

Crucifixion by Carol Aust



## DAILY LENTEN REFLECTIONS

During your time alone with God this Lenten season, journal on these themes and scripture verses:

**CONFESS** 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*

**BREATHE** Pray a prayer of confession.

**REMEMBER** Who does God say that you are? Remember that God loves you so much there is nothing about you unknown to God. *Isaiah 30:18, Psalm 103:13*

**BREATHE** Pray a prayer of gratitude.

**RETURN** How might you open yourself to God's invitation for you? Name the ways God has invited you to reflect the reconciling work of Jesus in the world. *Matthew 6:33, Micah 6:8*

**BREATHE** Pray the Lord's Prayer.



Daily  
Scripture  
Readings  
and Playlist

## BLESSED

*Most of us long for transformation but are afraid to change. Yet spiritual formation begins not with fullness but with emptiness. That's the way we follow Jesus, "who emptied himself, taking the form of a slave, being born in human likeness" (Philippians 2:7). Even Jesus had to make space for God's action in his life. He had a privileged status, but he relinquished it; he let it go. It's the same with us. We have to empty ourselves. Only then can we begin to be filled up with the blessings of God... This deeper journey is a life-passage of abandonment: letting go of our old ways to find the new; emptying ourselves as preparation for receiving the grace God will pour into us."* -Joshua Choonmin Kang, Deep-Rooted in Christ

### Matthew 5:1-12 (NIV)

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup>and he began to teach them.

He said:

<sup>3</sup>Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>4</sup>Blessed are those who mourn, for they will be comforted.

<sup>5</sup>Blessed are the meek, for they will inherit the earth.

<sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they will be filled.

<sup>7</sup>Blessed are the merciful, for they will be shown mercy.

<sup>8</sup>Blessed are the pure in heart, for they will see God.

<sup>9</sup>Blessed are the peacemakers, for they will be called children of God.

<sup>10</sup>Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

<sup>11</sup>Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup>Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you."