



Mogers

LENTEN DAILY REFLECTIONS

During your time alone with God this Lenten season, cultivate a daily rhythm of attentiveness to the Savior who leans into the messiness and brokenness of the world.

Practice Lament: Write a prayer of lament to God (use Psalm 130 as a guide). Be honest. Remember that God can hold all of it and loves you through it.

Pray with Confession: What habits, choices, or other areas of your life do you need to lay down before God? Reflect on your own life with honesty, humility, and vulnerability. (Joel 2:12-14, Philippians 2:5-8)

Pause in Stillness: Breathe. Pray a prayer of gratitude for the God who draws near. Remember that Jesus draws near to us in our brokenness (John 11:32-36), heals us, creates new life in us (2 Corinthians 5:17), and brings light into the darkness (John 9:1-7).

Posture to Receive: With open hands and open eyes, receive the unfailing love of God each new day of Lent. How might you open yourself to this gift of God for you? How might your posture of openness become a visible sign of Christ in this world? (John 1:1-14, John 14:27, John 21)



Daily
Scripture
Readings
and Playlist

*Blessed are you
who need a gentle reminder that
even now, even today,*

*God is here,
walking with us,
meeting us in our places
of sorrow and despair,
desperation and grief.*

*Slowing lifting our chin toward hope.
Not promising to erase the pain.
But to carry it with us.*

*Blessed are we who realize
we are never—were never—**alone**.
And somehow,
That is **good enough**.*

Kate Bowler, A Good Enough Guide for Lent

³² *When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.”*

³³ *When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled.* ³⁴ *“Where have you laid him?” he asked.*

“Come and see, Lord,” they replied.

³⁵ *Jesus wept.*

³⁶ *Then the Jews said, “See how he loved him!”* John 11:32-36