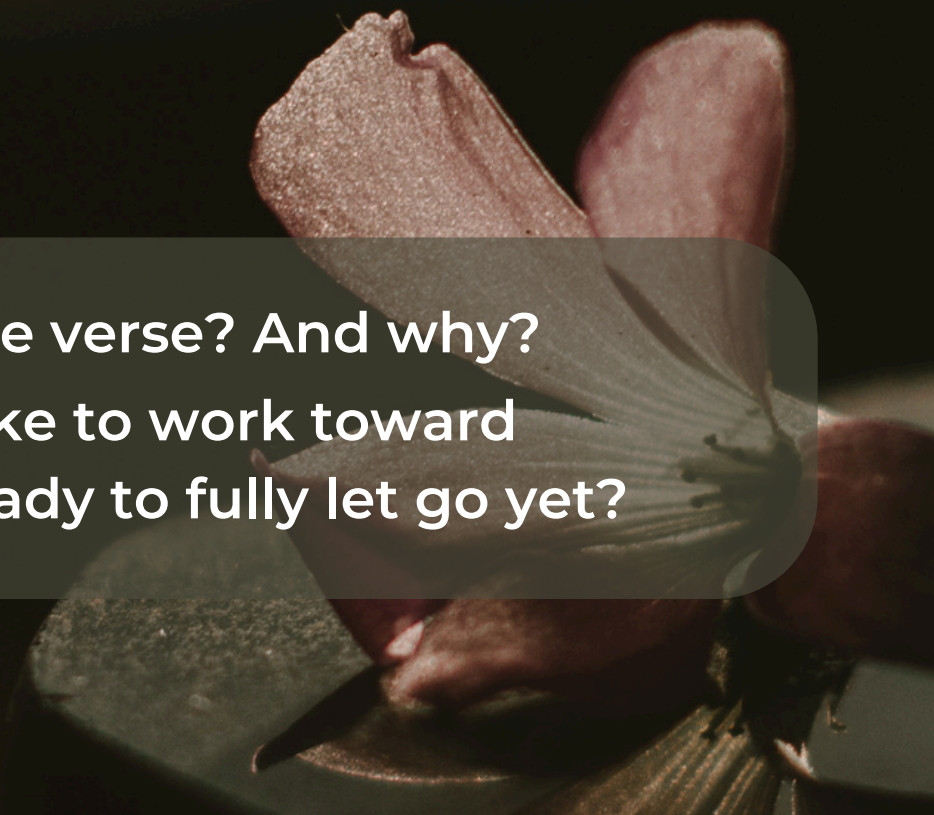
WEEK 4: FORGIVENESS & LOVE

Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone.

Forgive as the Lord forgave you.

- 💬 What stuck out to you in this Bible verse? And why?
- 🔍 What's one small step you can take to work toward forgiveness, even if you're not ready to fully let go yet?



Day-29

WEEK 5:
PREPARING FOR THE CROSS

MARK 8:34

**WHOEVER WANTS TO BE MY DISCIPLE
MUST DENY THEMSELVES AND TAKE UP
THEIR CROSS AND FOLLOW ME.**



- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's something in your life that might be hard to give up for Jesus?

Day-30

WEEK 5: PREPARING FOR THE CROSS

Philippians 2:8

**And being found in appearance
as a man, he humbled himself by
becoming obedient to death—
even death on a cross!**

💬 What stuck out to you in this Bible verse? Why?



🔍 Is there something God is calling you to stop doing or start doing to follow Him more closely?

Day-31

WEEK 5: PREPARING FOR THE CROSS

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

ISAIAH 53:5

-  What stuck out to you in this Bible verse? Why?
-  What's one area of your life where you need to apply this verse right now?

Day-32

WEEK 5: PREPARING FOR THE CROSS

John 1:29

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!"



- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 How can you make space in your daily routine to “look” at Jesus—to reflect on who He is and what He’s done?

Day-33

WEEK 5: PREPARING FOR THE CROSS

JOHN 12:23-24

"JESUS REPLIED, 'THE HOUR HAS COME FOR THE SON OF MAN TO BE GLORIFIED. VERY TRULY I TELL YOU, UNLESS A KERNEL OF WHEAT FALLS TO THE GROUND AND DIES, IT REMAINS ONLY A SINGLE SEED. BUT IF IT DIES, IT PRODUCES MANY SEEDS.'"

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one area in your life where sacrifice could lead to growth—for you or someone else?

Day-34

WEEK 5: PREPARING FOR THE CROSS

MARK 14:8-9

**She did what she could.
She poured perfume on my
body beforehand to
prepare for my burial.
Truly I tell you, wherever
the gospel is preached
throughout the world,
what she has done will also
be told, in memory of her.**

💬 What stuck out to you in this Bible verse? Why?


🔍 What's something valuable in your life that you could offer to Jesus?

Day-35

Holy Monday

Matthew 21:12-13

*Jesus entered the temple courts and drove out all who were buying and selling there... "My house will be called a house of **prayer**," but you are making it 'a den of robbers.*

- 
- 💬 What stuck out to you in this Bible verse? Why?
 - 🔍 Is there something in your routine that distracts you from God? What's one thing you could "clear out" this week to make room for God?

prayer

Day-36

Holy Tuesday

Matthew 23:26

Blind Pharisee!
First **CLEAN** the inside
of the cup and dish,
and then the outside
also will be **CLEAN**.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What is one practical step you can take today to grow in honesty and spiritual depth, even when no one is watching?

Day-37

Holy Wednesday

JOHN 12:23-24

AFTER HE HAD SAID THIS, JESUS WAS TROUBLED IN SPIRIT AND TESTIFIED, 'VERY TRULY I TELL YOU, ONE OF YOU IS GOING TO BETRAY ME.' HIS DISCIPLES STARED AT ONE ANOTHER, AT A LOSS TO KNOW WHICH OF THEM HE MEANT.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 What's one hidden motive or fear you need to confess and surrender to God today?

Day-38

Holy Thursday

John 13:14

Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 Jesus served humbly by washing feet, an unexpected and uncomfortable act. How can you humbly serve others today?

Day-39

Good Friday

JOHN 19:30

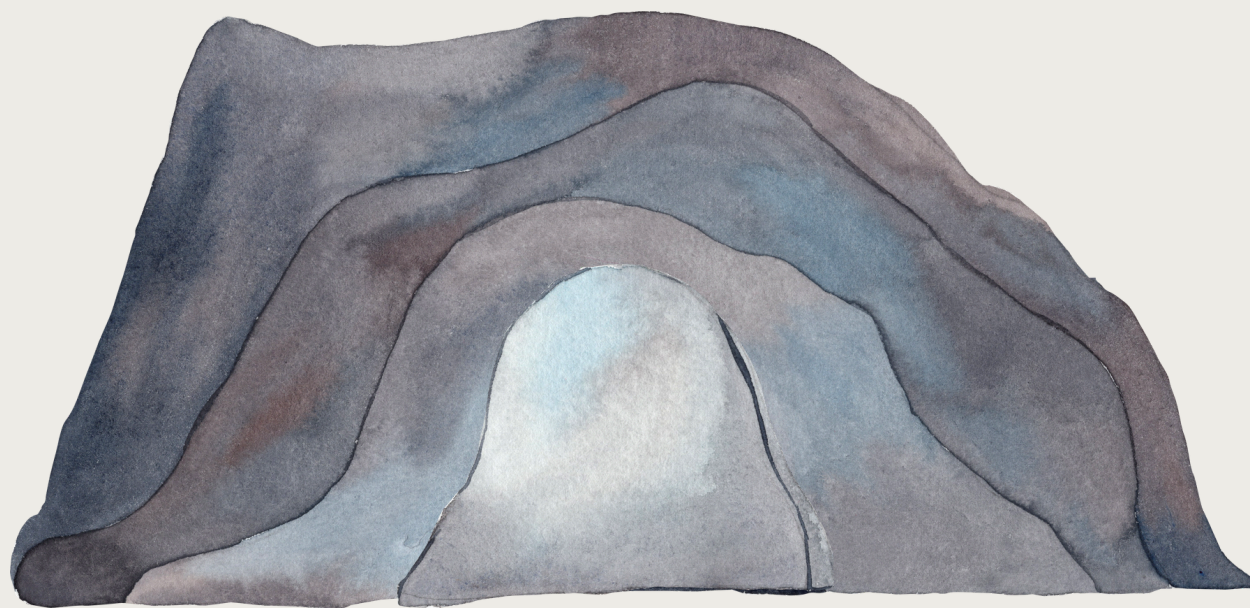
"JESUS SAID, 'IT IS FINISHED.'
WITH THAT, HE BOWED HIS HEAD AND
GAVE UP HIS SPIRIT.

it is finished.

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 Since Jesus gave everything for you, what's one way you can live differently out of gratitude?

Day-40

Holy Saturday



MATTHEW 27:59-60

"JOSEPH TOOK THE BODY, WRAPPED IT IN A CLEAN LINEN CLOTH, AND PLACED IT IN HIS OWN NEW TOMB... HE ROLLED A BIG STONE IN FRONT OF THE ENTRANCE TO THE TOMB AND WENT AWAY."

- 💬 What stuck out to you in this Bible verse? Why?
- 🔍 Have you ever felt like you were stuck in the "in-between"—waiting but not seeing God move? What helped you through it?